



Happy New Year! Welcome to 2006

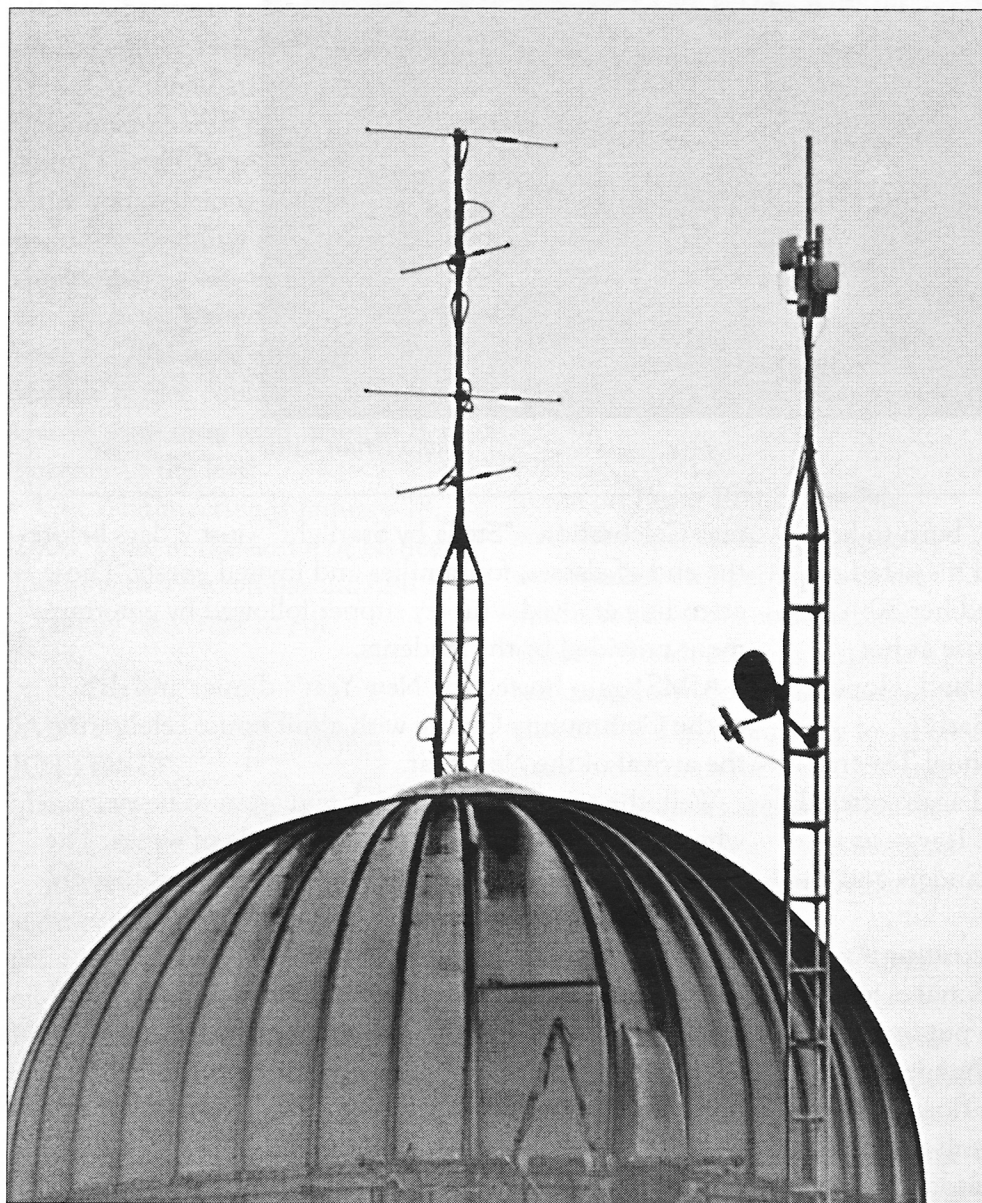


Photo Brian Little

Two new antennas have been erected on the Island, the one on the right is for high speed internet access, the other is for Amherst Island's soon to be broadcasting radio station, CJA1 93.7.

INSIDE THIS ISSUE:

Page 5 - Upcoming CJA1 Meetings.

Page 12 - Energy running low? Try Shiatsu.

Page 16 - Election Day Reminder and new format Ads and Notices.

THIS ISSUE

- Ian Murray, editor

This is the first issue in which we have classified the notices and ads.

We hope that doing so will make the ads more available. Our policy of "no charge for ads" will continue for the next year (despite objections from some of the staff).

The Beacon does not endorse any of the services or goods offered in this (or any other) issue. We will remove an ad if there is a justifiable complaint.

An "ad" could be included in the Notice section if there is something special going on - such as a performance at The Lodge (see below).

An article about a service you offer, such as Stella O'Byrne has done (see below) is also acceptable.

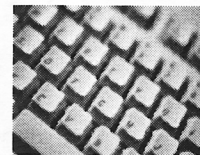
NEIGHBOURHOOD

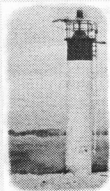
- Lyn Fleming

I apologize for not getting anything into the last Beacon, December flew by in a blur! I hope everyone had a MERRY CHRISTMAS filled with lots of family and friends.

Belated get-well wishes to Ray Kenders, Steve Street, Kaye McGinn, and Barb Reid, who all made trips to or had stays in the hospital prior to Christmas. Get Well to Helen Bulch who made a trip to the hospital on Christmas day.

Congratulations to Hazel deHaan on the birth of her newest grandson, born to son Neil and his wife Alana in Kingston. Congratulations to Helen Bulch on the birth of





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TC: Terry Culbert
BL: Brian Little
BH: Bill Harris
TR: Tom Richmond

JINGLE BELL, JINGLE BELL, JINGLE BELL WALK



The kids at
Amherst Island
Public School go
on their annual
Jingle Bell Walk.

Photo Brian Little

her newest great-grandson, born to her grandson Jason Bulch and his wife Lois.

Barbara Filson celebrated her 80th birthday with an open house at her home at the Foot of the Island. Hope you had a great birthday Barb!

The PCW held their annual Tea and Sale late in November and again offered lunch as part of the event. It was, as usual, well attended by Islanders and visitors from the mainland.

The Amherst Island Recreation Assoc. and A.I. Emergency Services joined together again this year to put on the annual Festival of Lights Parade and Community Bonfire. The floats, assorted vehicles, horse drawn wagons and fire trucks, all lit up for the season, get better and better each year!

The Women's Institute held their annual Seniors' Christmas Dinner the first weekend in December. Most Island Seniors enjoyed a traditional Christmas Dinner and entertainment with lots of fellowship.

A.I. Public School held their Christ-

mas Celebration - "Stella by Starlight" - just 2 days before the end of classes, for families and invited guests. Those attending enjoyed a turkey supper followed by entertainment provided by the students.

AIMS again hosted the New Year's dinner and dance at the Community Centre with a full house celebrating the arrival of the New Year.

Well, the snowy owls are back and seem to be everywhere along the bus route the last couple of weeks. The kids have had some "up-close" looks at them as they fly parallel with the bus looking back at them!

The week of deer hunting seemed successful, judging from the number of deer going away in trailers and trucks. I know we have an abundance of deer on the Island and our farmers are paying for it, but it really is hard not to cheer for the deer (especially with a bus full of kids) during the hunt.

It is kind of eerie to see motionless splashes of orange in trees, fence-rows and open fields everywhere for that one week each December.

We have had lots more snow than usual for this time of year, enough that even with rain and mild temperatures, we still managed to have a white Christmas on the Island.

I would like to wish all Beacon readers and their families, a happy, safe and prosperous New Year for 2006!



WOMEN'S INSTITUTE

- Joyce Haines

Our Christmas pot luck was held on December 14th, at St. Paul's Hall. Our members were jolly, and welcomed Sharen English as their guest. The tables were set in festive attire and delicious food was shared including pudding and sauce. A short meeting was entwined with dessert as we waited for Santa to appear. Gifts were exchanged and sounds of glee could be heard. Carols were sung with maestro Beth Forester in the lead.

Our next meeting is January 18, 2006, 7pm, at the home of Nancy Dunn with a brown bag auction.

Happy New Year to All.

JANET'S JOTTINGS

- Janet Scott



Just when you think the bird sightings are diminishing, then you get a month like this past one and all kinds of interesting birds are being seen. Our Island is developing a great network of Bird Watchers who take the time to check out their windows and admire the passing visitors. Perhaps the increase in numbers of social events in this active community get me out and about to gather these useful tidbits. Thanks to all of you who take the time to call, leave a message and keep me informed.

Coralee Marshall reported earlier in December the appearance of a Pileated Woodpecker at her



Pileated Woodpecker

home on Front Road. The Pileated Woodpecker is our largest woodpecker and perhaps was the model for that cartoon character Woody Woodpecker as it sports a red crest. Its major food is carpenter ants and it digs extensively in fallen trees and stumps for food. Its large rectangular holes are used later by other species such as the American Kestrel or the Northern Flicker as nesting sites.

When the settlers arrived there were a lot of these woodpeckers but as the forests were cleared its numbers dropped drastically. During the years 1890 to 1940 this species was considered rare. Now as the second growth trees mature and larger areas of farmland revert to trees the numbers of Pileated are rising. In the shield area around Kingston about 210 nesting pairs were reported with the average nesting area being 1 pair to 10 x 10 km. In my earlier birding years I watched the chips fly as a Pileated built a nesting cavity in Clark's Woods, the area around

the quarry near No Frills. This area is all houses now, but then held a wonderful collection of birds. Later a Screech Owl used its hole.

Gordie Forbes reported an errant Meadow Lark hanging out with that large flock of Snow Buntings that has been swooping across our fields. One minute a vast flock of brown birds appears and then as if on cue they all turn and instantly disappear against the lighter sky or snowy fields. It is an amazing phenomenon. The Meadow Lark is probably feeling safer joining a flock when most of his compatriots have been wiser and gone south. Hopefully this migrant will stay around until the Christmas count.

Chris Kennedy was the first to report a Bald Eagle hanging around the island. Since then this mature bird has been seen in several locations. Bonnie Livingstone reported it out her way and Alex Scott was surprised to see it fly between his

continued on page 5

COUNCIL GLEANINGS

- Ian Murray

Motion passed by Council: "that the following be adopted:

- 1) That the Ferry Committee be instructed to meet shortly after the hiring of the Transportation & Solid Waste Manager, to discuss the long-term objectives of the ferry service with respect to end-loading docks, office and storage building and related works;
- 2) That Council support the scope of work that may be undertaken at the ferry docks, should Federal dock transfer funds permit, and authorize pre-budget approval for the extent of the federal funds available."

Martin Hauschild, President of the Loyalist Environmental Coalition, sent a letter to Council "to formally request affirmation that Loyalist Township will make a request to the Ministry of Environment for a formal hearing into the Lafarge Canada Inc. application for a Certificate of Approval to operate a Waste Disposal Site

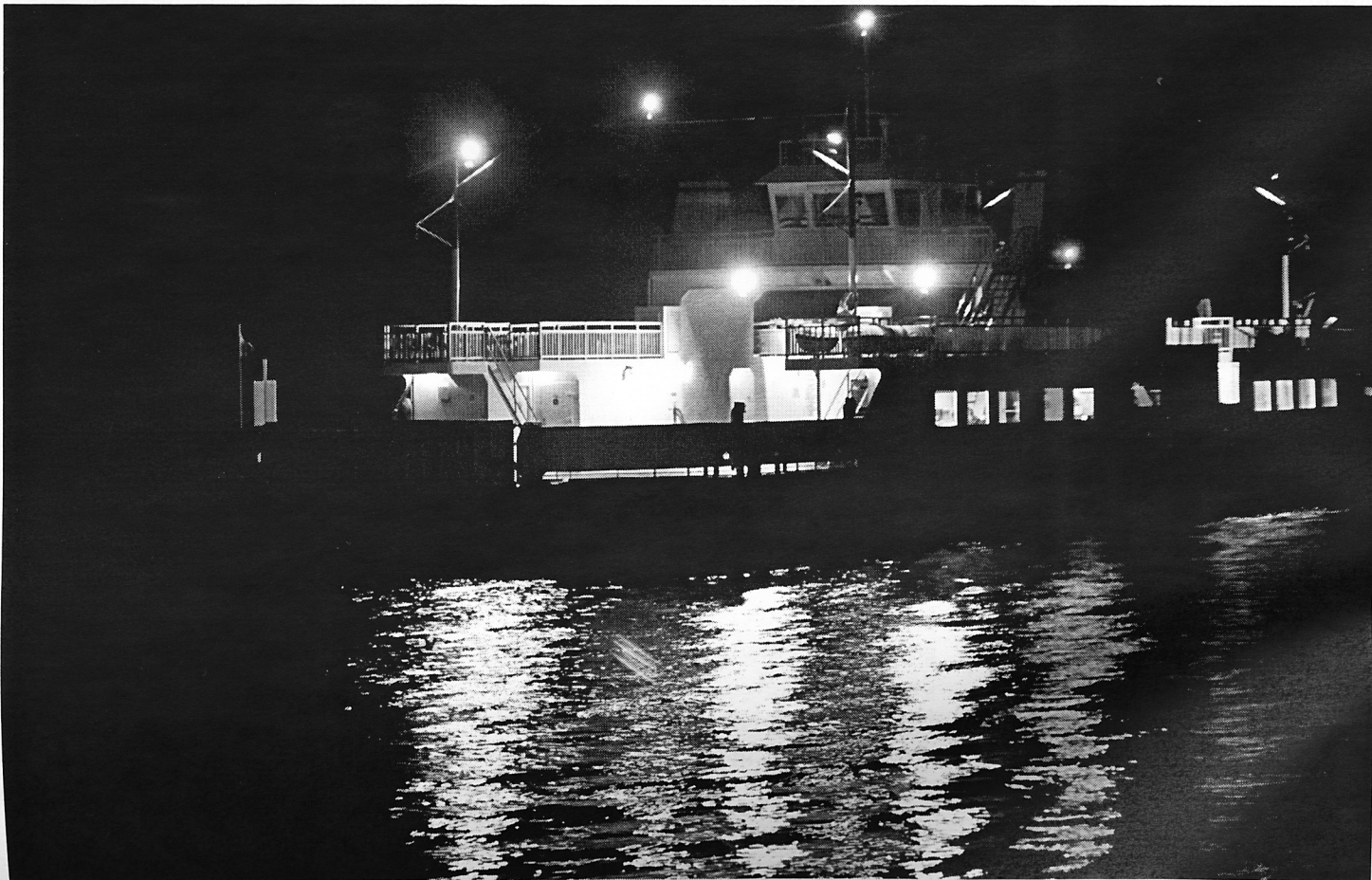
(Waste Incineration) at the Lafarge Canada Bath Plant."

Council passed the following motions (with only Councillor Ashley voting against in a recorded vote):

I. That Council not support a designation for a full Environmental Assessment subject to the following conditions as part of the Environmental Protection Act process:

- a. That the Ministry of the Environment hold a public hearing under the Environmental Protection Act to review the technical issues relating to the proposals;
- b. That the Ministry require the use of Best Available Control Technology (BACT) or the emission criteria for the Bath facility be established at a level equivalent to BACT;
- c. That the Bath facility make use of continuous air monitoring equipment, a continuous recording of inlet temperature to the Air Pollution Control Device (APCD) and that a Contingency Plan be developed, including public notification, if emission levels exceed BACT criteria.

Night Service



The Frontenac II lighting the way home.

Photo Brian Little

continued from previous page
COUNCIL GLEANINGS

d. That the Bath facility prepare and release a user friendly annual summary report within 3 months of year-end to the Ministry of the Environment and Loyalist Township that includes vehicle traffic and air monitoring data relating to the type and the amount of waste derived fuel consumed during the previous year. The report should also document any upset conditions such as, but not limited to, the failure to maintain the temperature at the entrance to the Electronic Precipitator at a level below which dioxins and furans readily form, and the action taken under such conditions.

e. That Lafarge conduct bi-annual stack testing while alternative fuels are being utilized, including for dioxins and furans, and incorporate the results in the annual summary report.

f. That Lafarge be required in the annual summary report to review current BACT and to comment on the adequacy of the currently in-

stalled equipment in meeting BACT. g. That Lafarge develop a Fire Protection Plan for the storage of waste derived fuel acceptable to the Fire Chief for Loyalist Township.

2. That Council instruct the Director of Engineering Services to provide copies of this report to the local Ministry of the Environment and Lafarge Canada Inc.

3. That Council authorize the CAO to submit Council's position to the Director of the Environmental Assessment & Approvals Branch, Ministry of the Environment (in response to their request for comments on the Lafarge Response Document dated August 30, 2004).

I can certainly appreciate Councilor Ashley's reluctance to support this resolution. There appears to be a lot of self-regulation expected from a company that is in business to make a profit. I suspect that the real problem is that the environmental regulators – federal and provincial – do not have the money to properly regulate a company with Lafarge's resources.

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JANET'S JOTTINGS

house and cliff as it soared past. I spotted it, or another mature bird, several times on December 28th as it watched along the creek that crosses the Stella Forty Foot. It's probably hunting ducks although they are primarily fish eaters. They will eat carrion and road-kill in winter.

Several Snowy Owls have been reported by those who like to get them before I do and on December 27th Chris Lyons of Port Hope reported seeing five on his bird-



Great Grey Owl

ing trip around the island and also a Great Gray Owl which he saw on the 2nd Concession in a bush on the south side of the road before Quinte Pastures. Watch out for that bird ! It's

Radio Days

Saturday 14 January

8am to 5pm:

CD Digitizing party at the Lodge.

Wednesday 25 January

7:00 PM:

AI Radio Public meeting at the Community Centre: Come find out what is our schedule for going on the air; what is the plan for a series of training sessions; What you can do to help!

The transmitter has arrived and pictures of it being operated for test purposes are on the AIR website. Technical on-air testing by Industry Canada will happen in February.

Best wishes!

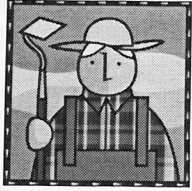
Tom Richmond

wonderful to see these big owls who not having much experience with people appear very tame and sit for pictures and observation. The reports of little owls are very slim but perhaps by February we'll pick up some returning migrants. Short-eared and Long-eared Owls are still being seen but in smaller numbers than in other years.

Keep watching those feeders. On December 28th a Northern Flicker stopped in to visit at my feeder and surprised me.

Good Birding. *****

AMHERST ISLAND MEN'S SOCIETY



- Hugh Jenney
Lorna Willis &
Saskia Wagemans
provided us with a
delicious breakfast.

It was agreed to
donate: \$100 for

the school Christmas trees which
we would then use for our New
Year's Dinner & Dance decora-
tions; \$150 toward the Christmas
Hamper Program; and, \$100 to the
John M. Parrot Centre in Napanee.

Dayle Gowan was authorized to
pay \$69.55 for the January 20, 2004
cleanup of the school.

John Munro congratulated An-
drea Cross and Brian Little for their
excellent job of gleaning donations
for the New Year's dance raffles.
Dinner & Dance tickets were \$50/
couple and they sold well.

Ross Haines suggested that we

should create our own webpage or
join the AI website. He said that
Wayne Gulden has volunteered to
create an AIMS website with links to
the AI website.

Tom Richmond reported that the
AI Radio should be up and running
early this spring.

Guest Speaker: Terry Culbert spoke
at the AI Museum on Wednesday
to a good crowd when our sched-
uled speaker could not come. Terry
graciously agreed to talk about his
new book about the Black Don-
nellys from Lucan, Ontario where
Terry was raised. The trouble arose
when the Donnellys emigrated from
Northern Ireland (Protestant) to
Lucan's Roman Line (just Catho-
lics) having found an unoccupied
hundred acres to squat on. Seems
the original owner had not paid his
taxes and had abandoned the land.
Terry said that happened all the time
in those days. The real trouble arose

at a barn raising argument between
James Donnelly and another man.
James picked up a spike and drove it
through the man's head. James hid
on his land dressed as a woman in
order to be able to work the land.
After a very hard winter he gave him-
self up and was charged with murder
and sentenced to be hanged. Many
people appealed to the judge who
then sentenced James to seven years
in the Kingston jail. Terry obtained a
lot of valuable information from the
penitentiary museum. Seems James
was a small man (5'2") who talked a
lot and therefore spent a lot of time
in solitary confinement. His family
could not visit him because they were
too far away. He returned to Lucan to
find his sons grown and his nine year
old daughter. Please read the book to
find out what happened.

Terry went on to talk about the
town he grew up in. Nobody talked
about the Donnellys in the old days,
but now they have a museum

promoting the story. The
Donnelly tombstone is locked
up because tourists were con-
stantly taking chips off of it.

Terry met Johnny Cash
when Johnny came to Lucan
for a performance. Johnny
asked Terry to take all the lo-
cal pictures for him and for a
neighbouring town.

An excellent talk which my
humble rendition does very
little to illuminate. You had
to be there.

Alan Kidd announced that
the NSMCC is planning on
doing an Island House Tour
and asked for AIMS assis-
tance.

Snow Day!



Jack Little having fun in the snow.

Photo Brian Little

Happy New Year

- Zander of DUNN INN

By the time you read this we will be well into the new year of 2006. But I wrote these words at the end of 2005. What do those numbers mean? They simply denote separate years of existence.

“Here’s a simple thing to do -
which few people undertake - eat
at least one meal a day together
as a family.”

We live in 2006 A.D (Anno Domini - the Year of The Lord). We in the West have imposed our numbering system upon the world. We have calculated the years from the birth of Jesus. That is amusing today because our scholars figure Jesus was born in 4 B.C. (Before Christ). In other words our whole system of time is out of whack!

But then, New Year’s Day has not always been January 1. In Babylon, 4000 years ago, and later in Rome, the new year was celebrated around March 21, the first day of Spring. That is a more natural time for the new year to begin. We celebrate the New Year on January 1 because the Roman Senate in 153 B.C. declared it to be the beginning of the new year. They made that arbitrary decision because too many emperors had tampered with the date in March.

When you come to think of it, all our dates are the result of arbitrary decisions about time. Remember: Time is God’s way of making sure everything doesn’t happen all at once.

Time is a gift of God. Wise

people will use their time well. What is it that Hitler, Jesus, Paul Martin, George Bush and I have in common? God gives us or has given us each 24 hours a day in which to live. We each decide or have decided how to spend our time.

We don’t know how many of those 24 hour days we have before us in the year 2006. It’s important we invest our time well.

That’s why I hate to hear of people “wasting time” or “killing time.” Time is more valuable to me than money. I can beg, borrow or steal money; but I can’t do that with time.

How will we live this year in the time allotted to us? I suggest three things.

First, begin again. Life is full of new beginnings. In the new year, make a new beginning. Don’t carry around past guilt, shame and disappointments. Put them away and start afresh.

Second, take time to love those close to you. Here’s a simple thing to do - which surprisingly few people undertake: eat at least one meal a day together as a family. We are so busy we don’t take time to sit down together to enjoy each other’s company over food. The family that eats together stays together.

Third, connect with God - the source of all your being, the One who has given you the gift of time. You could meditate or pray, of course, but equally as effective is to share something of yourself with others. God comes to us in other people. To relate to others is one way of relating

to God.

Whether you do what I suggest or not, I hope you have a Happy New Year!

Letter to the Editor

re: Grant Filson Obituary

Hi,

Thanks very much for the photo, obituary, and ancestry you did of Dad in the last issue of the Beacon. The ancestry had more info than I was able to find, so thank you for that.

The obituary was missing some of the grandchildren, so I’ll try to give you that info now. Grant had 4 children: Jan Sydorko, Lynn Davies, Chuck Filson and Kathy Filson. Jan has 3 sons: Steven David Carrothers, b. 1972, Michael Ross Carrothers, b. 1973, and Scott William Carrothers, b. 1976.

Steven is married to Brenda (Brooks) and they have 3 children: Justin David Carrothers, b. 1998, Carly Brooke Carrothers, b. 2000, and Andrew Michael Carrothers, b. 2004.

Lynn Davies has 2 children: George Davies, b. 1968 and Caitlin Davies, b. 1979

Kathy Filson has 2 daughters: Nancy Lorraine Arsenault, b. 1979, and Christine Ann Arsenault, b. 1981.

I hope this info is helpful for the records. Thanks again for the work you have done.

Jan Sydorko

HERE & THERE

- Ian Murray

Our big old farmhouse is heated by a wood-burning furnace. The question is often asked: "How many cords do you burn in a year?" The short answer is: "As many as it takes." A longer answer would be: "It depends on how cold the winter is; how much wind; how good the wood is; and, how much heat is wanted."

The heat wanted varies with how

early those living here go to bed and when they are getting up. There are periods when I am getting up before 5 am and Don is staying up quite late and we certainly use more wood then.

Around Christmas there was some media coverage of a young English girl, Tilly Smith who recognized the signs of the Boxing Day tsunami and thereby saved a lot of lives. What an interesting chain of events: a geogra-

phy teacher taught Tilly's class about earthquake generated tsunamis; Tilly remembered and recognized the signs – bubbles in the water and suddenly receding water; Tilly told her mother who believed her; Tilly's mother, I assume, was able to convince those in authority to act.

Also around Christmas, the Whig had a story about a high school boy – trained in first aid, who was helping a young girl who had fallen heavily. Several adults, not trained in first aid, interfered with his treatment. The adults must have assumed that their age trumped the boy's training.

Estimates of deer shot during the week-long shotgun season vary from 200 to over 300. For those readers who have not had crops damaged, gardens ruined, trees destroyed, and vehicles wrecked by deer, even 200 deer shot must seem pretty bad. For the rest of us, we hope the 300 figure is an underestimate.

One of the local farmers told me that he had a night-mare that he had to take a government-approved course before he could use his pocket knife again.

The December issue of the Heritage had an editorial by Gord Hunter in which he advises Councilor Duncan Ashley to make a New Year's resolution to think before he speaks. "Maybe taking an extra second or two will give you a chance to be a wee bit more diplomatic."

Don't listen to him Duncan. I doubt your forthrightness will lose you many Island votes. The world is full of diplomatic politicians – I'm proud to be represented by one of the few who isn't.

Good Friends, Good Food

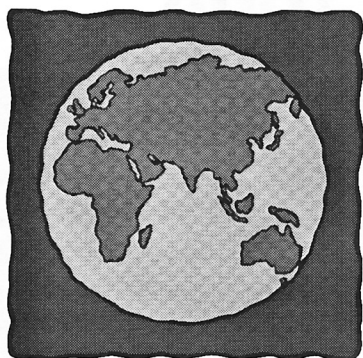
Top: Claire Jenney and Mary Kay Steele.

Photos Brian Little

Below: Elaine & Lloyd Wolfreys enjoying the Seniors' Dinner.

AND ANOTHER STORY

- Alena Schram



There are few greater pitfalls in living abroad than those presented by culture. You can live quite comfortably in someone else's country, observing the social niceties in a Canadian sort of way, and then suddenly and unexpectedly find yourself utterly disgraced by a minor faux pas. I'm not talking about instances of thoroughly reprehensible behaviour. I'm referring to the breach of some nuanced, seemingly insignificant custom that by its very subtlety defines a culture. Let me give you an example.

In Ghana when you enter a room full of people, you are expected to greet the person on your right first and then to move leftwards, or counter-clockwise, shaking hands. A Ghanaian, or someone aspiring to be a Ghanaian, would never simply walk into someone's living room and randomly grab the hand of the first person he saw. Nor would he rush over to meet the most senior guest present. Both these approaches would be considered ill-mannered and somewhat gauche. Instead he would stick to this highly egalitarian and sensible social tradition, and begin from the right, irrespective of the guest's status.

My husband John and I, posted to Ghana and eager to blend in as naturally as possible, embraced

this practice. It meant we never had to work out in a split second who was who when we entered a room; never had to worry that we'd ignored a senior somebody; and best of all, never had to concern ourselves with the sensitive issue of social standing. We soon became quite proficient in the art of inoffensive greeting: put any two people in front of us and we instinctively turned right first and smiled, and then left. We felt pleased with our ability to integrate.

What we failed, however, to take into account was that this system at which we now excelled, did not translate universally, even in Africa. Ethiopia, where we were posted next, had no such custom. Ethiopians, like Ghanaians, are nevertheless very meticulous about their greetings which incorporate a series of embraces with

“In Ghana when you enter a room full of people, you are expected to greet the person on your right first...”

a distinctive knocking of shoulders and a predetermined number of hugs, followed by the question, in Amharic, “Are you well?” asked a ritualistic number of times (the number varying according to circumstances). Neither the number of hugs nor the number of knocks are indicative of intimacy or even trust, and indeed enemies can often be seen greeting one another warmly. But no business is ever initiated until these formalities have been completed, and it would be unseemly to launch into a conversation without this introductory choreography.

We foreigners - *ferenj* - are seldom able to grasp these distinctive manoeuvres, so redolent with history.

Fortunately for us another, equally conventional but more casual method of greeting exists. It is the bow, a universal motion that holds none of the mystery of the Ethiopian embrace, but manages to avoid the matter of shoulders, hugs, and questions. A quick yet polite means of acknowledgement, the Ethiopian bow is executed with elegance: feet are snapped together in a gesture of correctness, and head, neck and shoulders go down briefly and gracefully. After considerable practice, John and I managed to master the skill, and applied it with flourish.

But four years of flourished cultural adaptation later, our time was up. Shortly before we were to leave, the former Royal Family organized a farewell dinner for us hosted by Em-

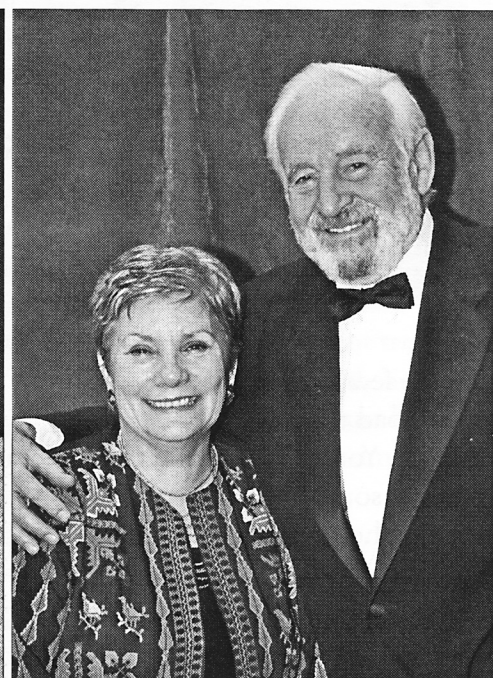
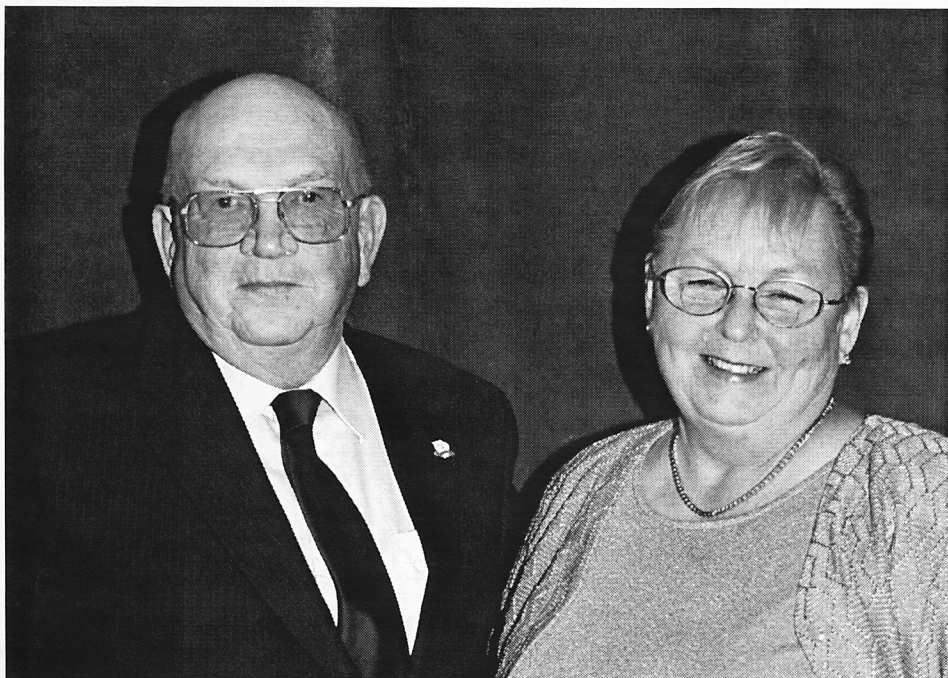
peror Haile Selassie's daughter, whom we'd never met. This was a singular honour seldom extended to outsiders now and we were conscious of the need to observe

all the minutiae of protocol.

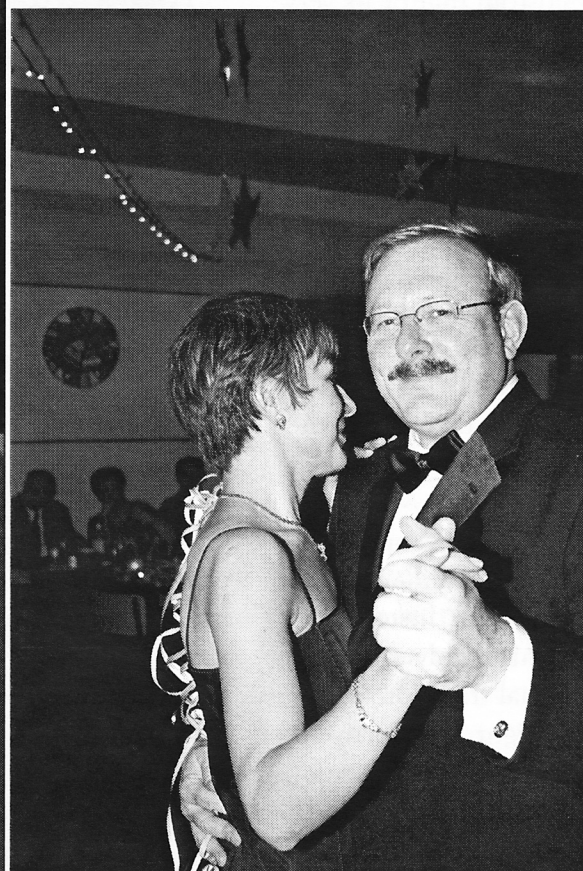
Dress and regalia were straightforward: dark suit for John, evening attire for me. We set off with a frisson of excitement. The instant we stepped out of the car, the imposing front door flew open and we were ushered into the house the Princess occupied with a few elderly courtiers. John and I, recognizing a bowing occasion when we saw one, rehearsed discreetly as we crossed the foyer. We were still practicing, bobbing up and down as inconspicuously as possible, when the tall French doors beside us drew apart and we found ourselves looking

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Amherst Island Welcomes 2006



Among the New Years Eve revellers at the Community Centre this year are: clockwise from top left - Keith (Dr. Love) Miller and Shirley Miller, Janet and Brian Grace, Helen Caughey and Martin Hauschild & Ula Stief.



Photos Brian Little

LETTER HOME

- Christopher Kennedy

2005 has been a varied year on the farm. We started with prices for lamb in the doldrums, with the market still depressed from the border closed by BSE, and we are ending the year with strong prices at the Stockyards. Basic economics say the improvement must come from the laws of supply and demand. The supply in Ontario seems to be increasing slightly, so we must have a strong demand. Perhaps more people are finding out what a wonderful meat lamb is. During the summer the U.S. border did open for young cattle and lambs for slaughter. A lot of cattle have headed south, but only a few truckloads of lambs

Our summer started off very dry. There was enough rain to give us good spring pasture, but only half a hay-crop. We really needed some good rains in April and May, and they all seemed to pass us by. It was the same story in much of southern Ontario, with some places getting lots of rain, and ten miles down the road there being almost none. We finally cut what hay there was: at least we didn't have to spend too much on fuel or baler twine.

Then at the end of August we got the tail-end of Hurricane Katrina, which gave us almost three inches of rain, and the grass started to grow again. This gave us good pasture for the ewes all through the fall, and the ewes were still out grazing when the snow started at the beginning of December. Now that the first snowfall is mostly gone the ewes are pawing down to find the grass left under the snow. They always seem to think that a mouthful of grass is better than all the hay I feed them.

Because we had only half a hay crop they are on short rations for hay this winter, and I have to supplement them with corn to make up their diet. I have to be careful not to give them indigestion. Without the corn we would have had to sell a lot of the ewes, so we would be short of lambs to sell next fall.

We still have several hundred lambs to sell in the New Year, and are hoping that prices stay strong. All our other costs, such as fuel and machinery parts, are costing a lot more, so the good prices are very welcome. Unfortunately many other crops, such as the grains and oil-seeds, are not doing so well. This doesn't seem likely to change until the World Trade Organization manages to come to some comprehensive agreement, and I'm not holding my breath waiting for that to happen.

With farming you never know what the next year will

Diggin Out!



Photos Brian Little

Paul Henshaw gets a workout digging out after the big snowstorm in December.

bring. Perhaps that is what keeps us going, always hoping that the next year will have perfect weather, great crops, no breakdowns and top prices. Let's hope for 2006.

Increasing Energy with Shiatsu

- Stella O'Byrne

Pronounced: Shee-at-su.

Meaning: Finger Pressure (shi = finger, atsu = pressure). Translated, it means pressure applied to the body with the thumb, using a comfortable pressure.

Eastern Medicine originated from China some 5 thousand years ago, along with acupuncture. Buddhist monks, during the sixth century A.D. brought Chinese medicine to Japan.

Tokojiro Namikoshi popularized Shiatsu in Japan, where he established a school and treated many famous people including Marilyn Munro. In 1971 Shiatsu was brought to Canada by Ted Saito. There are many schools of thought regarding Shiatsu, two of which are TCM (Traditional Chinese Medicine, or Eastern Medical Theory (EMT), and Zen Shiatsu.

Zen Shiatsu is based on the principles of Traditional Chinese Medicine (TCM), which considers energy to be the animating life force (Qi in Chinese and Ki in Japanese), pronounced Chi, meaning of all living things.

Shiatsu treatments are directed toward the balancing of the body's energy. When the qi is of sufficient quantity and quality, in theory, we should be quite healthy. The qi is composed of two types of energy labeled either yin or yang, depending on its function, location and direction of movement.

Yin and yang are opposite qualities, yin being interior and cold and yang more aggressive exterior and hot. Ev-

erything has both yin and yang constituents. An object or person may be more yin in comparison to one thing yet more yang in comparison to another; there are no absolutes. This balance is constantly changing.

In the human body, each yin organ (solid and nourishing) is paired with a yang organ (hollow and storing). Water (substance) is yin and fire (function) is yang; therefore, the direction of yin movement is downward and yang movement is upward. With a knowledge of yin and yang, a therapist can assess and treat a wide range of conditions. This also means a lessening of overactive sympathetic nervous functioning, which allows parasympathetic nervous functioning and more efficient operation of the body's various systems.

Treatment:

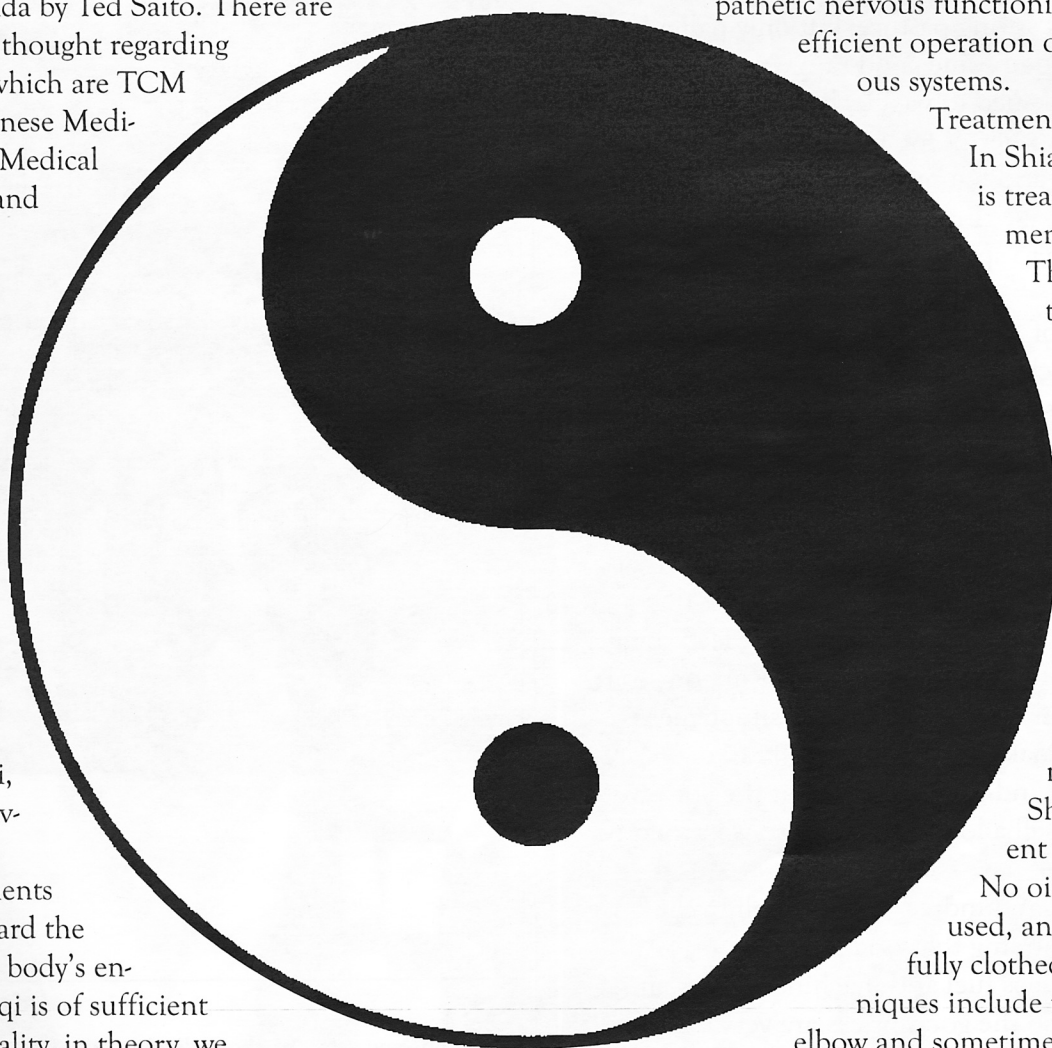
In Shiatsu, assessment is treatment and treatment is assessment.

This means when the therapist touches a particular point or area on the body, h/she is gathering information to form a pattern, thereby assessing the condition and forming a treatment strategy.

Shiatsu is different from massage.

No oils or creams are used, and the receiver is fully clothed. Shiatsu techniques include thumb, palm, elbow and sometimes knee pressure.

The positive effects of Shiatsu are often increased energy even for days after receiving a treatment. The effects are cumulative and benefits will take longer to manifest in people who have experienced their symptoms for longer periods of time.



Greetings from the Redekopps in Bahamas

• Harold Redekopp

A few months ago, I began a one year consulting contract with the Broadcasting Corporation of Bahamas to help strengthen its ZNS Radio and Television operations. My work will involve conducting an operational review, developing a strategic plan and providing management training. While there are a number of serious challenges facing ZNS, they are not so different from those I have encountered during my 31 years at CBC.

Erna is working 3 days per week as a volunteer at the local private hospital, reviewing nursing documentation in preparation for hospital accreditation.

We are living in a pleasant townhouse complex at Harbour Mews in the Cable Beach area of Nassau. It is an older development that has an 'English' sensibility about it, including what can only be described as 'eccentric' plumbing.

Politics is a primary activity here and the politicians covet every type of media exposure. Bahamians are passionate about their politics and their participation rate at election time is much higher than the Canadian rate. The next election will probably occur in the spring of 2007, but already the country is in serious pre-election mode. The contest is essentially between two major centrist parties; the Progressive Liberal Party (PLP) which has been in power for all but two terms since 1973, and the breakaway Free National Movement Party (FNM) which governed for those two terms.

The Bahamians are generally good orators and they love giving lengthy speeches. The speeches don't neces-

sarily have a great deal of substance (a universal problem) but they are delivered with great emotion and fervor.

Two of the major issues now facing the country are; dealing with the rebuilding of Grand Bahama Island (Freeport) which has been devastated by two years of hurricane damage, and stemming the tide of illegal immigration from Haiti. A third issue that will undoubtedly emerge over the next few months relates to the quality of public education in the country. Recently, a study has revealed that Bahamas public schools are so poor that in standardized testing, the median level for students was a failing "F". The Nassau Tribune published a major article in which it reported that "with only a very small number achieving As and Bs, and many more getting Ds, there must be an enormous number of ungraded students for the medial to level at F."

Bahamas is a deeply religious country. Politicians of both major parties regularly refer to the country as a "Christian nation." It's been noted,

for example, that Bahamas has more bishops per capita than any country in the world, including the U.S. Most of these bishops are not Anglican or Roman Catholic, although they wear similar vestments. Rather, the majority of bishops tend to be associated with Full Gospel Baptist, and a range of independent denominations. It sometimes seems to us that, with a church and its bishop on almost every street corner, there is also an element of entrepreneurship at work here.

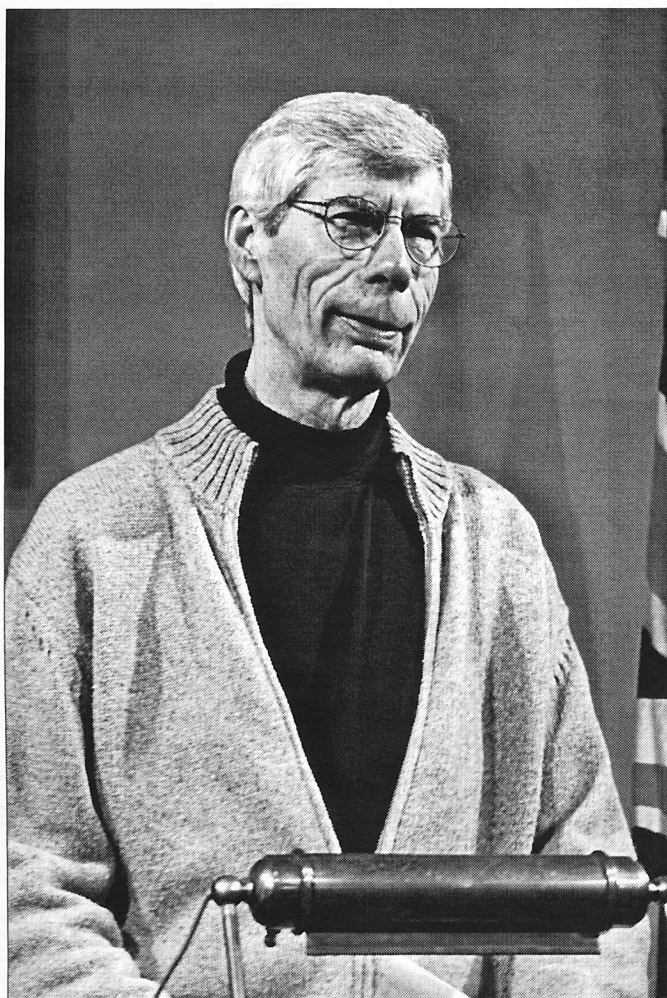
This is the first time that Erna and I will miss an entire Canadian winter. But somehow we manage to cope with daily sunshine and temperatures ranging from the high 70s to the mid 80s.

We do often think of our wonderful Amherst Island community and the good friends we've made there. We regret we will have missed the New Year's Eve Party at the Community Centre so we'll take this occasion to extend to all Islanders our best wishes for 2006.



A buck on the lookout.

Photo Brian Little



HOLIDAY GREETING (After the Lawyers are done...)

- Author Unknown

Please accept with no obligation, implied or implicit our best wishes for an environmentally conscious, socially responsible, low stress, non-addictive, gender neutral, celebration of the winter solstice holiday, practiced within the most enjoyable traditions of the religious persuasion of your choice, or secular practices of your choice, with respect for the religious/secular persuasions and/or traditions of others, or their choice not to practice religious or secular traditions at all...and a fiscally successful, personally fulfilling, and medically uncomplicated recognition of the onset of the generally accepted calendar year 2006, but not without due respect for the calendars of choice of other cultures whose contributions to society have helped make America great, (not to imply that America is necessarily greater than any other country or is the only "AMERICA" in the western hemisphere), and without regard to the race, creed, color, age, physical ability, religious faith, choice of computer platform, or sexual preference of the wishee.

(By accepting this greeting, you are accepting these terms. This greeting is subject to clarification or withdrawal. It is freely transferable with no alteration to the original greeting. It implies no promise by the wisher to actually implement any of the wishes for her/himself or others, and is void where prohibited by law, and is revocable at the sole discretion of the wisher. This wish is warranted to perform as expected within the usual application of good tidings for a period of one year, or until the issuance of a subsequent holiday greeting, whichever comes first, and warranty is limited to replacement of this wish or issuance of a new wish at the sole discretion of the wisher.)



Photos on this page are from the reading of Charles Dickens' classic 'A Christmas Carol' Top left is Peter Trueman, far left Deb Kimmett and Vicki Keith.

Photos Brian Little

THE GOOSE STORY

- author unknown (submitted by Deb Kimmett)

When you see geese heading south for the winter flying along in a "v" formation, you might be interested in knowing what science has discovered about why they fly that way. It has been learned that as each bird flaps its wings, it creates an uplift for the



bird immediately following. By flying in a "v" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. People who share common direction and sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and

resistance of trying to go it alone, and quickly gets into formation to take advantage of the lifting power of the bird immediately in front. If we have as much sense as a goose, we will stay in formation with those who are headed in the same way we are going.

When the lead goose gets tired, he rotates back in the wing and another goose flies point. It pays to take turns doing hard jobs.

The geese honk from behind to encourage those up front to keep up their speed. An encouraging word goes a long way.

Finally, when a goose gets sick, or is wounded by a gun shot, and falls out, two geese fall out of formation and follow him down to help and protect him. They stay with him until he is either able to fly or until he is dead, and they launch out on their own or with another formation to catch up with the group. If we have the sense of a goose, we will stand by each other like that.

continued from page 8

AND ANOTHER STORY

- Alena Schram

and we found ourselves looking in at a great a crowd of unfamiliar faces. Which one of the elegant dowagers assembled, we wondered, was the Princess? We had anticipated a tiara or regal sash but neither stood out. Panicking somewhat, we began bowing frantically, looking up between dips to see if we could somehow identify our noble hostess. Finally, in a desperate effort to avoid an awkward incident, we slipped unconsciously into a familiar mode: the Ghanaian right-to-left technique. John began moving counter-clockwise around the room, smiling broadly, while I followed in his wake. Just as I thought we'd triumphed, I heard an old gentleman whisper loudly, "Good heavens, they're greeting the footmen first. How very odd! Must be a Canadian custom."

Hangin' on...



A few final apples cling to a branch of a tree .

Photo
Brian Little

THANK YOU NOTES

I wish to thank the first response team who came to my assistance on Christmas night. You were a great comfort to me. Your help was greatly appreciated. Thank you all very much.

Helen Bulch

Thank you to everyone for all the cards, good wishes and visits. I'm feeling much better now and the hand is healing very well.

Candace Youell

(Editor: this should have been in the last issue but was mislaid.)

I would like to thank everyone for the cards, gifts, phone calls, and visits I received after my recent surgery. I hope to be soon mobile again. I am truly fortunate to live in such a caring community.

Keith Miller

(Editor: this should have been in the last issue but was mislaid.)

NOTICES

From the QUEEN'S GAZETTE

- submitted by John Harrison

Charles Hill, Curator of Canadian Art at the National Gallery of Canada, will present a lecture at the Agnes Etherington Art Centre on Wednesday, Jan. 18, at 7:30 pm. His topic is "Daniel Fowler and the Founding of the Royal Canadian Academy (RCA)".

"The subject is particularly meaningful to Kingston audiences: Daniel Fowler (1810-1894), a charter member of the RCA, lived and worked on nearby Amherst Island. A retrospective exhibition organized by Frances K. Smith in 1978 toured the country. In autumn 2006, the art centre will present 'An Artist After All: Daniel Fowler in Canada' ..."

ELECTION DAY MONDAY, JANUARY 23

Islanders vote at Poll No. 227

Amherst Island Ferry Office

5555 Front Rd.

9:30 a.m. 9:30 p.m.

NOTICES

AT THE LODGE

An intimate house concert with

Jason Fowler

Saturday, February 11th

Doors open 6:30. Show begins at 7:30. Tickets \$10.

Phone 634-1855 to reserve yours, or take your chances at the door.

Does this Fowler have Island roots? Come and find out!

Jason Fowler is both a virtuoso performer and a gifted songwriter. His fourth solo album, *Temporary Ground*, released in January 2004, displays both of these strengths equally. The new album contains fiery bluegrass ensemble work, breathtaking solo guitar and a number of highly personal songs that tell of his recent life journeys. Jason's past work includes three acclaimed albums.

The title track from this last CD was included on *Six Strings North of the Border*, a spectacular compilation of Canadian guitar music. Jason's tasteful and sensitive guitar playing has been featured on over thirty albums by other artists. He also maintains a high profile as a session guitarist for television, film and theatre.

In addition to his busy solo career, Jason records and tours with renowned Irish tenor John McDermott and The Anne Lindsay Band. He has contributed to *AcousticGuitar* and *Fingerstyle Guitar* magazines as a music journalist.

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.

Loyalist Township will be endeavouring to have complete Council agenda packages on the Loyalist Township website before each Council meeting. This will be more efficient and environmentally friendly.

Please contact the undersigned or Brenda Hamilton, Township Clerk if you have any questions or comments.

Thank you

Pamela Barnard

Clerk's Department, Loyalist Township

ADS AND NOTICES

LOYALIST TOWNSHIP: Conditions Re Use of Back Beach

Loyalist Township advises that effective January 1st to September 4th, 2006, Back Beach is available for public use under the following conditions:

1. All terrain vehicles, dirt bikes, dune buggies and other motorized vehicles and bicycles are prohibited. All vehicles must be parked in the designated parking area.
2. No persons shall be allowed to camp, light fires, hunt or discharge firearms on the Beach.
3. Use of the Beach is permitted only during the period from January 1st to Labour Day and at no other time.
4. Persons using the Beach do so at their own risk as the Beach is unsupervised.
5. Keep the area clean by placing all garbage in the garbage receptacles provided. Users are encouraged to take their garbage with them when they leave the Beach.
6. No one shall use the Beach for sleeping or residential purposes or for the storage of personal effects or articles.
7. No trees of any nature may be cut or destroyed in the Beach or adjacent areas.
8. Consumption of alcoholic beverages is prohibited.
9. Management reserves the right to make such other and further reasonable rules and regulations as in its judgment may from time to time be needed for the safety, care, cleanliness and appearance of the Beach.

For information concerning this notice, please contact:
Patrick Beyer, Recreation Director, Loyalist Township,
(613) 386-7351, ext. 131, pbeyer@loyalist-township.on.ca

FOR SALE

WI ISLAND SIGHTS 2006 CALENDAR

Calendars are \$10.00 each.

Envelopes @ \$1.00 each.

Postage @ \$2.00 each (in Canada).

Make cheques payable to

Amherst Island Women's Institute.

Send to: 2006 Calendar 14005 Front Road, Stella, ON, K0H 2S0

Or contact any WI member.

APPLIANCES

Family size fridge/freezer, in good working order, free to a good home.

12 cu.ft. freezer, also in good working order: \$150

Phone # 384-5027

AMHERST ISLAND T-SHIRTS AND SWEATSHIRTS

Available for sale from Beth Forester 389-5582 or Nancy Henshaw 384-0799.

PICNIC TABLES & WEATHER VANES

Keith Miller, 389-2588

FOR SALE

RAWLEIGH PRODUCTS

To place your order call Marie Ward at 389-5767 or send E-Mail to: bmward@ihorizons.net

JACUZZI

Excellent working condition. Four jets, grey, bathtub style. Asking \$100.

Call 634-4276.

WANTED

AMHERST ISLAND ANGELS FOR AIDS

We are seeking any and all donations of material, fabric, ribbon (especially wired) and all manner of fancy, shiny things for making our Angels. If you call me, Judy Roberts, at 389-4334, I will gladly pick things up from you; alternately, you can drop things off at St. Paul's Church on Sundays.

In 2004, we raised over \$4000 to help the victims of AIDS in Malawi, Africa. All donations are greatly appreciated

S.P.C.A

I am collecting the following for the Napanee S.P.C.A. Any kind of used stamps. A&P tapes, Cdn Tire Money. Used towels, etc, and cleaning supplies. Cat and dog food. Knitted squares & material placemats. (The latter provide comfort to cats in the cages.) The "CatsMeow" 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.

Freda. 384-4135.

FOR RENT

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.)

STORAGE

Seasonal storage in Stella! - boats, cars, snowmobiles, etc.

Indoors, reasonable rates.

Dayle Gowan 634-3815

NORTH SHORE COTTAGE

Private with good swimming. By the week or week-end, May-October. Call Cherry 634-1212

HOUSE FOR RENT

Year-round, by the week, weekend or month...on the North Shore. Call Cherry 634-1212

FOR RENT

SOUTH SHORE COTTAGE

On private, secluded peninsula. Over 2000ft of limestone shoreline.

Call (613) 389-5536 for further information.

SERVICES/BUSINESS ADS

VICTORIA HALL CRAFTS & TEA ROOM

"Friendly Service in a Cozy Atmosphere."

For Lunch, afternoon teas, and early dinners.
Home cooked food...

- Pork, Lamb and Beef Sausages
on Sourdough Garlic and Cheese Buns
- Quiche Lorraine
- Cheesy Macaroni with Ham
- Our seasonal specialty soups like:
- Tuscany Umber,
- Slightly Curried Squash,
- Sweet Potato and Chick Pea
- Tempting Desserts:
- Pies
- Chocolate Torte
- Scones with Fruit and Cream
- Our Special Cheesecake...and Neil's Key Lime Pie!

Open Year Round except for Jan. 25 to Feb. 28.
From Noon to 6pm.

Wednesday through Sunday.
Hall available for private functions.
See our local craft display.

For reservation call Bernice or Neil - 389-5389
5545 Front Road, Amherst Island

NEWS From the GENERAL STORE

Canada Post - Postage rates will increase Jan. 16.

Letter: in Canada, \$0.51; to USA \$0.89; overseas, \$1.49.

Happy New Year!

Hope everyone had a great holiday - from all of us at the General Store.

Canada Post Hours:

Mon.-Fri. - 9 to 11:00 a.m., 2:30 to 5 p.m.

Sat. - 9 a.m. to noon. Sun. - closed.

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 389-8441 or fax 389-9770.

Email: selc.welbanks@sympatico.ca

This is a home-based business and available most days.

Linda Welbanks.

SERVICES/BUSINESS ADS

Certified Computer Technician

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: 377-6598 cell: 539-1900

colleen@lahaise.net - www.lahaise.net

COMPUTER SERVICES

- Website design, maintenance and management.
- Computer not running smoothly? Internet connection down?
- Tutoring, troubleshooting and more.
- Photo retouching and restoration.
- Marketing/promotional materials - business cards, flyers, etc.

15 years of experience, very reasonable rates.

Don't go off the Island for help, contact me:

Seán 384-6241

sndaly@sympatico.ca

PERSONAL CARE

There are very few things in life more relaxing than a foot massage. REFLEXOLOGY helps to improve circulation and decrease anxiety.

SHIATSU MASSAGE THERAPY also has a calming effect on the body. During a session, loose comfortable clothing is worn at all times. For an appointment, please call: Stella O'Byrne 389-1681

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. This is a very subtle and gentle approach recognizing the subtle mechanics at work within the head, spinal column, viscera and pelvis. The understanding of the cerebrospinal fluid has a profound influence on the health of the whole body. For an appointment telephone 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 386-7821. (Island references available.)

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.

TED GOW

Painting, wallpapering, tiling, home maintenance and repairs. Free estimates. Island references. 634-5404.

HOME SERVICES**THOMAS A. RICHMOND**

Certified Electrician

Home, Farm & Commercial wiring & repairs, right here on the Island. Electrical Safety Authority Authorized Contractor Program.
634-1855.

WATER WELLS & WATER TREATMENT

John Jeffery- Phone 561-7867.

RENOVATIONS, ETC.

I do renovations, repairs, painting, decks.

References available from highly satisfied island customers.

Please call Walter at 352-8742 for details

PAINTING AND DECORATING

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.

Phone 378-2736

FOR HOUSEWORK:

Call Connie at 634-3075.

TURVY**GENERAL CONTRACTING***"A variety of contracting services"*Services include:

- | | |
|-----------------------|------------------------------|
| • Interior Finishing | • Brush Removal |
| • Brush Clearing | • Landscaping
and more... |
| Jacob Murray | Kyle Murray |
| (613) 888-5101 | (613) 389-3802 |
| (voicemail) | |

If you have more information on any of the older photographs appearing in this or any other issue of the

Beacon, please

write or phone us at

our Global Headquarters.

Ian's number is (613) 389-3802

-Who is in the photo?

-Where was it taken & by whom?

-What was the occasion?

Thank you! Your assistance is greatly appreciated!

FARM PRODUCTS**TOPSY FARMS:****NEW PRODUCTS at TOPSY's WOOL SHED**

We now carry mattress pads and comforters made of 100% cotton (bleached or unbleached) stuffed with pure wool. These come in all sizes, single to king. They are fully washable. They are outstandingly comfortable. Call us before you come to make sure we are around.
389-3444.

GODDEN'S WHOLE HOG SAUSAGE

Available in four distinct flavours - Salt & Pepper; Honey Garlic; Tomato Oregano; Hot Italian - using ALL natural ingredients (no MSG, preservatives, colouring).

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.

HOME GROWN BEEF

Government Inspected

Available in approximately 25 or 50lb freezer packages.

Including: Roasts, Steaks, Stew, Hamburg, & Patties. Individual vacuum-packed pieces.

Call Flemingdale Farms 389-9869.

BABYSITTERS**WHITNEY**

-After school and weekends.

-Responsible & -Red Cross Certified

-Call Whitney Fleming 389-9869

TORRI

Red Cross Certified Babysitter. Available early evenings & weekends.

Torri Phillips: 389-0512

BETH

Red Cross Babysitting & CPR certified - available after school, early evenings & weekends.

Beth Albertan: 389-2662





Photos Kristin Maling



Why visitors to the Island always come back!

Two wonderful shots submitted by Kristin Maling, a recent guest at The Lodge on Amherst Island.

Above is a Snowy Owl, and at left a great shot of a woodpecker taken in the Owl Woods.