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Amherst Island Beacon

Issue 463

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February 2017



Lloyd Wolfreys

- Lynn Fleming

Lloyd was born in Thornhill, Ontario, on January 13th, 1931. He was the 4th of 8 sons, born to Bert and Mabel Wolfreys. In June 1945, following the sudden death of a younger brother (Henry), he moved with his parents and 3 younger brothers (Howard, Leonard & Ellis), to Amherst Island, where one of his uncles lived. They lived in the house near the sand beach on the 3rd Concession (now the McGinn farm). During these years on the island, he met Elaine Miller, whom he later married on July

24th, 1954. Lloyd and Elaine moved to Toronto area, living in Pottageville, Maple and Rexdale over the years, working for Superior Propane, and starting their family. Their son Brent was born in 1962. In 1963 they bought a piece of land on the north shore of Amherst Island and built a cottage, (2 doors from his brother Leonard's cottage). They spent many summer weekends and holidays at the cottage over the years, and it became a favorite place for family to visit. By the late 60's Lloyd and Elaine moved back to the Kingston area, building a home in Violet, and Lloyd began working at Doyle's Bakery in Kingston. In 1971-1972 they followed Lloyd's

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Cover photo courtesy Lynn Fleming

older brother, Art, to Orlando, Florida - staying less than a year before returning to Canada. They decided to settle on Amherst Island, renovating and winterizing the cottage to make it their permanent home. He did much of the work on the house himself, being a talented carpenter and handy man, evident in many projects over the years. It was during this time that Lloyd began his career on the ferry, steadily working his way up to the position of captain in June 1986. In 1985-86 Lloyd and Elaine bought some adjoining land from neighbours and built their present home, and Brent kept the family home. Over the years, Lloyd and Elaine spent their summers planting and tending to their large vegetable garden, their many flower beds and planting trees and shrubs to create their own oasis by the water – where Brent and Roxanne were married in 1992. Lloyd had his father’s green thumb, and there was nowhere more beautiful to spend a summer day than in his yard enjoying the flowers, or being on the receiving end of some of the amazing produce from their garden. Besides gardening, he also enjoyed carpentry, and his guitars. He was a talented guitarist and spent many hours “picking away” at home, or joining his brother Ellis on his CJAi radio show, or fellow island musicians at various island events. Lloyd had a kind heart, and a great sense of humour. When he and his brothers all got together, there were always lots of laughs and memories re-hashed.

In July 2004 he retired from the ferry and his position as Captain, after 31 year of service.

Lloyd and Elaine enjoyed their retirement, tending to their many gardens, and lawns, and watching their grandson Dakota grow up, and start college this year. Over the last couple of years, Lloyd wasn’t able to keep up the big vegetable garden, the flower beds grew smaller, and Brent and Dakota helped more with the

lawns, but he never stopped puttering in the yard.

He celebrated his 86th birthday, just hours before he passed away on January 14, 2017. He will be terribly missed by family, friends and neighbours.

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Ellis and Lloyd Wolfreys, by Sheila Bedard



L to R - Leonard, Henry, Howard, Lloyd, Ernie, Art, Don - Ellis wasn't born yet, courtesy Lynn Fleming

Neighbourhood

- Lynn Fleming

Continued good health wishes to Debbie Scott, & Leslie Gavlas.

Our sympathy to Elaine, Brent (Roxanne) & Dakota Wolfreys, following the passing of their husband, father and grandfather, retired ferry captain Lloyd Wolfreys. Our condolences also to Lloyd's surviving brothers, Howard (Darline) of Winnipeg, Leonard (Doreen) of Kingston, and Ellis (Marylou) of Verona, and to his many extended family, friends and former co-workers. Lloyd was pre-deceased by parents, Bert and Mabel Wolfreys, and brothers Don (late Ethel), Art (Kay of Florida), Ernie (late Betty) and Henry.

School buses have been cancelled 4 times in January already; all for freezing rain, either forecast or actual. The A.I.P.S. Senior Class students have begun fund raising for their annual 3 day yearend trip. This year they will travel by train to Montreal. Fund-raising got off to a great start with a bottle drive over the

holidays, and will continue with their annual Spaghetti Dinner later in February.

Preliminary work has begun on and around the ferry dock in Stella, in anticipation of the new end loading docks. Windlectric has begun work on their island side dock, west of Stella.

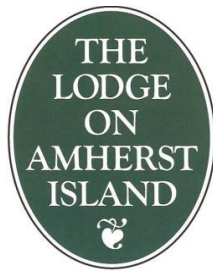
Things are quiet on the island these days. Snow birds have gone south and there aren't many owls or raptors this year, so not many bird watchers.

Road crews are fighting a losing battle on our roads, with above freezing temperatures and so much rain.

We got a fleeting look at winter in early December, and then nothing to speak of, until the afternoon of January 10th, when we had a full blown blizzard – which was quickly followed by a couple of days of above freezing temperatures and rain. The snow was gone as fast as it came. We did have some extremely high winds during this storm, peaking at nearly 90 kph! As we approach the last couple of days of January, the bay has still not frozen. As I write, there is actually snow in the forecast, but not looking likely. The forecast “old fashioned winter” with snow and below normal temperatures hasn't materialized – yet.



Lloyd & Elaine with Brent, Roxanne and Dakota



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AIWI Report

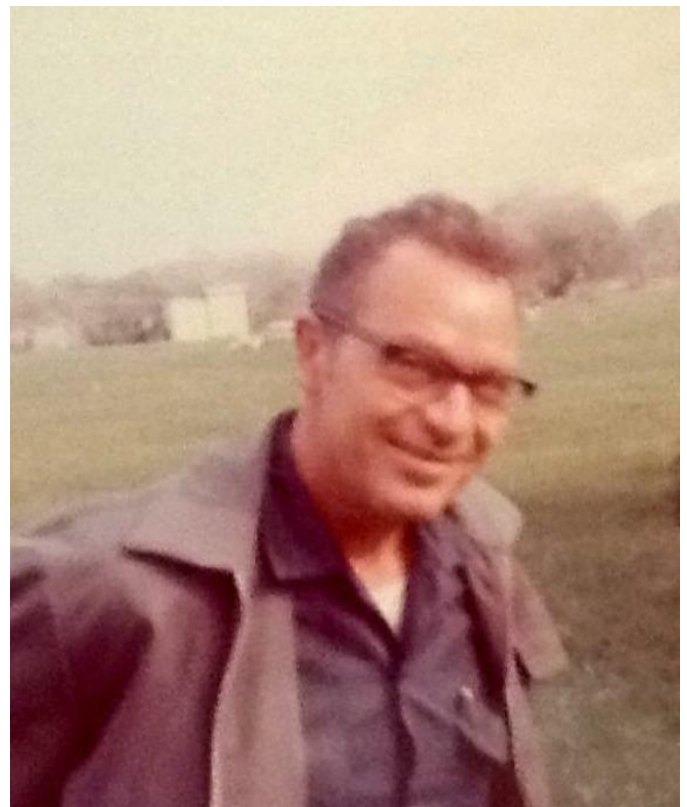
- Mary Kay Steel

It was a sunny and mild January afternoon when we gathered at the home of member Liz Harrison at 2pm, on January 18, 2017, for our regular meeting. Eleven members were in attendance plus one guest. President Joyce Haines was in the chair. The treasurer, Sherri Jensen, provided financial reports for November and December and both were approved. A motion was made to pay any outstanding small bills. The president thanked Liz Harrison for bravely hosting both the December and January gatherings in her home.

Deb Barrett brought us up-to-date on the preparation of the new phone directory for the island, to come out in celebration of Canada's 150th in the early summer. Purchase of advertising space in the book has been phenomenal. Deb shared a mock-up of the book for members to admire. We were all asked to verify pages. Deb, tongue-in-cheek, requested all of us, and to tell our friends as well, NOT to move house, change phone numbers or partners, etc. at this late date. Actually we can give her or Liz updates for another month or so. Ann Adams was commended for getting some Xmas lights and

trimmings up at the ferry dock. They were appreciated. We have been asked by the Junetown WI branch (near Mallorytown) if they might visit the island and see our wonderful stone walling project. Liz will keep in touch with them. Mary Kay Steel reported that we have received a piece of the unique WI tartan from England; we make our tartan badges from it which all new members receive. At the suggestion of the president we were asked to give thought to organizing a community event in the summer to contribute to the celebration of Canada's 150th, perhaps on Canada Day or in concert with some other event or group.

It was reported that the annual FWIO (Federated Women's Institutes of Ontario) conference will be held in Pembroke in June; the gathering of the international organization for the WI is to take place at the same place and time. This would afford a rare opportunity for one or more of our members to attend the international meeting.



*Lloyd early days in "island cottage country",
courtesy Lynn Fleming*

The meeting program consisted of a short presentation by the Tweedsmuir Curator (me) on progress to date and a chance to view two of our volumes. They are called "Tweedsmuir's" after Lady Susan Tweedsmuir, wife of the Governor General in the 30's, John Buchan, Lord Tweedsmuir. Lady Tweedsmuir had a keen interest in the Women's Institute, and encouraged branches to prepare histories of life in their communities. I am working on Volume 6; the five previous volumes, the first begun in the late 50's, are stored in the Lennox and Addington Museum and Archives. The photocopies of the five are in my home and available for loan. I passed around the current volume and volume three and found members were most interested. The five completed volumes will soon be accessible in digitized form on the FWIO website.

Before diving into a pleasant afternoon tea and lunch, we held a book exchange. Our next meeting (Feb.15) will consist of a movie and dinner, to take place at Norma-Lynn Cole's house, starting at 3:30. Guests are welcome.

MV Amherst Islander

- Lynn Fleming

I've done some searching and finally found some pictures of the former Amherst Islander in her new position as a general cargo ship, running between the island of Roatan and mainland Honduras, as well as servicing some of the smaller islands in the area. These pictures were taken in December 2016, and were found on the Shipfinder website.

The Amherst Islander began her voyage south in the fall of 2012. She has undergone quite a transformation, most noticeably to the hull, to handle the open waters of the Caribbean, and a new colour scheme. The ship is now known as the "M Conchita". The former Amherst Islander was bought by the man who owns Plaza Mar, the largest facility of its kind on Roatan. On the main floor is a large supermarket, with more shops and apartments on the second floor.

After the storms, ice and snow that the Amherst Islander endured over her years of service here, it's nice to see her spend her later years in the warm waters of the Caribbean.



M Conchita, formerly MV Amherst Islander, photo courtesy Lynn Fleming

The Netherlands in February

- Elena Moffatt

Tot ziens, Nederland! By the time this article is posted, I'll be back at home, likely giving the dog some TLC. Despite being at home for the next five or so months, I'm still committed to writing about my international and educational experiences (and probably a recipe here and there!). I'm so excited to be starting my internship at Bread and Butter and get some real baking experience. In addition to working in the bakery itself, I'll be doing some other health and safety and marketing projects for them. This internship couldn't have been more perfect and it'll be interesting to see where it takes me into the summer and how it'll influence my baking and pastry arts college program (on which I'm still waiting on an acceptance letter!).

But enough about internships, back to Europe! I remember my February experience in my first year when I travelled to a small German village to participate in Carnival! Carnival is a tradition in Germany and the southern part of the Netherlands where people dress up in crazy costumes, enjoy a variety of drinks, dance to some traditional polka music, and watch the parade. These festivities typically happen in the city centre where the main square is filled with people – try not to lose your friends! I dressed up at a tiger in a big cozy onesie to keep me warm. Although the western European winters are nothing like those in Canada, it was still pretty chilly (especially when it started to rain). This tradition is so much fun and it brings together so many different generations in a village or town.

Unfortunately, I'll be missing carnival this year but I think being home again will more than make up for it. I'll see you soon, Amherst Island!



Fresh Food Market- A Look Inside, courtesy Sally Bowen

Loving Spoonful

- Sally Bowen

Loving Spoonful is an organization in Kingston dedicated to getting fresh food gathered and delivered to those who need it most. They also address the politics of food.

For years, Amherst Island has delivered fresh garden produce to the Partners in Mission Food Bank. Once Loving Spoonful evolved, we've delivered to them.

Island gardeners deliver to Mary White (at Jean Tugwell's former home at the 4 way stops). She drives the garden produce directly to the distribution centre. Fruits and vegetables picked early morning can be part of a hot meal the same day. Sally Bowen coordinates the project. Cheers to Mary.

In 2016, volunteer drivers delivered 113,759 lbs of fresh food to 30+ local shelters, hot meal programs, and other agencies. Volunteers, grocers, restaurants, farmers, and gardeners help get good food to those who need it most in Kingston.



Mara Shaw, head of Loving Spoonful, gleans in Topsy Farms garden, by Sally Bowen

Amherst Island gardeners contributed 149 lbs of produce to Loving Spoonful in 2016. That amount is down from past years, but according to Loving Spoonful donations were down across the board, owing no doubt to the regional drought.

Thank you to those on Amherst Island who participated last year.

The organization doesn't only deliver fresh food to shelters, pantry sources and hot food programs. In 2016:

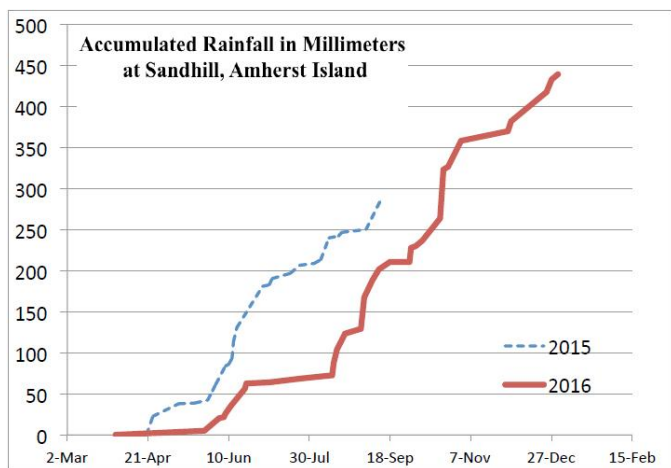
- they held 110 Community Kitchen workshops in the community, helping to build skills, knowledge, confidence and friendships with over 300 people – from children as young as 4 to adults over 60.
- Their GROW Project school-gardens reached over 500 students with hands-on garden planting and good food programming.
- Urban businesses were encouraged to produce small amounts of food.
- Volunteers visited Starbucks and grocery stores, farmers' markets and the big institutions to ensure less food waste.

Amherst Islanders are encouraged to plant even a small corner of their flower beds, to "Grow A Row" to contribute. Follow the work of Loving Spoonful at <http://www.lovingspoonful.org/>. Subscribe. Donate. Give something fresh to our hungry neighbours.



Extends a warm thank you to
Amherst Island
 for growing **149 lbs**
of fresh produce for our community in 2016.





Courtesy Carl McCrosky

2016 Weather

- Terry McGinn

I don't have to tell you that 2016 was a wacky weather year. I'm sure we all recollect watching the clouds that would seem to be heading straight toward the island only to veer off or break up moments before washing their sweet, sweet rain over our parched selves.

There was one particular day when there were downpours in the County and Gananoque but Amherst Island was dry as a bone.

At Sandhill on the island south-west corner Carl McCrosky has a weather station that tracks, among other things, rainfall. The summary graphic he sent me for 2016 shows quite clearly the flat line of the drought that lasted nearly two months.

At the graphic shows, when the drought finally broke it did so with gusto. That happened to also be the weekend of the Emerald Music Festival, but at that point I don't think anyone cared. The dance floor was covered with dancers as much as it was covered with rain.

Taken on the whole 2016 seems to have balanced out precipitation-wise, at least here on the island, although it was a bit more feast or famine than we might have preferred.

According to NASA and NOAA (National Oceanic and Atmospheric Administration) 2016

was the warmest year on record. No kidding! You didn't need a climate scientist to tell you that; you could've just talked to a Back Kitchen volunteer.



Squash for Loving Spoonful, courtesy Sally Bowen

Volunteering at Martha's Table

- Shyanne Shurtliffe

Martha's Table is a non-profit charity that provides several services to the public. They act as a drop-in centre and a low-cost meal program. Their mission is to provide a caring place where people can have nutritious meals and find the social support of a community of friends and volunteers. Martha's Table was started in 1997 when the Catholic, Anglican, and United Churches of Kingston saw a need for low cost meals and took action. They started by serving meals in January 1997 in St. Mary's School in Kingston for the cost, to patrons, of one dollar. They later moved to Chalmers United Church and then in 2007 were able to

purchase their own building in which they operate today. The new building is located on the corner of Princess Street and Nelson Street.

The drop-in centre is called “The Friendship Room”. The Friendship Room is on the second floor of the building and is wheelchair accessible. The Friendship Room is open Monday to Friday from 10am to 3pm. During those hours they offer sandwiches, snacks, juice, coffee, tea, and water. The Friendship Room also offers services that include by are not exclusive to washrooms, a telephone, television, books, and computers with Internet access. At various times throughout the week The Friendship Room acts as a host for some other regular services. Twice monthly Marrellos hairstylists from the Frontenac Mall come down and offer free haircuts from 3pm to 4pm. Every Tuesday there are free neck and shoulder massages from 10am to 11:30am. Every Monday from 10am to 1pm The Mess gathers. The Mess is a free open art session where people can paint, colour, and simply have fun being creative. On Tuesdays from 4pm to 5pm people gather to play guitar and sing. Approximately two volunteers are needed to run The Friendship Room during the day.



*The juice station at Martha's Table,
by Shyanne Shurtliffe*



The dining room, by Shyanne Shurtliffe

On Mondays, Wednesdays, and Fridays food that won't be used in the kitchen goes out where people can take it. Things like breads, pastries, and other food items that don't require refrigeration are put out when possible. There is a limit of three items per person to ensure that everyone gets what they need. This service helps people who might not be able to make it to dinner or people who otherwise struggle to get food.

The dinner service occurs daily between 3:30pm and 5:30pm on weekdays. Guests are welcomed into the dining room starting at 3pm. The latest that guests are permitted to arrive is 5:15pm, giving them fifteen minutes to eat. At 5:30pm remaining guests are asked to leave to allow volunteers time to clean up. As 3pm volunteers meet in the kitchen to discuss the meal, jobs, health and safety, and participate in an ice-breaker. A poem is then performed and the volunteers get to work. The volunteers used to do a prayer as the organization was originally religious.

It takes eighteen volunteers to complete dinner service, plus many more throughout the day.

There is one person selling tickets to the meal, this position requires special training. Working

in the same area as the person selling tickets is a person who unlocks and locks the washroom door when necessary. There are three servers, three bussers, two juicers, two food platers, one person serving soup, one person making coffee and tea, and person scraping dirty dishes, one person using the industrial dishwasher, one person putting the dishes away, and one person washing pots. Although there are all these jobs I have many times seen the service run with about ten volunteers. At 5:30pm volunteers sit down to a meal and then finish the final cleanup.

During the day, between 10am and 3pm, many volunteers and the volunteer coordinator work to prepare for the meal by performing tasks such as buttering buns, cutting desserts, preparing the meal and the soup. Meals are typically planned to serve around 120 people, however the number of meals serves fluctuates throughout the month.

To volunteer at Martha's Table you first sign up and build a volunteer profile, which can be done in person, or online. Then you attend an orientation. After that you can sign up for shifts. Meal service shifts require you to sign up, however daytime shifts are drop-in. To volunteer in The Friendship Room you sign up but do so in the office and they prefer a regular commitment.

You can also donate. Donations of money can be taken to the office where they can write out a receipt is necessary. Food donations can also be eligible for a tax receipt, but are not taken to the office. Donations of meat are always needed.

There are also sponsorship opportunities.

To learn more about volunteering, or donating, or sponsoring meal check out the Martha's Table website at: <http://www.marthastable.ca/>

AIMS Report

- Nathan Townend

Hugh Jenney welcomed those who attended the meeting.

There was no breakfast for the meeting, so it was determined that our speaker (Nathan Townend) would be postponed until March, and we would proceed with a brief meeting and adjourn.

Acceptance of the November Minutes was deferred.

David Pickering gave the Treasurer's Report updating members on the current account balance. David is going to gather invoice details concerning the cost of the Student Award AIMS is sponsoring, and bring that to next meeting.

A motion was introduced by Allen Caughey to formally commission the treasurer to pay St. Paul's Presbyterian Church for the use of the hall, in advance, for a total of 10 months. The reason for only paying for 10 months was in order to allow for at least two months' meetings to be held at the Back Kitchen. The motion was seconded by Robert Mackenzie and unanimously adopted by the members present.



L to R - Ellis, Leonard, Howard, Lloyd, (parents) Bert & Mabel, Ernie, Art, Don, courtesy Lynn Fleming

David Pickering gave the Transportation Report stating that there were 10 rides given in total last month between David and Don Pepper.

Anthony mentioned that himself, Judy Bierma, and Janet Scott are hosting “Loaves and Fishes,” a lunch event on Wednesdays from noon until 2pm. This is being run in order to facilitate some fellowship among Islanders of any age and occupation.

David Pickering mentioned that he is also on the executive of the Radio Station, which is currently rebranding and issuing new merchandise for public purchase. David wondered if AIMS would support selling this new merchandise on the AIMS market cart during the summer. David motioned that this idea be accepted by the membership. The motion was seconded by Richard Lapointe, and unanimously adopted by the members present.

Nathan Townend will be organizing and facilitating the February meeting which is open to the public in order for others to hear our guest speaker, David McGinn, discuss his plans for the General Store property.

The meeting was adjourned at 9:15am.



The Back Kitchen AGM, by Michele Le Lay

Northern Reflections

- Daniel Little

Time goes slowly during the Yukon Winter. There is little to do and little time to do it. A sense of hibernation settles on the territory that would have seemed insane when I first arrived in late Fall. The Klondike's greatest asset is its natural splendor. There are views here that could challenge anywhere in the world, and wildlife you could elsewhere only see in a zoo. However, during the winter this doesn't really mean much. The views can't be viewed because it is too dark, and the animals can't be seen because it is too cold and many of them are sleeping. If you are lucky enough to be free during the day, and you bundle up, a hike outside will show you a winter wonderland. Just remember you will only have daylight between 11-4. Taking advantage of the beautiful vistas has become much more difficult for me personally since I started working fulltime, because I arrive at work 2 hours before the Sun is up, and leave an hour after it has set. I've noticed in my roommates and myself the effects of Seasonal Affective Disorder as tempers have gotten shorter and cravings to see the Sun have grown stronger. We work together to get by but as January turns into February and the winter refuses to yield, it's gotten difficult to stay up.

No Shit!

There is no use in complaining and little sympathy due when you discover that the Yukon is in fact, a difficult place to live during the winter. That's why no one wants to read the story of some 'Ontarianite' (Yukon for Ontarian) whining about how tough it is in the Wild North West. I am reminded in writing this of the spirit of adventure I had when I first arrived, and how excited I was to boldly face the difficulty of the North. I have learned that it is one thing to expect difficulty, and another to

have some idea of what it is actually like, and that I did not. But now that I have had a taste for the challenge of Yukon living, I cannot let the first few licks knock me down. I must remember the strategies used by other Southerners before me that allowed them to thrive here. Mainly: trust the locals, trust yourself, and keep busy!

Following these principles I have attempted to adapt my lifestyle to best keep me sane up here. Some of these changes are small and some are large but to me they are all important. First things first my sleep schedule is different than ever been before because I'm in a place that's daylight schedule is also different. I do not base my sleep hours around the sun because it is essentially never up. Instead, I base my sleep schedule off of when I'm feeling damn tired and when I've got to work. This translates to me waking up between 4 and 5 most mornings and being asleep before 9pm. This way I can shower, clean, eat, and exercise all before I get to work at 8, and when I'm done for the day, I can simply relax. I have also started eating 'better' (aka more veggies) than previously because my vegetarian roommate told me that the vitamins will make you feel better. I have become an avid reader currently working on a Pynchon novel set in sunny California because you can almost feel the rays coming out between the lines. As well, and maybe most importantly, I have been in closer contact with friends and family back home! It's helpful knowing that I've got folks in my corner, and that my Amherst Island and Ottawa lives haven't completely moved on without me around.

Another big one is setting goals. All the dark days can make it seem like life is standing still, but if you set markers for yourself in the future it leaves something to look forward to. A major one of these is my planned hike of the Chilkoot Trail set for the Canada Day long weekend. It's a

four-day hike my roommates and I are undertaking from Skagway Alaska, back to the Yukon. It is the same route the gold miners took over a hundred years ago, on their search for glory and riches! It will be a true test of whether or not there is some Yukon spirit in me after all. Now all I've got to do is get to Canada Day. Easy Peasy.

Yours from the top of the World,

Daniel Little

Council Gleanings

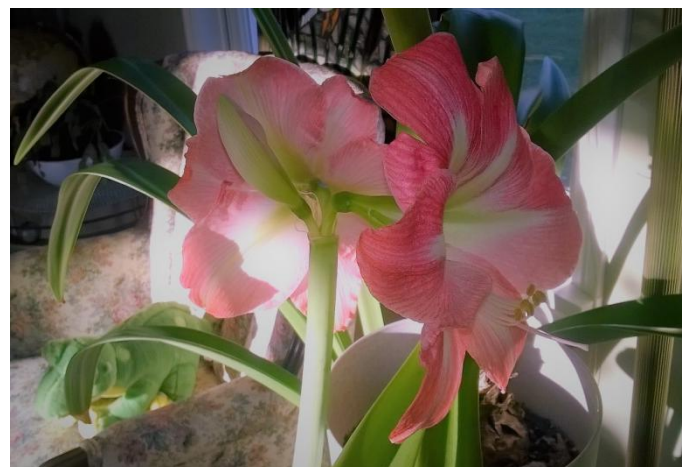
- Ian Murray

From COUNCIL MINUTES: 1st Session, January 9, 2017-01-25

"Moved by Councillor Ashley and Seconded by Councillor Daniliunas that the report from the Public Works Manager, January 4, 2017 re: Canada Post Service on Amherst Island, be received and the following be adopted:

1. That Council approve the community mailboxes to remain where they have been installed at Centennial Park, 5455 Front Road, Stella;
2. That Council direct staff to advise Canada Post they are not eligible for priority ferry service."

"Motion carried."



Apple blossom amaryllis flowering for the third time this year, by Terry McGinn



Jacob Murray making a statement, by Sally Bowen

From the Committee & Honourarium By-law:

“In recognition of the work performed by citizens of the Township and members of Council on various committees to which they are appointed by Council, the Township authorizes the Treasurer to pay to an appointee, subject to the conditions set out in section 2 of this schedule, an annual honorarium in the amount of fifty (\$50.00) per meeting attended for each Committee to which they are appointed.

“The honorarium set out in . . . f this schedule shall be paid to all eligible committee members attending the following Committees: “Heritage; Recreation; Economic Development; Conservation Authority; Emergency Planning; and, Ferry Advisory.

“Moved by Deputy Mayor Bresee and Seconded by Councillor Daniliunas that Councillor Ashley be appointed to sit on the Windlectric Public Liaison Committee to represent Loyalist Township.”

COMMENT

- Oscar Ameringer

Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other.

A LETTER, January 20, 2017

- Ian Murray

[Ian Murray: this letter is 9 pages long – those interested can find the letter on the Loyalist website [here](#)].

Re: Review of Operations Plan Revision Windlectric Project

“Loyalist Township has repeatedly stressed the need for a high level of detail to be provided in the Operations Plan. The details are necessary in order to complete a thorough review of the plan as it relates to protection of the public interest namely minimizing impacts to its residents, protection and maintenance of municipal infrastructure, preservation of Amherst Island heritage, and to ensure continued and effective emergency services during construction.

“While it appears several revisions have been made based on our meeting of November 21, 2016, it is disappointing to see the Operations Plan is still lacking in both content and detail. In particular, the Communications Plan, Emergency Response Plan, and Storm Water Management Plan all lack the level of detail necessary to ensure public interests and minimize impacts to the residents of the island.” . . .

COMMENT

- Ian Murray

As someone who is not a member of any wind generator opposition groups and who has no negative feelings to those who have signed on to the project, I want to say the following.

It appears that Loyalist Township is attempting to force a relatively rich and powerful company to follow the rules that have been laid out by the Ontario government – the same government that is providing enough financial incentives for a company to establish industrial wind generators in a geographically challenging area.

In a discussion with a friend who is a part-time Islander – a strong supporter of wind energy – I expressed my concern that Windlectric is a shadow company. My friend told me that that is the way resource extraction companies work: when the extraction process is done, the company evaporates with the profits safely extracted and the garbage left behind.

Another Year (chance) to Smarten Up?

- Anthony Gifford

We each could probably do with a good kick-in-the-pants, at least once in a while. Some event that prods us out of our ruts and encourages, even forces us, to think or do beyond our comfort zones. Last week I observed another birthday and also attended a funeral of a not-much-older gentleman from here on Amherst Island. Occasions as these encourage reflection, to see just where and how we stand with the universe and those both near and far, more importantly, with our inner selves.

Truths: I have between one second and twenty-five years to live this life. I am also not ever going to starve and I have the good fortune to be surrounded and held by many who put up with me, even with affection. I have no worries

when measured against that which is most important.

What to do, then, with my time, talents and energy that are still considerable? On one hand, looking at my insignificant spot in this universe, it is pointless to do anything other than just enjoy myself; what difference could I make? Doesn't it say in the Bible (Ecclesiastes) that "All is vanity." and it really makes no difference what we do? Isn't it 'success just to maintain the status quo and to keep the value of my home from falling? This apathy is certainly the 'Way' of our current world, the Way to get along. Why would I want to spend the last of my life 'tilting against windmills', so to speak? Isn't it the goal of all sensible older folks to just join a retirement centre and let others do everything for us, to not have a trouble and care in the world? We're told that this is the 'Independent Living' that should be the sign of a successful life!



*Exploration work begins at Stella ferry dock, courtesy
Ida Gavlas*

I really do wish that I could buy into that scenario. My trouble is I have experienced a 'More'. I know, even though we are less than a speck in the universe, we are connected to the whole, as are all things. I know we each count. I know of love. I know that what is DONE affects ALL, and not just now, but for all time. Call this 'religious', wishful thinking, illusion or just the last gasp of one of the hippie generation. For me, it is life itself, and I cannot put this hope/knowledge away until my last breath.

I've just read that Dan Rather is coming out of retirement in order to speak the truth against all the fake news and words of Donald Trump. For him, that is culmination of his life. What is your purpose? Are you doing it? How can any of us do less, no matter our ages or circumstance? Anything that kills truth and life as we understand it MUST be opposed if we are to be truly alive. How can we not do this? I also won't go into retirement and do nothing, but will speak and act. As one who knows well Christian Churches, their pasts and presents, I will do my best to shine light on their habits, traditions and lies that are keeping people from growth, and I will keep searching for others with whom I can gather and grow in love and understanding. Through my books and sharing, this must be

my path to joy. I do this on the island and anywhere else that I can share. To not do so, I might as well die.

I doubt it if there has ever been a time with less bonding spirituality. Materialism reigns supreme. What we think of as 'spirituality', within churches or without, is limited to ourselves as individuals. We are dying inside. Suicides abound. Drug dependence is rampant in all of society. The churches are mainly nostalgic noise. It would be only sensible for one of my age to just give up. Haven't I done my part?

Sure, but I'm not dead yet. I've been reborn, just last week. A new birth-day. Aren't we each born again each year, if not each day? What are we living for, anyway? After death, there's plenty of time for doing nothing. As long as we're alive, why not live in the joy of knowing that we're still good for something other than planning our next outing and wondering what's to eat. Come on, people of all ages, let's start living again, for something that's actually bigger than we are as individuals. In the doing, we're all of the same age. We're ALIVE. What a wonderful change that would be!

To begin, let's talk. I'll bring tequila. Or coffee.



Exploration work at the Stella ferry dock, courtesy Ida Gavlas



*Daniel Little sporting a Downie scarf,
courtesy Sally Bowen*

Poetry

- Bruce Suds

The following is a prose poem that I read some 20(!) years ago and still enjoy today. Cooper is able to find so much meaning and a sort of transcendence in the most common human experience...

The Fine Art of Sighing

Bernard Cooper

You feel a gradual welling up of pleasure, or boredom, or melancholy. Whatever the emotion, it's more abundant than you ever dreamed. You can no more contain it than your hands can cup a lake. And so you surrender and suck the air. Your esophagus opens, diaphragm expands. Poised at the crest of an exhalation, your body is about to be unburdened, second by second, cell by cell. A kettle hisses. A balloon

deflates. Your shoulders fall like two ripe pears, muscles slack at last.

My mother stared out the kitchen window, ashes from her cigarette dribbling into the sink. She'd turned her back on the rest of the house, guarding her own solitude. I'd tiptoe across the linoleum and make my lunch without making a sound. Sometimes I saw her back expand, then heard her let loose one plummeting note, a sigh so long and weary it might have been her last. Beyond our backyard, above telephone poles and apartment buildings, rose the brown horizon of the city; across it glided an occasional bird, or the blimp that advertised Goodyear tires. She might have been drifting into the distance, or lamenting her separation from it. She might have been wishing she were somewhere else, or wishing she could be happy where she was, a middle-aged housewife dreaming at her sink.

My father's sighs were more melodic. What began as a somber sigh could abruptly change pitch, turn gusty and loose, and suggest by its very transformation that what begins in sorrow might end in relief. He could prolong the rounded vowel of OY, or let it ricochet like an echo, as if he were shouting in a tunnel or a cave. Where my mother sighed from ineffable sadness, my father sighed at simple things: the coldness of a drink, the softness of a pillow, or an itch that my mother, following the frantic map of his words, finally found on his back and scratched.

A friend of mine once mentioned that I was given to long and ponderous sighs. Once I became aware of this habit, I heard my father's sighs in my own and knew for a moment his small satisfactions. At other times, I felt my mother's restlessness and wished I could leave my body with my breath, or be happy in the body my breath left behind.



*Saskia makes the ferry uniform her own, courtesy
Sally Bowen*

It's a reflex and a legacy, this soulful species of breathing. Listen closely: My ancestors lungs are pumping like bellows, men towing boats along the banks of the Volga, women lugging baskets of rye bread and pike. At the end of each day, they lift their weary arms in a toast; as thanks for the heat and sting of vodka, their a-h-h's condense in the cold Russian air.

At any given moment, there must be thousands of people sighing. A man in Milwaukee heaves

and shivers and blesses the head of the second wife who's not too shy to lick his toes. A judge in Munich groans with pleasure after tasting again the silky bratwurst she ate as a child. Every day, meaningful sighs are expelled from schoolchildren, driving instructors, forensic experts, certified public accountants, and dental hygienists, just to name a few. The sighs of widows and widowers alone must account for a significant portion of the carbon dioxide released into the atmosphere. Every time a girdle is removed, a foot is submerged in a tub of warm water, or a restroom is reached on a desolate road . . . you'd think the sheer velocity of it would create mistrals, siroccos, hurricanes; arrows should be swarming over satellite maps, weathermen talking a mile a minute, ties flapping from their necks like flags.

Before I learned that Venetian prisoners were led across it to their execution, I imagined that the Bridge of Sighs was a feat of invisible engineering, a structure vaulting above the earth, the girders and trusses, the stay ropes and cables, the counterweights and safety rails connecting one human breath to the next.

Neilson Store Museum and Cultural Centre

To celebrate the 150th birthday of Canada this year of the Exhibits Committee is looking for 150 photographs of Amherst Island history.

Photographs can include island residents, places, architecture, scenery, events, etc. We would like the exhibit to capture the fullest history of Amherst Island possible.

If you have photographs that you would like to see included in the display please email Terry McGinn at ttmcginn@gmail.com.

All photographs will be scanned for use, so you will keep your originals.

Thank you very much.

NOTICE OF STUDY COMMENCEMENT

Design Build for Amherst Island Ferry Dock Improvements Millhaven and Amherst Island, Loyalist Township DB 2015-4199

THE PROJECT

Rankin Construction Inc. (RCI) and their design consultant Morrison Hershfield (MH) have recently been selected by the Ministry of Transportation (MTO) to undertake the Detail Design Study and construct the Amherst Island ferry dock improvements (see Key Plan). The recommended plan for the improvements was determined during a Preliminary Design and Environmental Assessment Study completed and documented in a Transportation Environmental Study Report in January 2014.

The project includes converting the existing side-loading ramps to end-loading in order to accommodate the Frontenac II and the future new Amherst Island ferry. This will allow for easier access to and from the island, improve the overall efficiency of ferry operations and to better accommodate the increasing number of large commercial trucks and farm equipment. The ferry service improvements will include: end-loading ramps; a larger paved parking area to accommodate more vehicles; sidewalks; an upgraded bubbler system for winter ice control; and new terminal buildings with public restrooms, bike racks, and staff offices.

THE PROCESS

The study will follow the approved planning process for a Group 'B' project in accordance with the *Class Environmental Assessment for Provincial Transportation Facilities (2000)* with the opportunity for public input throughout the study.



The design phase has recently started and should conclude in mid-2017. The construction phase should start in late summer 2017 and be completed in the summer of 2020. Although there could be some temporary disturbances to local traffic and operations, ferry service will not be impacted by the project.

A round of Public Information Centres (PIC) will be held both in Millhaven and on Amherst Island. The PIC is tentatively scheduled for the spring of 2017. The date and location of the PIC has yet to be determined. A Design and Construction Report (DCR) will be prepared and made available for a 30-day public review period. Advance notice of the PIC and DCR review period will be placed in this publication and mailed to individuals and organizations on the project's stakeholder mailing list, once details become known. Study information will also be posted on the project website www.amherstislandferrydocks.ca.

Help us share updates: Follow us on Twitter @A_I_ferrydocks

COMMENTS

We are interested in hearing any comments or concerns that you may have with the study. For further information or to be added to the project mailing list please visit the website or contact:

Craig Copping
Project Manager
Rankin Construction Inc.
222 Martindale Rd., P.O. Box 1116
St. Catharines, ON L2R 7A3
tel: 613-483-2161
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1355 John Counter Blvd.
Kingston, ON K7L 5A3
tel: 613-545-4662
fax: 613-540-5106
e-mail: Nancy.Elliott@ontario.ca

Information will be collected in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record.

If you have any accessibility requirements in order to participate in this project please contact one of the Project Team members listed above.



Reasons to Buy Local

- Growing for Market

The previous 3 points were included in January's Beacon and the final three will be continued in March's. They are reproduced with permission from GFM and courtesy of Dave Rattray.

4. Local food is GMO-free. Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farmers don't have access to genetically modified seed, and most of them wouldn't use it even if they could. A June 2001 survey by ABC News showed that 93% of Americans want labels on genetically modified food - most so that they can avoid it. If you are opposed to eating bioengineered food, you can rest assured that locally grown produce was bred the old-fashioned way, as nature intended.

5. Local food supports local farm families. With fewer than 1 million Americans now claiming farming as their primary occupation, farmers are a vanishing breed. And no wonder - commodity prices are at historic lows, often below the cost of production. The farmer now gets less than 10 cents of the retail food dollar. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which means farm families can afford to stay on the farm, doing the work they love.

6. Local food builds community. When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and the grower. Knowing the farmers gives you insight into the seasons, the weather, and the miracle of raising food. In many cases, it gives you access to a farm where your children and grandchildren can go to learn about nature and

agriculture. Relationships built on understanding and trust can thrive.

7. Local food preserves open space. As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. You have probably enjoyed driving out into the country and appreciated the lush fields of crops, the meadows full of wildflowers, the picturesque red barns. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.



A beautiful view of the Sand Beach, by Judy Bierma



Lynn makes more than lids, courtesy Lynn Wyminga of Lynn's Lids

CJAI

- Terry McGinn

Last May during an afternoon visit to the house Judy Bierma casually asked me if I wanted to join her as a guest on her radio show the coming Thursday night. I had been a guest on CJAI twice before, both times on the Udder Morning Show, so the idea didn't terrify me too much; after all, it was just one Thursday, right?

At the end of the first night – which was both fun and interesting – she asked me to come back the following week if I was available. I said I would be, and so back I came.

It was, I think, on the third week that I realized I had become a co-host on a radio show. But like the frog in water that is slowly brought to a boil I just decided to go with the flow. That was last May and more than thirty-five shows ago and I can't imagine doing anything else on a Thursday night.

Each week Judy and I have fun on the radio, we catch up with what each of us has done over the past week, we play music that focuses on Canadian and local artists, as well as good music requested by, or for, listeners and island residents. And we have guests – usually the great Anthony Gifford - who come in to play live music.

The show is called The Cheesemaker's Daughter, Judy's *nom de plume*; or *nom de microphone* in this case (that works less well than I'd hoped). The sponsor for the show is Wilton Cheese Factory; which is such a perfect match.

I am so glad to have the opportunity to be part of the island radio station and am glad that I can. I hope Judy will use these column inches some month in the future to tell us her feeling about the show and the station.

I hope that you will join us and share your Thursday evening from 7pm to 9pm. Send us your requests, phone us for a chat, or drop by the station (be prepared to go on the air).



Brian Little

PHOTOGRAPHY

613-389-3111

brianlittlephoto@gmail.com

www.brianlittlephoto.com

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- Landscapes
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1355—2nd Concession

Stella, ON, KOH 2S0

Gallery visits by chance
or by appointment.



How do you not just run and dive into that pile?

Courtesy Sally Bowen

Thank You

We would like to send a sincere thank-you to everyone who has helped us through Lloyd's illness and passing. We could never have gotten through this difficult time without any of you. To the Amherst Island Emergency First Response Team, thank you for your calming and re-assuring presence and care. To the ambulance attendants and the staff, nurses and doctors at Lennox and Addington County hospital, for the excellent care Lloyd received during his 3 weeks there. To the staff, and more specifically Jason, at Payne Funeral Home in Odessa. Your kindness, sensitivity and professionalism is deeply appreciated. To Reverend Zander Dunn – thank you for your comforting words and remembrances of Lloyd, and for travelling so far to be here for us. To the ladies of St. Paul's for the wonderful lunch following the funeral.

To our family, friends and neighbours – there aren't enough words to thank you for all you have done for us during this time - your rides to the hospital, calls, cards, visits, food, flowers and donations.

We are so blessed to have you all in our lives.

Elaine, Brent, Roxanne and Dakota

Notices

It was my understanding, that Amherst Island Public School would be 70 years old in 2017. As I began researching and compiling information, I found that that wasn't the case. While the building was constructed in 1947, the doors didn't open to students until January 1948. We had begun planning a 70th Anniversary Celebration for our school, but upon realizing our mistake, we will postpone for a year. In the meantime, if any former students from over the years have photos or stories they would like to share, we would be happy to get copies of them and I will add them to our file for next year. (email - flemingl@limestone.on.ca)

When the building was originally opened, it was for students from grades 1 to 12.

Thanks, Lynn



The ladies are on the move, courtesy Sally Bowen

Advertisements

Free, floor T.V.

About 45 inches, heavy. Call 613 384 6535.

WANTED:

Excellent quality queen mattress; good quality double bed mattress; small dog or large cat carrying cage (sufficient for 2 smallish lambs). Call Sally 613-389-3444

WANTED: SEEDLING TRAYS

If you have any unwanted but reusable seedling trays I would be glad to have them, please. I can pick them up or I am at the AIMS Farmers' Market on Saturdays. Thank you. Terry McGinn - 613-888-3702, or terry@maplemarsh.ca

WANTED: HELP STILL NEEDED
for the Lennox and Addington S.P.C.A.

Used towels and linens, paper towels and cleaning supplies, pet food and toys, kitty litter, are always in demand; Canadian Tire coupons. We are glad to accept pop cans, beer and LCBO containers too. Thank you for helping to support our animal shelter. Further information needed?

Call Freda Youell – 613-384-4135

TOPSY FARMS

Topsy Farms has fall lamb frozen lamb cuts; great raw honey by bees (with help from Dave Meikle and Kyle Murray).

BETTY'S HOME COOKING

My Market Goodies are available! Plus if you want a full meal to go... a few days notice and your cooking for company is over. Call Betty 613-389-7907

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Wool and sheepskin products including yarn, blankets, crafts, and individual photos, books

and booklets by Don Tubb. Open weekends and most weekday mornings. 613-389-3444

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Catalogues available. To place an order call Marie Ward at 613-389-5767 or email: bandmward@xplornet.ca

GODDEN WHOLE HOT SAUSAGE



MANY THANKS to our island customers for choosing Godden's Whole Hog Sausages for your BBQ needs this summer! Particular thanks to The Back Kitchen for including our product on your menu! We are freshly stocked at Poplar Dell with 5 lb. cases of both BBQ Sausages (Salt & Pepper, Honey & Garlic, Hot Italian, Sundried Tomato & Oregano, Sweet Chili & Lime) and Breakfast Sausages (Salt & Pepper, Maple). All cases \$35.

ISLAND BOOKKEEPING

For simple bookkeeping, payroll, and tax preparation needs at very competitive prices. Call Renée for more information and free quotes at 613-929-4545

MEDICAL EQUIPMENT LOAN

Amherst Island Women's Institute Medical Equipment Loan Cupboard (wheelchairs, walkers, canes, crutches, bath seats, grab rails, commodes, raised toilet seats). Donations of used equipment in good condition also welcome. Call Sharen English 613-384-6535

COMPUTER REPAIR/UPGRADES

New installs, virus/Malware removal. Island References. Bruce MacCrimmon – 613-453-0505 or bruce.maccrimmon@hotmail.com

ISLAND GOLD 100% PURE RAW ONTARIO HONEY

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Welcoming guests for over 30 years. Also, Cottage Rentals and Godden Sausage sales. Call Susie @ 613-389-2012

Upcoming Events

This list is not exhaustive. You can find more events and details at

Wednesdays February 1, 8, 15, 22

Noon to 2:00 pm Loaves and Fishes
Light lunch available. No charge. All welcome.
Janet Scott's house 350 Third Concession. Just come!

Sundays February 5, 12, 19, 26

10:30 am Worship at St. Alban's
11:00 am Worship at St. Paul's

Tuesdays February 7, 14, 21, 28

9:00 am to Noon Internet Café at the Museum

Friday February 10

ISLE Wilton Cheese Orders Due

Contact Roxanne at 613-389-4630 or amherstislandisle@gmail.com for additional information. Order forms available.

Saturday February 11

8:00 am AIMS Meeting at St. Paul's

Amherst Island Men's Society welcomes all Islanders who want to know more about the general store proposed by a returning entrepreneur, David McGinn. Reserve your place and your hot breakfast provided by ISLE for \$10 by contacting Nathan Townend gntownend@gmail.com. To skip the breakfast

just come at 8:30 AM to hear all about Dave's plans.

Wednesday February 15

3:30 pm Women's Institute Meeting - Movie Afternoon and Dinner

Guests and visitors welcome. Contact Joyce Haines 634-7894

More events...

Friday March 10

ISLE Wilton Cheese Orders Due

Contact Roxanne at 613-389-4630 or amherstislandisle@gmail.com for additional information. Order forms available.

Saturday and Sunday March 11 and 12

Dry Stone Canada Annual General Meeting at The Lodge

For information contact drystonecanada@yahoo.ca

March 14 at the Celtic Cross Legacy Dry Stone Site

6:00 pm Community Gathering

Please come about an hour before sunset. Across from the Amherst Island Public School on Front Road, Stella ON. Islanders and Guests are invited to celebrate the sun shining through the Celtic Cross and shining on the Claddagh. Please bring a beverage and an appetizer to share. This is a community gathering.

Saturday March 25 at St. Paul's

5:00 and 6:00 sittings Maritime Night Dinner

7:00 pm Concert with Canada's own Jeanette Arsenault

Jeanette wrote her song, "This Is My Canada/Mon cher Canada" to celebrate her deep pride in being Canadian and to express how much she loves our country and the people who call Canada home.

Excited to announce this very special event at St. Paul's. Two sittings for a light supper (homemade clam or corn chowder, tea biscuit, and blueberry cheesecake). Reserve your place at 5:00 or 6:00 for supper. Concert starts at 7:00.

\$15 for light supper and concert. Children under 12 free

To help or for more information or tickets, please contact Janet Scott at jiscott@kos.net



Winter on the ferry, by Judy Bierma

Archives

February 1987 - Issue 109

The Cook's Corner

- Dianne Marshall

Amherst Islanders (male and female) still practice a rare and wonderful talent called Homebaking. In this world of ever increasing instant this and packaged that, there is still a strong core of those who delight in baking from scratch. Seeing as our little Island has such a large number of great cooks, it may be an idea to use the Beacon in order to share our favourite recipes.

The recipes may be for anything that you or your family enjoy eating.

In order to make it easier for others to follow the recipes, the directions should be as clear and specific as possible.

If you have a history of the recipe, please include it.

An envelope will be left at Glenn's Store for recipes and please put your name on them so that we may give credit where due.

This month's recipe is:

Double Wheat - Whole Wheat Bread

It is one of the easier recipes I've tried and the one with the best results. The crust browns very well (so keep an eye on it) and the inside is delicious.

The recipe calls for whole wheat flour, wheat germ and honey. All of which your body thanks you for!

Bake at 400 degrees F. for Approximately 30-40 minutes.

Ingredients:

2 envelopes yeast

1 cup very warm water (110 degrees F)

1/3 cup honey

2 cups milk

1/4 cup butter or margarine

4 1/2 teaspoons salt

5 cups whole-wheat flour

1/4 cup wheat germ

3 cups all-purpose flour

1) In a small bowl, sprinkle yeast into 1 cup of warm water (110 degrees F) mixed with 1 teaspoon of honey.

2) Combine remaining honey with milk, butter and salt. Heat to 115 to 120 degrees F. Cool to lukewarm and pour into a large bowl.

3) Add yeast, water and honey from (1) to mixture from (2).

4) Stir in whole wheat flour and wheat germ. Add enough of the all-purpose flour to make a soft dough.

5) Knead for 10 minutes.

6) Let rise 1 hour or until doubled in bulk.

7) Punch down and let rest 10 minutes.

8) Shape into 2 loaves 9"x5"x3".

9) Let rise until a little above the rim of the pan.

10) Bake at 400 degrees F. for 30-40 minutes. Good eating!

A Letter Home

- Sally Bowen

The sun is shining this morning! It doesn't matter that the overnight temperature dropped from above freezing to -19 C. All is right with the world as long as the sun is shining. Rumour has it the rains will start again in a couple of days. Our whole winter has been this way but I must keep reminding myself spring is still about 6 weeks away.

ther years we would have been busy getting ready for March lambing. This year we're going to let all the ewes lamb in May. Yes, all 1000 of them. I'll let you know in June whether we are still sane.

Out walking in the bush yesterday I saw deer tracks everywhere. It looks like the hunters didn't get all of them. However, I am happy to report I haven't seen any bear tracks. Last Fall several people reported seeing a bear. Fortunately, nothing has been spotted lately and I'm just as glad not to meet up with it on one of my walks.

Did you read the Inspirational Thoughts in the January Beacon? A number of people have mentioned what a blessing it was to them and would like to thank the contributor whoever he or she may be.

The sad news this month is that our Big Akbash Guard Dog is being returned to his original owner. It seems he would rather be with people than with sheep.

I'm sure you've heard that the Big Boat is back. The Amherst Islander broke its prop and is sitting in Kingston waiting to go into dry dock. We can hardly believe our luck. Long may the Frontenac II stay. The Amherst Islander seems worn out and very tired. Most of the time she has served us well and has been such a vital part of our lives. I feel even she would be ready to retire.

The farm is quiet as it is each February. In o

An admirable quality in a house dog but not a dog who is meant to guard sheep. We'll be very sorry to see him go. In the Fall, we may try starting with a puppy who we hope will bond with the sheep and not with the 2 legged creatures.

A day like this would be a shame to miss. I like living in a place where I can walk out the door, strap on my cross country skis and work up some sweat.

Happy Valentines Day to my favourite people.



Felted Olaf, by Sally Bowen