

The

Amherst Island BEACON

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October 2007



FROM THE EDITOR

- Ian Murray

A belated congratulations to Rick Welbanks on joining the Amherst Island Public Works crew. He is also a member of the Emergency Response Team.

Rick grew up on the Welbanks family farm on the South Shore. He is the son of Ted and the late Heather Welbanks. Rick is married to Laura who is the daughter of David and Betty Wemp. She was raised on the family farm on Art McGinn Road.

Rick and Laura's children, Alec & Jacob, are welcome additions at AIPS. Welcome back to the Island.

"Janet's Rant" is a bending of the Beacon policy of: "Good News, yes; Sad news, yes; Bad news, no". Vandalism at the school is certainly bad news. Its also sad that a person or persons living on this Island would do something that could injure a child.

JANET'S RANT

- Janet Scott

On Monday, September 24th when I stepped off the bus at A.I.P.S. it was to find Shawn Broome, the head teacher sweeping the pavement at the south wall of the school. Someone had decided that it was fun to smash beer bottles against the gym wall. There had been no rentals that week-end and now we are down to less summer visitors and only Island residents are using the playground as winter draws near.

Who would do such a thing? My duty is usually the Monday morning one and I have often removed litter and a few beer bottles as part of my job but this was downright malicious. Four of those children using the yard are my grandchildren and you don't want to see a Raging Grannie!!! All of those children are in our care, entrusted by their families to our staff from 8:30 until 3:00. Most of

(Continued on page 2)



PHOTO BY BRIAN LITTLE



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(Continued from page 1)

those children I have known since they were babies and I shudder to think what would happen to running feet in sandals and cros if they encountered those shards of glass.

Over my 24 years on Amherst Island I have seen the whole community line up under Sally's urging to raise money for a playground refit. I have watched Beth For-ester plant trees, Sally and ISLE plant trees, the Girl Guides plant trees and now Stephanie Raeburn-Gibson with help from the children and community volunteers and a grant from Toyota has created a beautiful Connection Garden with more trees. Lynanne works long hours weeding, planting and watering to keep the gardens lovely.

The Institute worked on our cenotaph garden with help from volunteers and the children. Our playground is a beautiful, pleasant place to spend time and the children love it and respect it. The parents, aunts, uncles and grandparents want to protect our children so they would never, ever think of creating a dangerous situation in our yard.

We don't know who you are or why you just didn't think but please, please consider our little ones. It may take a village to raise a child but here the whole Island watches out for our precious little folk.

NEIGHBOURHOOD

- Lyn Fleming

Belated get well wishes to Elsie Willard, who is recuperating at Helen Henderson, following her recent ankle surgery; to Sandra Reid who is recovering at home from knee surgery; and Steve Street is recovering from eye surgery.

Congratulations to Andrea Cross and Bruce Burnett, who were married under the full moon, at their home on the south shore.

Happy 35th Anniversary to George and Ida Gavlas, who celebrated with a getaway weekend to Quebec.

Belated Happy 30th Anniversary wishes to Ron and Lillian Miller.

Congratulations to Harry and Barbara Filson, who celebrated their 60th(!) anniversary with family and friends with an open house at their home at the Foot of the Island.

Mindy Fleming spent a couple of weeks in late August touring Scotland and parts of England.

Judy Miller ended the summer with a visit to British Columbia to see her sister.

Congratulations to Will Adam, who has reached the west coast, completing his cross country bike ride in support of MS. Will left the Island on April 29th (if I remember correctly), and I'm sure has many stories and adventures to tell of his amazing ride. Will's total Kilometers at the end of his ride were 6966.

The Great Ride and Stride is approaching fast. October 20th is the date to mark on your calendars to come out and walk, run or bike ride, as Amherst Islanders and friends and family support Breast Cancer Research.

Register on line or pick up a registration form at the store. The event starts at the community centre, and includes a BBQ at noon, silent auction through-out the day, entertainment and much more!

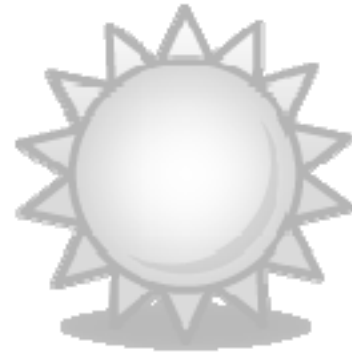
The start of September was a little disappointing with cool days and cooler nights. But the end of September and into the first week of October has been beautiful and sunny.

Things are winding down on the Island as we settle in for the fall.



PHOTO BY BRIAN LITTLE

SUMMER MEMORIES



FIVE FERADAY COUSINS SEIZE THE MOMENT AND LEAP IN TANDEM FROM THE FERRY BOAT DOCK.

PHOTOS SUBMITTED BY JILL SCHATZ



JANET'S JOTTINGS

- Janet Scott

Look What The Wind Blew In !

As of Wednesday of last week things in the birding line were much the same as the week before. We had Thrushes, including Robins, Northern Flickers and Blue Jays in abundance but generally speaking the Birding Front was quiet BUT ... a cold front from the northwest blew in and butted against the rainy low that was holding over the Kingston area bringing a cooler night and clearer skies. In on that wind came lots of Fall migrants. Suddenly every bush and thicket along the Marshall Forty Foot was alive with tiny feathered birds.

The last days of September had White-crowned Sparrows in large numbers, active little Yellow-rumped Warblers and more Nuthatches and Woodpeckers. They enjoyed the warm week-end as they hunted for caterpillars and other tasty morsels in the trees and scrub while the Sparrows busied themselves in the fallen leaves, turning over leaves to find their food.

The White-crowned Sparrow is a dapper bird walking around with his dove-grey breast pushed forward as if with pride and a neat head covered with black and white stripes. As this fall migration progresses more and more juveniles with brown and buff striped heads will appear in the flock. They try to sing "The O Canada, Canada, Canada" song of the White-throated Sparrow but end up forgetting the ending and singing "O Canada, Canada, buzz, buzz" instead. They have pinkish beaks and legs. Their loud tseep can be heard as they mutter among themselves while stirring up the undergrowth. White-crowned Sparrows nest from Alaska to Labrador and Newfoundland but only as far south as the tree line, where they nest in open areas of stunted tree growth and shrubbery. During migration it is most commonly seen along hedgerows, roads and in open fields where bushes grow. All of which we have here on Amherst Island. Its average arrival in Fall is September 24th and may stay as long as until November 3rd. Some birds have been known to linger until December and one lonely fellow stayed all winter at my feeder. He was reported by several different birders.

With our Sparrows came large flocks of dark-eyed Juncos. This little, 6 inch bird slate-coloured on head and back with white tummy and white edges to the tail is such a dapper visitor. Large flocks of 1000 birds will pass through the Island in October and will be gone by November 1st.

They are frequent visitors at your feeder and are seed eaters. Most Juncos nest in forested areas from Alaska to Newfoundland and south into the U.S.A. but there's been a decline in nesting pairs along the St. Lawrence and most of our nesting reports are in the Canadian Shield as they prefer evergreen or mixed forests.

Rick Welbanks reports the Whimbrel can still be seen by the Road's Garage and Ida Gavlas saw him by the school.

Wayne Golden and Coralee Marshall have reported hooting great-Horned Owls along the North Shore and Alex and Debbie Scott spotted two on their property, so watch for Owls. Don't forget the Saw-whets should arrive in October and Snowys in November. Keep up those great reports!

Good Birding.



AIMS SEPTEMBER 8TH

- John Wright

Twenty members enjoyed breakfast prepared by Eva Little, assisted by Daniel Little.

New Board Members took office at this meeting: Past President (Acting Chair for this meeting), Brian Little; President, Dayle Gowan, (absent); Secretary, Hugh Jenney, (absent); Vice President, Don Woodiwiss; Treasurer, Paul Lauret; Members at Large: Terry Culbert, Don Pepper.

Committees: Transportation, Ross Haines, Other committees, see below:

It was decided that AIMS will provide home care help and assistance from a pool of members. Requests should be directed to the AIMS executive.

AIMS auction. This will be on Thanksgiving, 06 October. Consignments, (with reserve bids) will be accepted. Announcements will be made on AIR, and a second flyer mailed. A portion of the proceeds will be donated to the cancer run. Brian will be looking after a BBQ starting at 10am. In case of rain, the event will be in the building adjacent to the AIR studio. Help is needed, (please volunteer).

Ross Haines' efforts, in watering the hanging baskets, was acknowledged by presenting him with a photo illustrating his technique.

Treasurer's report: finances are in good order.

The all-candidates meeting was felt to be a success and AIR will broadcast portions of it. Members feel that, in concert with the WI, we should continue to sponsor this type of meeting.

AIMS has been asked to run the BBQ for the cancer walk/bike ride on the 20th of Oct. Volunteer help is requested.

Guest Speaker, David Layzell, purchased the cottage at 9600 S. Shore Rd in December 2006.

David's wife, Kathy Wynne-Edwards is the daughter of Stella Gartland who has many friends on the Island. The immediate family also includes Michael, 13, (a computer nerd), Georgina, 11, (an avid frogophile), and a mixed pedigree dog, Farley. The family likes to sail their water-ballasted, 26' McGregor sailboat, which is frequently docked at the Fisherman's village dock. The dock caught fire recently and was saved when David poured 12 buckets of water on the fire. Hence the nickname, "12 bucket Dave Layzell".

David's education/career includes time in Waterloo/Guelph, Australia, USA and, for the last 26 years, Kingston. His passion is plant science and the contribution plants can make in providing a healthy atmosphere and Canada's energy needs. Although a professor at Queen's, David also runs BIOCAP, a national research foundation whose goal is a sustainable bioeconomy.

The fascinating summary David presented at this meeting will be expanded and reviewed in greater depth next month. A key issue is how to balance the use of our agriculture and forest resources to provide food, feed, fibre, fuels, biodiversity, climate change solutions and other values.



COUNCIL GLEANINGS

- Ian Murray

Session 25, Sept. 10,
100 pages of agenda
documents.

The schedule for the
2008 township budget:
first meeting was on
Sept. 10 to review the
budget schedule, and
the last meeting is to

be on May 26 when the Tax Levy By-law is to be adopted. I
do not envy anyone involved in this 8 ½ month exercise.

Dick Dodds sent a letter to Council on behalf of the Am-
herst Island Ferry Committee. He reiterated the Commit-
tee's willingness to work with Council to improve the ferry
situation.

Session 26, Sept. 24, 148 pages of agenda documents.

There was a house building permit issued for Amherst
Island in August – the first this year.

Judith Harrower sent a letter to Diane Pearce requesting
information on behalf of the Amherst Island Ferry Commit-
tee. She asked questions based on an article in the Heritage.
Judith also requested "2008 proposed financial budgets".



PHOTO BY DOROTHY MCGINN

*JUDITH WYATT—A RECENT SPEAKER AT WOMEN'S
INSTITUTE*



PHOTO BY BRIAN LITTLE

****NOTE—**Last month we credited Joyce Reid with
photos that were actually taken by Judith Harrower.
These photos were on pages 16 & 17. We are sorry for
the confusion. ******

HALLOWE'EN OR CHRISTMAS?

- Zander of DUNN INN

I was in Costco at the end of August and was astounded to see Christmas trees, Christmas wreaths and Christmas Santa Clauses all around me. One Santa Claus was climbing up and down a ladder. Costco was pushing Christmas before Thanksgiving, Hallowe'en, All Saints Day and Remembrance Day.

I can understand them overlooking or rejecting All Saints Day. It is not much celebrated in society and not much noticed anymore even in the Church -at least the North American Protestant Church. Besides, it is all wrapped up within Hallowe'en; so forget about that day.

Remembrance Day is not a day you can use to make money. It speaks of sacrifice, suffering, death. Those are heavy issues which are not pleasant to contemplate. And besides, the Royal Canadian Legion has been given the task of raising money, by selling poppies, to help others.

I am sure Hallowe'en will bring out candies and costumes which will sell well. But, aside from candies, Hallowe'en doesn't demand that we give gifts or cards to one another so it's not a big money-maker.

Canadian Thanksgiving does not line up with American Thanksgiving. We don't celebrate the coming of the Pilgrim Fathers on the Mayflower. We hark back to Champlain's Company of Good Cheer. The American Thanksgiving, at the end of November, marks the beginning of the Christmas rush. Our Thanksgiving, early in October, marks the end of the harvest. Thanksgiving, still the preserve of the Churches, hasn't been taken over yet by commercial interests - at least not in the way Christmas has been hijacked.

Christmas! Now there's a day off which you can make money almost the whole year long - at least for 5 months, Costco is telling us. Stores other than Costco make 50% to 75% of their income during the Christmas season, which Costco is telling us, is getting longer every year. There are some stores devoted entirely to Christmas - and they are open all year long. Go to Frankenmuth in Michigan, for example, and browse through the Christmas stores there.

I'm one of those people, and ministers, who think Christmas takes up too much of our time. Indeed, I come from a tradition - The Presbyterian - which years ago, did not celebrate Christmas at all. There were no Christmas Eve services and worship on Christmas Day was held only if Christmas fell on a Sunday. Now our church, like most other churches, is involved with the season of Advent which is four Sundays long plus Christmas Eve and Christmas Day.

I enjoy the good times connected with Christmas - family, friends, food, gifts and parties. But we try to stuff too much into a short time. Too bad we can't spread that Christmas spirit all through the year. Perhaps Costco is helping us to do that. By getting their wares out early in the year, they're alerting us to the good news of God's love for us at Christmas. And if we think about it we'll see how Christmas colours all the preceding seasons. We can thank God at Thanksgiving in the light of God's love to us at Christmas. We can remember with gratitude all those who have gone before us on Hallowe'en - the hallowed night before All Saints Day. We can remember with gratitude on Remembrance Day those who sacrificed that we might live to enjoy another Christmas.



OCTOBER SKIES

- Alan Kidd

This month we will finally be able to see Mars in the evening sky. We also have a meteor shower and a lunar occultation of the Pleiades as celestial attractions.

In many ways the autumn is the best time for stargazing, since the bugs are pretty well gone, along with most of the summer haze. However, the nights are not so cold as to prevent us from spending some time outdoors looking at the heavens. Late in the evening during mid October, there is a pattern of four fairly bright stars directly overhead. This is the constellation of Pegasus, also called the Great Square. The Great Square of Pegasus is the major landmark of the Autumn Skies. Pegasus, of course, is the great winged horse of mythology. In the skies Pegasus is flying with his head down, pointing toward the south.

If you extend a line connecting the two western-most stars of the Great Square southward almost to the horizon, you will come to the star Fomalhaut. It is in the constellation Piscis Austrinus, or the Southern Fish.

Fomalhaut is the brightest star of the autumn constellations, but is stuck more or less all by itself in the south. It is the only bright star in the neighborhood of Mars. In case you were wondering, Fomalhaut comes from the Arabic and means fish's mouth. It is part of the longer Arabic phrase meaning mouth of the southern fish.

The Orionid meteor shower which is generally overshadowed by the better known Perseids will occur under almost ideal circumstances this year. On the peak night of October 20/21st the nine day old moon will set at 1:00 AM, so the skies will be dark. The radiant or apparent source of the meteors is the northern part of the Orion constellation, which gives them their name. Some meteors should be visible before midnight, but most of the activity (about 20 meteors/hour at peak) will be seen after that time.

Meteor showers are the result of the Earth passing through dust trails left by comets. In the case of the Orionids the comet in question is the well known Halley's Comet.

The main celestial event of early autumn is the passing of the Moon through the Pleiades. This event (known as an occultation) takes place on the night of October 27th. At moonrise the almost full moon is blocking about half of the Pleiades cluster. Unfortunately the glare of the moon may make the other half impossible to see, but it should be impressive with a pair of binoculars.

Once again only Jupiter is visible low in the evening sky at the beginning of the month. By the end of October, it too will disappear. A nice grouping will occur on the evening of October 15th, with the crescent moon forming a right angle triangle with Jupiter and Antares.

Venus continues to be a spectacular sight in the morning sky. Saturn is also high in the dawn sky, rising about 2am. It is much dimmer than Venus, but is a spectacular sight in a small telescope. At dawn on the nights of October 6th - 9th the crescent Moon drifts through a triangle formed by Venus, Regulus and Saturn. On the night of the 7th, the Moon will appear to be right in the middle of the triangle, about an hour before sunrise.



'LOST PILGRIMS' RELEASE DEBUT ALBUM



STEPHEN KENDALL OF 'LOST PILGRIMS' SITS DOWN FOR AN INTERVIEW AT CJA1. TERRY CULBERT HOLDS A COPY OF THE DEBUT CD (WORLD PREMIERE ON CJA1).



LORNA WILLIS AND TERRY CULBERT HOLD A COPY OF 'LOST PILGRIMS' DEBUT CD AT CJA1. STEPHEN KENDALL WAS INTERVIEWED ON AUGUST 17TH AT CJA1.

****NOTE:** STEPHEN AND ALLISON KENDALL OWN PROPERTY ON THE SOUTH SHORE. STEPHEN WILL HAND-DELIVER A COPY OF THE 'LOST PILGRIMS' CD TO ANYONE ON THE ISLAND FOR \$15. WWW.LOSTPILGRIMS.CA

PHOTOS PROVIDED BY STEPHEN KENDALL

HERE & THERE

- Ian Murray

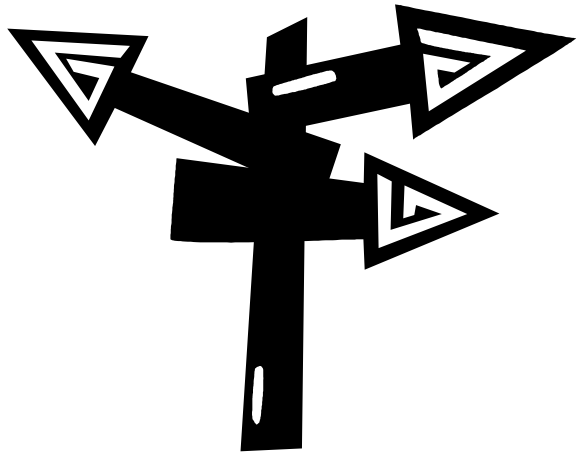
I finally finished hauling our hay home – late September. Usually there is considerable pressure to get the bales home but now with the net wrapped bales there is no concern about the sisal twine rotting off. The dry fields also meant no chance of rutting.

My apologies to anyone who I may have slowed down while charging for the ferry or heading home for something cold and wet from the fridge. Like most other farmers, I try to cause as few traffic problems as I can, given that the equipment is large and slow.

The very dry summer has left us (and others) with very little pasture for the fall. We are now feeding hay and some grain to all the sheep.

The coyotes have reached a new plateau as they are now killing mature sheep. This is something different and means that we are now corralling the ewes and the lambs each evening. That, plus the hay and grain feeding, has increased chores significantly.

This year continues to be pathetic as far as wild mushroom production goes. The geese and deer are having another good year.



IN THE SPIRIT OF HALLOWE'EN...



PHOTO BY BRIAN LITTLE

CELEBRATE

- by Sally Bowen

Will Adam has fulfilled his promises.

He left Cape Breton on May 1st, touched the Pacific on September 28th in Vancouver, then completed his journey on Thursday, October 4th in Victoria.

In two brief ceremonies, one in Vancouver at the Totem Poles in Stanley Park at Hallelujah Point, the other in Victoria at Mile Zero at the Terry Fox Monument, representatives of the MS Society, the media and community members paid tribute to Will's efforts.

We couldn't have managed the Vancouver event without the significant help of Beacon subscribers Eleanor Instant and her husband Ernie. (More about their connection to the Island on page 12). Ernie suffers from MS, and they offered their help well in advance. Eleanor scouted the site, informed police in the urban precincts through which he traveled, provided an awning and a cake and guidance and paid for a downtown hotel the evening previous to the event. She and her son Dave took lots of pictures, as Will received gifts from the Mayor of Vancouver and from the MS staff with their thanks. She has forwarded pictures to interested media in Cape Breton, the Napanee Beaver and the Beacon as well as our website. Warmest thanks to them both.

Will was sustained through the last weeks with a few additional generous donations from Islanders. He needed to buy shelter occasionally, as he slogged his way over the last mountain range west of Kelowna, 5 1/2 hrs walking straight up in the driv-



ing snow. The next night he slept on the concrete floor of a telephone kiosk, then set out on the longest, fastest day of his journey. He descended a hill called "The Smasher" by the transport drivers, 10 kms twisting down a 6% grade descent, including a bridge. He was unable to brake lower than 71 kms/hr, with his feet numb from cold, and knees shaking. He was giddy when safely passed that, approaching the Fraser Valley, and still overjoyed by the beauty around him. He traveled 159 km that day, a record for him during the trip.

He has consumed a Protein Powder mix every day across the country, purchased for him a few times by Coralie Marshall. We offer fervent thanks to Ty Route Communications in Kingston, who provided cell phone coverage for most of the journey. The cost of our phone at first might have prevented our completing the journey.

So many of you have sent money, prayers, encouraging messages and notes. The Island significantly helped carry him to this completion.

Will has traveled 6966km, and has raised nearly \$6000 so far, all sent to local communities where the funds must be spent on direct client needs - no administration or research.

We are hoping to raise \$1 for every km he traveled. PLEASE if you haven't yet, write a cheque to the MS Society, mark the memo space re Will's Ride, and leave it at the store. If you don't care which MS division benefits, I'd be grateful if you'd let me fill in which region and I will mail it to the communities who have made extraordinary efforts to welcome him. Or mark it, Kingston region if you prefer. But please remember to fill in the memo space "RE WILL'S RIDE". The alternative? Explore our website www.willslide.ca and donate to the MS Society there.

Thanks, Islanders.



PHOTO BY HARVE GRANT

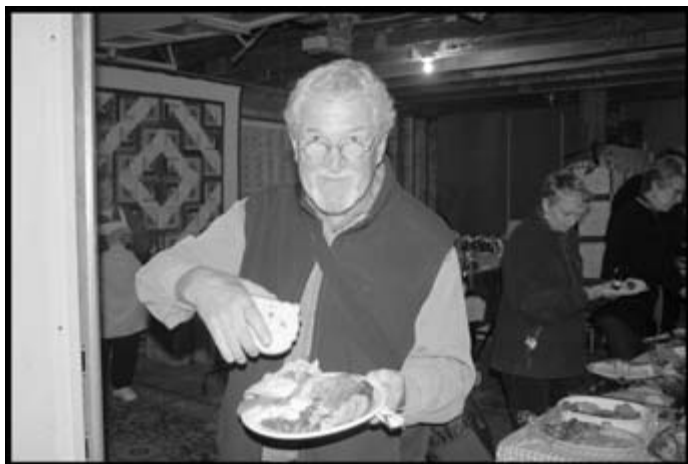
CONGRATULATIONS BRUCE AND ANDREA!!!



BRUCE BURNETT



ANDREA CROSS



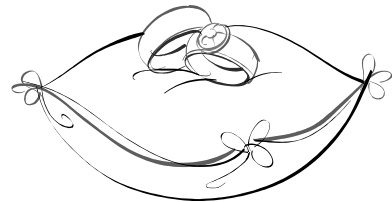
TERRY CULBERT



EVA LITTLE AND LORNA WILLIS



SASKIA WAGEMANS



ALL PHOTOS BY BRIAN LITTLE

ERNIE AND ELEANOR INSTANT

- Sally Bowen

Ernie's father, Ernie Sr and Helen Caughey were first cousins. Ernie Sr.'s mom was Elspeth Marshall and her brother was Rob Marshall, Helen's father. (Ralph Morrow says Ernie Sr was his dad's best friend).

Ernie grew up in Kingston, but spent all his summers living at Poplar Dell, helping his Aunt Ruth (Helen's sister) and Uncle Clifford Glenn on the farm.

Ernie was in the navy, and when he was posted to Nova Scotia, met and married Eleanor there. When he retired they moved out west, where their two children live with their families. They have often traveled east to spend time with the relatives on Amherst Island, and plan to again next summer. They even recently bought property here - two cemetery plots!

Ernie suffers from MS, and so they were interested in Will Adam's efforts to make a difference, and helped him greatly when he was in the Fraser Valley.

Beth Forester paid Eleanor the ultimate compliment: "She fits in so well, she might well have been an Islander".

"THE OBSESSION" - A REVIEW

- C J Kennedy

I was recently passed a book, The Obsession, by John Chipman, and asked to say a few words about it for the Beacon. It is the story of a Canadian, Thomas Evensen, who, in middle age, became obsessed with the dream of sailing an old wooden boat across the Atlantic, back to Norway from where his family had come a hundred years before.

Armed only with determination, he had very little knowledge of boats, or sailing, when he started, but he was convinced that with enough hard work he could succeed, despite numerous warnings from more experienced sailors. He left Toronto with three crew members. Two, one his own son, got cold feet and were smart enough to leave the boat in Newfoundland. Thomas continued on towards Iceland with only his nephew. As most of the experts had predicted, the boat opened up and sank, just off Iceland. Thomas died of hypothermia, his nephew was rescued by the Icelandic Coast Guard.

One of the current self-help philosophies is that if you want something badly enough and work hard enough you will achieve it. This book is a salutary lesson that sometimes determination is not enough, and the experts often know what they are talking about.

DESCENDANTS OF PETER A. INSTANT

1	Peter A. Instant	1818 - 1908
..	+Maria Burdan	1818 - 1891
..... 2	Mary A. Instant	1839 -
..... 2	Nelson Instant	1841 - 1928
.....	+Joanna McDonald	1843 - 1937
..... 3	Roderick C. Instant	1866 - 1948
.....	+Ida Wemp	1874 - 1961
..... 4	Clarence E. Instant	1898 -
..... 4	Allen E. Instant	1901 -
..... 4	Arthur L. Instant	1905 - 1964
..... 3	Frederick Instant	1870 - 1953
.....	+Elspeth Marshall	1876 - 1942
..... 4	Hugh R. Instant	1897 -
..... 4	D. Ernest Instant	1898 -
..... 4	John P. Instant	1902 -
..... 4	Mary E. Instant	1906 -
..... 4	Bertha W. Instant	1914 -
..... 3	Reginald Instant	1873 - 1937
.....	+Mabel E. Chown	1875 - 1964
..... 4	Estella M. Instant	1903 -
.....	+Harold R. Sharpe	
..... 4	Jack E. Instant	1920 -
.....	+Helen Catherine McGinn	1928 -
..... 3	Ernest Instant	1875 - 1906
..... 3	Mary E. Instant	1879 - 1957
.....	+John C. Hartley Fleming	1874 - 1955
..... 4	Ernest Hartley Fleming	1907 -
.....	+Genevieve Glenn Filson	1911 - 1993
..... 2	Emily Instant	1847 - 1917
.....	+William McQuoid	1839 - 1919
..... 3	Annie McQuoid	1882 - 1939
.....	+Joseph Hogeboom	1875 - 1960
..... 4	Maurice W. Hogeboom	1911 - 1978
.....	+Vera Elaine Miller	1911 -
..... 4	Clarence Hogeboom	1906 -
.....	+Alice Tait	1909 -
..... 4	Edwin J. Hogeboom	1916 -
..... 4	Isabel Hogeboom	1916 -
.....	+Morrison F. Scott	1901 - 1996
..... 2	Bertha Instant	1856 - 1913
.....	+Arthur W. Hitchins	1843 - 1918
..... 3	Caroline Hitchins	1876 -
..... 3	Allan N. Hitchins	1878 - 1947
.....	+Edith L. Scott	1875 - 1952
..... 4	Jessie C. Hitchins	1906 -
..... 4	Arthur W. Hitchins	1909 - 1964



BRIAN LITTLE TO THE RESCUE



WHILE TAKING SOME PHOTOS OF COWS ON AMHERST ISLAND, BRIAN LITTLE FOUND HIMSELF IN THE PLACE OF RESCUER AFTER THIS COW GOT ITS HEAD STUCK IN THE FENCE. AFTER GETTING A QUICK PHOTO OF THE FOOLISH COW, BRIAN HELPED TO COAX ITS HEAD BACK THROUGH THE FENCE. BOTH SURVIVED THE INCIDENT UNSCATHED.

PHOTOS BY BRIAN LITTLE



Amherst Island

October 20, 2007

10:00 a.m. start

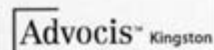
A community event like no other. Walk, run, or cycle in support of the fight against breast cancer!

7:30 – 9:30 a.m.	Registration, light breakfast items
10:00 a.m.	Start time for event
11:30 a.m.	Start time for barbeque

Silent Auction will run throughout the day and much more for many hours of family fun in support of a great cause.

Register online at www.cancer.ca or contact our local office at (613) 384-2361 for pledge sheets and more information.

**Get Active Against Breast Cancer
Everyone Counts**



Empire Life



Amherst Island Women's Institute
Est. 1900

For more information about cancer, our services or to make a donation, contact us.



Canadian Cancer Society
Société canadienne du cancer

Let's Make Cancer History
1 888 939-3333 | www.cancer.ca

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***Event will start at Amherst Island Public School.

NOTICE TO RESIDENTS OF LOYALIST TOWNSHIP

AT A GENERAL COUNCIL MEETING ON AUGUST 27, 2007 LOYALIST TOWNSHIP REVISED IT'S OPEN AIR BURN BY-LAW. THE BY-LAW STATES THAT THE USE OF BURN BARRELS IS STRICTLY PROHIBITED IN THE MUNICIPALITY. FIRE CHIEF WAYNE CALVER STATED THAT IN RECENT INFORMATION OBTAINED FROM ENVIRONMENT CANADA, THE USE OF BURN BARRELS IS ONE OF THE LARGEST SOURCES OF AIR POLLUTION ACROSS THE COUNTRY. THE USE OF BURN BARRELS RELEASE SUCH POLLUTANTS INTO THE AIR SUCH AS DIOXINS, ARSENIC, LEAD AND BENZENE.

THE BY-LAW ALSO INCLUDES THAT ANY PERSON WHO CONDUCTS OPEN AIR BURNING THAT RESULTS IN THE FIRE DEPARTMENT BEING DISPATCHED TO EXTINGUISH THE FIRE THAT IS DEEMED TO BE OUT OF CONTROL WILL BE LIABLE FOR THE COST ASSOCIATED WITH THAT CALL. CHIEF CALVER ADVISES RESIDENCE TO VIEW THE BY-LAW ON OUR WEB SITE WWW.LOYALISTFIRE.CA OR PICK UP A COPY AT THE ADMINISTRATION OFFICE AT 51 MAIN ST. IN ODESSA. MORE INFORMATION ON OPEN AIR BURNING CAN BE OBTAINED BY CALLING 613-386-3762 DURING BUSINESS HOURS.

**PRESS RELEASE:**

LOYALIST TOWNSHIP IS PLEASED TO ANNOUNCE THE RELEASE OF A REDESIGNED WEB SITE.

WWW.LOYALIST.CA

THE GOAL OF THE NEW SITE IS TO ALLOW THE PUBLIC EASY ACCESS TO A WIDE VARIETY OF USEFUL INFORMATION AS WELL AS TO INTRODUCE MORE ECONOMIC AND TOURISM ASPECTS TO THE SITE. THE WEB SITE WAS ALSO DESIGNED WITH NEW AND LONG-TIME RESIDENTS IN MIND, AS WELL AS USERS WITH DIAL-UP AND HIGH-SPEED INTERNET SERVICE.

WHETHER YOU LIVE, WORK, OR PLAY IN LOYALIST TOWNSHIP, YOU WILL FIND ALL THE INFORMATION YOU REQUIRE RIGHT AT YOUR FINGERTIPS. THE NEW TOURISM SECTION HAS OPENED A WHOLE NEW WORLD TO VISITORS AND RESIDENTS ALIKE.

THIS NEW SITE MAKES FINDING INFORMATION ON BUILDING PERMITS, PROPERTY TAXES, ROADWAYS, RECREATION AND OTHER SERVICES EASIER AND QUICKER THAN EVER BEFORE.

TRY CLICKING ON THE CALENDAR. USERS CAN FIND OUT WHEN THE NEXT COUNCIL MEETING IS HELD, THE DATES OF UPCOMING EVENTS FOR KIDS, LIKE THE ANNUAL "SPOOKTACULAR" FEST, WHAT TIME THE NEXT YOUTH DANCE STARTS, PLUS MUCH, MUCH MORE. COMMUNITY GROUPS ARE INVITED TO SEND THEIR EVENTS TO WEBMASTER@LOYALIST.CA TO BE INCLUDED ON THE CALENDAR.

REEVE CLAYTON McEWEN SAYS OF THE LAUNCH OF THE SITE - "THIS WILL OPEN A NEW LINE OF COMMUNICATION FOR THE RESIDENTS OF LOYALIST TOWNSHIP WITH LOYALIST COUNCIL AND STAFF. SURFING OUR NEW SITE WILL MAKE US MORE ACCESSIBLE TO ALL OF OUR CITIZENS."

"ECONOMIC DEVELOPMENT IS A PRIORITY FOR LOYALIST TOWNSHIP AND THE COUNTY OF LENNOX AND ADDINGTON; WE HAVE WORKED EXTREMELY HARD TO ESTABLISH A PROACTIVE BUSINESS ENVIRONMENT. THE NEW LOYALIST TOWNSHIP WEBSITE PROVIDES A GREAT TOOL FOR OUR BUSINESSES AND POTENTIAL INVESTORS. IT DEMONSTRATES THAT LOYALIST TOWNSHIP IS OPEN FOR BUSINESS" - STEPHEN PAUL, MANAGER, ECONOMIC DEVELOPMENT LENNOX AND ADDINGTON COUNTY.

CHIEF ADMINISTRATIVE OFFICER, DIANE PEARCE COMMENTED, "PLEASE TRY THE REDESIGNED WEBSITE, THEN TELL YOUR FRIENDS ABOUT IT. ALSO, PLEASE TELL US WHAT YOU THINK AND GIVE US SUGGESTIONS FOR IMPROVEMENTS. WE HOPE THAT THIS SITE WILL BECOME YOUR FAVOURITE WAY TO FIND OUT WHAT'S HAPPENING IN LOYALIST - YOUR TOWNSHIP."

PLEASE CONTACT MAUREEN SHARPE AT MSHARPE@LOYALIST.CA FOR FURTHER INFORMATION.

EUCHRE IS BACK

STARTING FRIDAY SEPT 7 AT 7:30 P.M.

WE HAVE NO PROFESSIONAL PLAYERS SO IF YOU KNOW HOW TO PLAY EUCHRE COME OUT FOR AN EVENING OF FUN AND FELLOWSHIP. LIGHT REFRESHMENTS AND COFFEE ALL EVENING.

GOOD PRIZES AT END OF SERIES

THERE WILL BE A SHARE THE WEALTH DRAW AFTER 6 GAMES.

SPONSORED BY THE ACW

ADMISSION IS \$3.00

NO EUCHRE NOV. 16.

AMERIKS SCHOLARSHIP FUND - 2007

APPLICATIONS FOR THE AMERIKS SCHOLARSHIP FUND, IN MEMORY OF REEVE FRANK FLEMING, WILL BE RECEIVED BY THE TOWNSHIP UNTIL OCTOBER 31, 2007.

AMHERST ISLAND RESIDENTS WHO CURRENTLY ATTEND POST-SECONDARY INSTITUTIONS ON A FULL TIME BASIS ARE ELIGIBLE TO APPLY. APPLICATION FORMS ARE AVAILABLE AT THE FERRY OFFICE IN STELLA DURING OFFICE HOURS, MONDAY, WEDNESDAY AND FRIDAY OR ON THE LOYALIST TOWNSHIP WEBSITE AT: WWW.LOYALIST-TOWNSHIP.ON.CA.

PLEASE FORWARD COMPLETED APPLICATIONS TO THE ATTENTION OF THE UNDERSIGNED AT:

THE CORPORATION OF LOYALIST TOWNSHIP

263 MAIN STREET, ODESSA, K0H 2H0

OR LEAVE AT THE FERRY OFFICE FOR DELIVERY

BRENDA J. HAMILTON, CMO

TOWNSHIP CLERK

**VICTORIA HALL CRAFTS & TEA ROOM**

CLOSED FOR THE SEASON FROM SEPTEMBER 3RD.

WE WISH TO THANK ONE AND ALL FOR YOUR KIND SUPPORT DURING THE PAST 5 YEARS. AND MOST OF ALL FOR YOUR FRIENDLINESS WHICH CREATED SUCH A WARM ATMOSPHERE.

PLEASE PHONE US (613 389-5389) IN ORDER TO PICK UP YOUR CRAFTS THAT MAY STILL BE HERE AND/OR YOUR MONEY FOR SOLD ITEMS. AS WELL, PLEASE CONTACT US IF YOU HAVE ANY OUTSTANDING GIFT CERTIFICATES.

AGAIN - A BIG, BIG THANK YOU

MOST SINCERELY

BERNICE AND NEIL

A THANK YOU TO LYNANN WHITTON FOR LOOKING AFTER THE SCHOOL GARDENS THIS PAST SUMMER; AND TO BOB FILSON FOR HIS SKILLFUL GRASS CUTTING AT THE SCHOOL.

JUDITH HARROWER

NOTICES



NATURSAC

THE AMHERST ISLAND WOMEN'S INSTITUTE PROMOTES THE NATURSAC WHAT? THE NATURSAC, A NEW-GENERATION BIODEGRADABLE PLASTIC BAG, IS NOW AVAILABLE ON THE ISLAND. THEY ARE MADE PRIMARILY FROM CORNSTARCH AND FULLY BIODEGRADABLE POLYMERS OR POLYLACTIC ACID. THEY CAN CARRY 22 POUNDS OF CONTENTS. THEY HAVE A SHELF LIFE OF TWO YEARS WHEN STORED AT NORMAL ROOM TEMPERATURE.

WHY? NATURSAC BAGS ARE 100% BIODEGRADABLE-COMPOSTABLE, AND CAN BE RE-USED AND RECYCLED MANY TIMES. THEY REDUCE LANDFILL MASS, ALLOW CONTENTS TO DISINTEGRATE, AND IF BLOWN ABOUT IN THE WIND, WILL BIODEGRADE, UNLIKE REGULAR PLASTIC BAGS THAT REMAIN CAUGHT ON BRANCHES OR FLOAT IN WATER FOR YEARS, AN UNSIGHTLY MESS AND POTENTIALLY LETHAL TO ANIMALS. THEY TAKE LESS ENERGY AND WATER TO PRODUCE THAN PAPER BAGS, AND ARE MORE DURABLE THAN PAPER BAGS IN WET WEATHER. THEY LEAVE NO TOXIC OR POLY RESIDUES IN THE SOIL, AND THE RESULTING COMPOST WILL BE ABLE TO SUPPORT PLANT GROWTH.

WHERE? USED BY THE WEASEL AND EASEL, THE AMHERST ISLAND GENERAL STORE.

HOW MUCH. 20/\$1.00, 100/\$5.00

WE INVITE YOU TO JOIN THE FIGHT

- SHERRY MILLER

THE SCHOOL ON AMHERST ISLAND IS GOING TO BE THE PLACE TO BE AT 10 A.M ON OCTOBER 20TH. ON THIS DATE THERE WILL BE AN EVENT HELD THAT IS LIKE NO OTHER. A GROUP OF YOUR NEIGHBOURS IS ORGANIZING A WALK, RUN, CYCLE EVENT IN SUPPORT OF THE ONTARIO BREAST SCREENING PROGRAM. OUR MOTTO IS "EVERYONE COUNTS" AS EVERYONE HAS A VESTED INTEREST IN FIGHTING THIS HORRIBLE DISEASE THAT WILL STRIKE ONE IN NINE WOMEN IN CANADA (EVERY WEEK 170 MEN ARE DIAGNOSED WITH BREAST CANCER...THOUGH LESS COMMON AND RARELY DISCUSSED IT DOES HAPPEN FREQUENTLY) AND EARLY DETECTION IS THE KEY TO SURVIVAL.

IN KEEPING WITH OUR "EVERYONE COUNTS" MOTTO WE WANT TO ENLIST YOUR HELP. PLEASE SET ASIDE THIS DATE. THE WALK WILL BE FOLLOWED BY A COMMUNITY BARBEQUE AND SILENT AUCTION THAT WILL RAISE FUNDS TO SUPPORT THIS GREAT PROGRAM.

WE ARE ALSO SELLING GREEN GROCERY BAGS IN SUPPORT OF OUR CORPORATE SPONSORS AND ALSO TO HELP OUR ENVIRONMENT. WATCH FOR POSTERS WITHIN YOUR COMMUNITY AND AT THE MARKET ONCE THEY BECOME AVAILABLE...A GREAT BUY, TO SUPPORT A GREAT CAUSE AND IN ADDITION IT HELPS TO ELIMINATE PLASTIC IN OUR HOUSEHOLDS!! WOULD YOU LIKE TO HELP US IN ORGANIZING?

PLEASE CONTACT OUR CHAIRPERSON TODAY: JANE MCGINN - 389-3155

NOTICES

CAROLINE YULL LEGAL SERVICES

I HAVE TEMPORARILY MOVED MY PRACTICE TO MY HOME OFFICE. I HAVE SET MY VOICEMAIL UP WITH SEPARATE MAILBOXES FOR PERSONAL AND PROFESSIONAL MESSAGES, SO FOLLOW THE PROMPTS TO KEEP YOUR BUSINESS MESSAGE UNAVAILABLE TO ANYONE BUT ME. LOOK FOR MY NEW OFFICE IN AMHERSTVIEW AT 18 MANITOU CRESCENT WEST (IN THE CORNER NEAR THE LIQUOR STORE) AFTER THE END OF JULY. I'LL ANNOUNCE NEW PHONE NUMBERS THEN. I AM STILL HAPPY TO MEET WITH YOU AT YOUR HOME, IF THAT IS MORE CONVENIENT FOR YOU. NEW OFFICE CONTACT INFO:

PHONE: 613-384-4071 (SAME NUMBER FOR FAX)

EMAIL: CYULL@KOS.NET

5115 FRONT ROAD, STELLA, ONTARIO K0H 2S0.

UPS

NOW DELIVERING AND PICKING UP ON THE ISLAND. CONTACT SUPERVISOR,

NOTICES

NEWS FROM THE GENERAL STORE

THE *WHIG STANDARD* IS NOW AVAILABLE MONDAY THRU SATURDAY AT THE STORE.

WE NOW HAVE **ICE CREAM PIES** AVAILABLE. CHOCOLATE PEANUT BUTTER MMM—\$13.00, AS WELL AS THE SAME GREAT BAKE 'N' SERVE PIES.

WE NOW CLOSE AT 5PM ON FRIDAYS.

AMHERSTVIEW SANTA CLAUS PARADE

NOVEMBER 3, 2007 AT 11AM. WJ HENDERSON REC. CENTRE. ANY GROUPS INTERESTED IN ENTERING THE PARADE CAN CONTACT PARADE CHAIRMAN DEL WEBER 613-384-1059 OR WWEBER1@COGECO.CA TO CONFIRM THEIR PARTICIPATION.

THERE IS NO COST TO ENTER THE PARADE. PLEASE COME AND HELP SANTA KICK OFF THE 2007 HOLIDAY SEASON. CHILDREN ARE ENCOURAGED TO DECORATE THEIR BIKES AND ENTER THE PARADE TO TRY AND WIN A TROPHY. ALSO, THERE WILL BE PICTURES WITH SANTA FOLLOWING THE PARADE AT THE AMHERSTVIEW FIREHALL. PLEASE COME OUT AND ENJOY THIS GREAT COMMUNITY EVENT.

FOR SALE

FOR A DONATION

VARIOUS ITEMS AVAILABLE WITH DONATION TO MS FOR WILL'S RIDE.

THEY INCLUDE: 4 SLAB DOORS, 6 BI-FOLD DOORS & 2 EXTERIOR DOORS (ALL WITH HARDWARE); ASSORTED WINDOW COVERINGS, ETC.; COMPLETE KNOTTY PINE KITCHEN CABINETS APPROX. 12 LINEAR FEET WITH HARDWARE.

FOR SALE

DOUBLE STAINLESS STEEL SINK AND FAUCET.

GE DISHWASHER WITH BUTCHER BLOCK TOP.

CONTACT ANN AT 613-634-8946 (AFTER OCTOBER 29TH).



~ CLASSIFIEDS ~

FOR SALE

"ONCE UPON AN ISLAND"

IS A NOVEL BASED ON THE HISTORY OF MY GREAT-GREAT-GRANDFATHER AND HIS WIFE AND THEIR RELATIONS ON AND ABOUT AMHERST ISLAND.

\$20 – WILL REPRINT IF SUFFICIENT ORDERS RECEIVED.

DORIS HENDERSON – (613) 389-1872.

MAGIC CANDLES FOR SALE.

THEY CHANGE COLOURS AS THEY BURN. \$12, \$15 AND \$18 EACH.

GREAT FUNDRAISERS OR HOSTESS GIFTS OR ROMANTIC INCENTIVES.

CALL BERNICE OR NEIL, 613 389-5389

1 SOLID PINE SOFA WITH GREEN COVER. GREAT CONDITION

\$200

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BURGUNDY, 4 DOOR

- EXCELLENT CONDITION – LOCAL CAR – 172,000KM

BLAUPUNKT HIGH POWER FM/AM/CD \$3500

PASSED EI AND SSC LAST YEAR.

WILL RETEST ON SALE.

613-384-7925

PETER LARGE & MARGARET MALONEY

LOT FOR SALE ON AMHERST ISLAND

WATER VIEW AND WATER ACCESS

APPROVED FOR BUILDING AND SEPTIC

THE **LIBRARY** HOURS ARE CHANGING IN MARCH 2007 FOR THE STELLA LIBRARY. NO WEDNESDAY.

TUESDAY EVENING 6:00 P.M TO 9:00 P.M
FRIDAY 11:00 A.M. TO 2:00 P.M.

AMHERST ISLAND DIRECTORY

THE WOMEN'S INSTITUTE HAS PUBLISHED THE NEW PHONE BOOK.

COPIES OF THE DIRECTORY CAN BE PURCHASED AT THE AMHERST ISLAND GENERAL STORE AND OUR COFFEE WAGON AT THE MARKET.

\$10.00 EACH. THE PROCEEDS SUPPORT NUMEROUS COMMUNITY ACTIVITIES.

FOR SALE

AMHERST ISLAND T-SHIRTS AND SWEATSHIRTS

AVAILABLE FOR SALE FROM BETH FORESTER 613-389-5582 OR LINDA WELBANKS 613-389-4143

PICNIC TABLES & WEATHER VANES

KEITH MILLER, 389-2588

RAWLEIGH.

TO PLACE YOUR ORDER CALL MARIE WARD AT 613-389-5767 OR E-MAIL BMWARD@KOS.NET

BLACKSMITH CREATIONS

FOR BEAUTIFUL HAND-CRAFTED WROUGHT IRON GATES, FENCES, HANDRAILS, FIRE PITs, GARDEN ARCHES AND MANY OTHER ITEMS FOR YOUR HOME AND GARDEN, VISIT PAUL AND VICTORIA CUYLER'S WEBSITE AT WWW.PRCIRONWORKS.CA CUSTOM WORK ALSO DONE TO ORDER.

PAUL CUYLER (BLACKSMITH) AND VICTORIA CUYLER (METALWORKER) ARE THE ARTISANS HELPING TO BRING THE STELLA BLACKSMITH SHOP BACK TO LIFE. THEY HAVE A SMALL BLACKSMITH/METAL CUTTING OPERATION IN NEWTONVILLE (NEAR PORT HOPE).

8"x10" PHOTOGRAPHS

BY DON TUBB: SHEEP AND THEIR GUARDIAN DOGS AND OTHER ISLAND SUBJECTS. UNFRAMED, \$40; FRAMED, INDIVIDUALLY PRICED. FOR VIEWING, PLEASE VISIT TOPSY FARMS WOOL SHED OR VIEW PICTURES IN GALLERY AT WWW.TOPSYFARMS.COM. PLEASE CALL FOR APPOINTMENT OR TO PLACE ORDERS. (613) 389-3444

LANDFILL SITE HOURS

WED 11-2; SAT 10-NOON; SUN 2-4.

FERRY OFFICE HOURS

MON, WED, FRI: 9-NOON & 1-4

FERRY FUEL-UP DAYS ARE TUESDAY AND FRIDAY (BE PREPARED FOR A DELAY).

LIBRARY HOURS

TUESDAY 7-9PM, WED 10-NOON, FRIDAY 1-3PM.

WANTED

SPCA

I AM COLLECTING THE FOLLOWING FOR THE NAPANEE S.P.C.A. ANY KIND OF USED STAMPS. A&P TAPES, CANADIAN TIRE MONEY. USED TOWELS, ETC, AND CLEANING SUPPLIES. CAT AND DOG FOOD. KNITTED SQUARES & MATERIAL PLACEMATS. (THE LATTER PROVIDE COMFORT TO CATS AND DOGS IN CAGES.) THE "CAT'S MEOW" THRIFT STORE IS ALWAYS GRATEFUL FOR USED CLEAN CLOTHING AND PAPERBACK BOOKS. ANY OF THE ABOVE MAY BE LEFT IN MY PORCH OR CALL ME REGARDING ANY OTHER ITEMS. THE ANIMALS REALLY DO NEED OUR HELP. FRED 613-384-4135

LOST ITEMS



FOR RENT

HOUSE FOR RENT:

YEAR-ROUND, BY THE WEEK, WEEKEND OR MONTH ON THE NORTH SHORE. CALL CHERRY 613-634-1212

COTTAGE

THREE BEDROOM COTTAGE FOR RENT ON NORTH SHORE, SLEEPS TEN. PADDLE BOAT, CANOE, BIKES AND SWIMMING RAFT. REASONABLE RATES. CONTACT CAROLYN (905) 729-3259 OR CGREEN@LOOK.CA

SAND BAY BED & BREAKFAST

PRIVATE WATERFRONT, LAST HOUSE ON THE NORTH-EAST SHORE OF AMHERST ISLAND WITH SPECTACULAR VIEW. BELGIAN HORSE-DRAWN CARRIAGE OR WAGON RIDES ALSO AVAILABLE. CONTACT SUSAN & GARRY FILSON 2 FRONT ROAD, STELLA. PHONE: 613-384-7866.

SOUTH SHORE COTTAGE

ON PRIVATE, SECLUDED PENINSULA. OVER 2000FT OF LIMESTONE SHORELINE. CALL (613) 389-5536 FOR FURTHER INFORMATION.

~ CLASSIFIEDS ~

FOR RENT

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STORAGE

SEASONAL STORAGE IN STELLA! - BOATS, CARS, SNOWMOBILES, ETC. INDOORS, REASONABLE RATES. DAYLE GOWAN 613-634-3815

THE LODGE ON AMHERST ISLAND

LODGING ROOMS AND RENTAL AVAILABLE FOR SPECIAL OCCASIONS. CALL: (866) 552-3535

WWW.AMHERSTISLAND.ON.CA/THELODGE ALSO, 1 & 2 BEDROOM COTTAGES ON STELLA POINT. BY THE WEEK OR WEEKEND, APRIL - OCTOBER. (PHONE NUMBERS ABOVE).



SERVICES/BUSINESS ADS



PAMPERED CHEF.
SO YOU LIKE TO COOK? I HAVE THE RIGHT TOOL FOR YOU. BARB MILLER. 613-384-8548.



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Little Red Hen
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- Your Yard
- Your Pets
- Your Parties
- Your Food
- Your Move

613 384 7183

613 483 7518

wagemans_s@yahoo.ca

<http://lrhservices.com>

SERVICES/BUSINESS ADS

LAKESHORE RUBBER STAMP

I CAN PROVIDE BUSINESS AND ART STAMPS, DATERS, SIGNATURE AND SIMILAR PRODUCTS. ALL STAMPS ARE CUSTOM MADE ON THE PREMISES AND CAN BE READY IN 24 HOURS. PLEASE CALL 613-389-8441 OR FAX 613-389-9770 EMAIL:

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THIS IS A HOME-BASED BUSINESS AND AVAILABLE MOST DAYS.

CANADA POST HOURS OF OPERATION:
MON-FRI: 9AM – 11:30AM; 2:30PM- 5PM.
SAT. 9AM-NOON.

CERTIFIED COMPUTER TECHNICIAN WITH 12 YEARS EXPERIENCE. HARDWARE INSTALLS/REPAIRS/UPGRADES. NETWORKING AND INTERNET SETUP INCLUDING WIRELESS. TUTORING. VIRUS AND SPYWARE REMOVAL AND ASSISTANCE ON PREVENTION.

\$ 65.00 FOR THE FIRST HOUR AND \$40.00 FOR SUBSEQUENT HOURS. COLLEEN: OFFICE AND MSGS: 613-634-6334
CELL: 613-539-1900
COLLEEN@LAHAISE.NET
WWW.LAHAISE.NET

PERSONAL CARE

MINDFULNESS MEDITATION WORKSHOP

THIS PRACTICE DEEPENS OUR CONNECTION TO THE RICHNESS OF THE PRESENT MOMENT AND DEVELOPS CONCENTRATION, INSIGHT AND COMPASSION.

COMPLEMENTARY HEALTH- JOCELYNE LEYTON, RPP, OFFERS TREATMENTS IN CRANIAL OSTEOPATHY.

OSTEOPATHY TREATS THE WHOLE PERSON NOT JUST THE AREAS OF THE BODY CAUSING SYMPTOMS. IT ENABLES THE BODY TO HEAL ITSELF BY RELEASING THE PAINFUL HOLDING PATTERNS AND IMPROVING CIRCULATION. THIS GENTLE MANUAL THERAPY WILL IMPROVE YOUR HEALTH. FOR AN APPOINTMENT TELEPHONE (613) 384-6488, 9060C FRONT ROAD.

CUTS IN MOTION

PROFESSIONAL HAIR CARE IN YOUR HOME OFFERING CUTS, PERMS AND COLOURS. OVER 20 YEARS EXPERIENCE. CALL KIM AT 613-386-7821. (ISLAND REFERENCES AVAILABLE.)

~ CLASSIFIEDS ~

HOME SERVICES

G L M CONSTRUCTION

ISLAND OWNED AND OPERATED. COMPLETE SERVICES, ALL TRADES, ANY SIZE JOB FROM DESIGN TO CONSTRUCTION TO FINISHING. WE HAVE THE CONNECTIONS TO GET YOUR JOB DONE. REFERENCES.

GARY McDONALD: 384-1456.

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HOME, FARM & COMMERCIAL WIRING & REPAIRS, RIGHT HERE ON THE ISLAND. ELECTRICAL SAFETY AUTHORITY AUTHORIZED CONTRACTOR PROGRAM. 634-1855.

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BUILT GARRY & SUSAN FILSON'S HOUSE ON THE ISLAND IN 2004 AND HAVE BEEN WORKING ON THE ISLAND EVER SINCE. FROM COMPLETE HOME CONSTRUCTION, RENOVATIONS, FINE CARPENTRY AND WOODWORKING TO ROOFING AND DECK CONSTRUCTION.

ISLAND REFERENCES AVAILABLE.

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YOU'VE SEEN IT ON TELEVISION. YOU HAVE THE ROOM. YOU HAVE THE BUDGET.

NOW, WHERE DO YOU FIND THE DECORATOR?

SEE SHELL

GREAT IDEAS, LOTS OF HANDS-ON EXPERIENCE, AND NONE OF THE EGO PROBLEMS OF THOSE TV FOLKS.

ISLAND REFERENCES.

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PROSE RED PUBLISHING

PROSE RED BOOKS AND "THE LIFE STORY GAME" ARE AVAILABLE ONLINE AT "WWW.PROSERED.COM" OR VICTORIA HALL IN STELLA OR PROSE RED AT 444 MAIN ST. NEWBURGH WED-SUN 10-4

HOME SERVICES

HANDYMAN

NEED THOSE SMALL REPAIRS DONE? TREES TRIMMED/REMOVED?

ROOF REPAIRED OR REDONE IN EITHER SHINGLES OR METAL?

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ESTIMATES GIVEN - EITHER HOURLY RATES OR BY THE JOB.

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PHONE 561-7867.

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A VARIETY OF SERVICES INCLUDING:

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- MANY MORE

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AVAILABLE BEGINNING SEPTEMBER

RELIABLE ADULT CAREGIVER FOR CHILDREN OF ALL AGES

DURING THE DAY, BEFORE AND/OR AFTER SCHOOL

REASONABLE RATES.

CALL ROXANNE @ 613-389-4630

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-RESPONSIBLE & RED CROSS CERTIFIED

-CALL TALIA FLEMING 389-9869

RED CROSS BABYSITTING & CPR

CERTIFIED - AVAILABLE AFTER SCHOOL, EARLY EVENINGS & WEEKENDS.

BETH ALBERTAN: 389-2662

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AVAILABLE IN FOUR DISTINCT FLAVOURS - SALT & PEPPER; HONEY GARLIC; TOMATO OREGANO; HOT ITALIAN.

NEW! BREAKFAST SAUSAGES - SALT & PEPPER OR MAPLE FLAVOUR! OUR FROZEN SAUSAGES ARE AVAILABLE IN 5 AND 10 LB. BOXES AT POPLAR DELL B&B, 389-2012.

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GOVERNMENT INSPECTED

AVAILABLE IN APPROXIMATELY 25 OR 50LB FREEZER PACKAGES. \$4.99/LB INCLUDING: ROASTS, STEAKS, STEW, HAMBURG, & PATTIES. INDIVIDUAL VACUUM-PACKED PIECES.

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WE HAVE A GOOD

INVENTORY OF

WOOL / COTTON

MATTRESS PADS AND

DUVETS AND PIL-

LOWS, AS WELL AS

OUR GREAT

BLANKETS, WRAPS

AND LAP ROBES, AND SHEEP AND LAMB SKINS.

A PLEASANT OUTING TO ENTERTAIN GUESTS.

PLEASE PHONE US BEFORE YOU COME TO MAKE SURE WE ARE AROUND. 389-3444.





PHOTO BY DAVE YUELL

The Foot

