

Amherst Island BEACON



Newsstand
\$2.00

Issue 359

www.amherstisland.on.ca
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February 2008

250 Watts for CJAI!!



PHOTO BY TERRY CULBERT

RON FLEILER, INDUSTRY CANADA'S SPECTRUM MANAGEMENT OFFICER, MEASURES THE FREQUENCY COMING FROM THE SMALLEST RADIO STATION IN CANADA.

FOR MORE PHOTOS AND STORY ON CJAI'S WATTAGE BOOST, PLEASE SEE PAGES 6 & 7.

THIS ISSUE

- Ian Murray, editor

A huge congratulations to all those involved in CJAI's power increase from 5 watts to 250 watts. This is an enormous accomplishment for a community of this size.

Sincere condolences to the family of Denis McGinn who died Tuesday, January 29 after a long struggle with cancer. More next month.

BEACON E-MAIL ADDRESS CHANGE

Please note that the Beacon has a new e-mail address: aibeacon@topsyfarms.com. Please update your address book.

NEIGHBOURHOOD

- Lyn Fleming

Belated get well wishes to Ida Gavlas and Bonnie Baker. Get well to Cora McGinn and Vincent Eves who have both undergone hip replacements.

AIMS hosted a sell out crowd at the annual New Year's Dinner/Dance.

Amherst Island Public Radio (92.1 FM) increased their listening area by boosting the power to 250 watts on the 22nd of January. Congratulations to Tom and Rosemary and their many volunteers for getting our Island radio station this far.

Ralph Woods and Brian and Marie Ward spent two weeks on central Florida's east coast soaking up some warm weather.

(Continued on page 2)



**The Amherst
Island Beacon**
Issue 359
February 2008

Published monthly, the
Beacon is wholly
funded by paid sub-
scriptions and at the
Amherst Island Gen-
eral Store.

Subscription Rates:
Canada \$30/yr
USA \$35/yr
Overseas: Contact Us!
E-Mail \$20/yr

February Printing
250 Copies

**Subscription & Edi-
torial**
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**Deadline for all sub-
missions:**
25th of each Month

Printed By:
Burke's Printing,
Napanee

Credits:
Word 2003
Microsoft Publisher
2003
Pagemaker 7.0
Acrobat 6.0
Family Tree Maker
9.0
Microsoft Clip Art

(Continued from page 1)

Earl and Donna Willard took a break from the snow and cold, spending 3 weeks on Florida's gulf coast.

Warren and Laurene Kilpatrick, Gary and Lesley McDonald and Laurie and John Moolenbeek went on a cruise to Barbados & Aruba among other ports.

It was interesting to read in the last Beacon that readers would like to see more news on births, deaths, travels etc. I would like to write more about them as well. Unfortunately, with the changes in Island demographics over the last few years, people don't call with news of births, graduations, milestones or news in general, like they used to. I would be happy to hear from you, whether you call, drop me a line or even email me (fleming48@kos.net).

Winter is well under way on the Island. Although we have had several big snow storms, as well as sometimes daily snowfall, it is still hard to call it an old fashioned winter. Having been here 34 winters now, I remember the times it took several days to make the roads passable and the times it took the ferry 17-18 hours to make one round trip! Considering that this is Canada in the middle of January, we are doing quite well weather wise!

WOMEN'S INSTITUTE

- Joyce Reid

The January 16 meeting, held at the home of Joyce Haines, opened with the Ode, Collect and O Canada. Roll Call included memories of the outdoor games we used to play. These nostalgic recollections were fun to remember including skipping double-dutch, playing marbles, sliding on ice-slides in the schoolyard, and konkers – played in the U.K. with a chestnut on a string.

Thank you notes and donations were acknowledged and appreciated following the Seniors' Christmas Party.

Another letter is to go to Loyalist Township re: recycling on Amherst Island. It is not reasonable that we should have to take corrugated cardboard and clean plastic bags, etc. to Lappin Lane Depot. Some work has been done at the A.I. Landfill Site – but no new building yet – which was expected last fall.

The Women's Institute will support and participate with refreshments, at the Benefit Concert on Sunday February 24th, 3-5 pm, at the St. Paul's Presbyterian Church Hall. This is being organized by Inka Brockhausen in aid of the Arthritis Society. Call her at 613-533-2927 to reserve tickets for \$20.00. Also included in the informative and entertaining afternoon will be a DVD shown on Arthritis as well as a Rheumatologist who will speak to us on the various forms of this crippling disease. It sounds like a great program worth supporting.

February 20 is Movie Night. The committee will be in touch with members to confirm arrangements for this evening, which includes supper (not potluck) and a movie at the home of Joyce



(Continued on page 4)

Windy Tuesday



PHOTO BY BRIAN LITTLE

IT'S EASY TO SEE WHY THE FERRY WAS INTERMITTENTLY OUT OF SERVICE ON TUESDAY, JANUARY 29TH.

NOTE: SOME EDITING MAY HAVE OCCURRED ON THIS PHOTO

AIMS BREAKFAST MEETING,

JANUARY 12, 2008

- Terry Culbert

Twenty members and four guests (Maynard Slack, Steve Schaenfield, Paul Cuyler and Geoff Jones) sat down to breakfast. Chairman Dayle Gowan thanked Saskia Wagemans and Lorna Willis for preparing the meal.



Peter Trueman thanked Bruce Burnett for his audio work, ensuring quality sound for Islanders and visitors alike at various Island functions including Charles Dickens Christmas Carol and the New Year's Eve Dinner Dance. Peter Trueman commented on the poor attendance at the Dickens event in December and proposed we forego the event for the next two or three years.

Treasurer's Report: AIMS memberships are due. A donation has been made to Ride & Stride.

New Year's Eve Dinner Dance. Bruce Burnett reported that the AIMS community event was a great success. All 160 tickets were sold. \$50.00 a couple or \$25.00 a single is a terrific deal and will be the same next December 31st. Bruce Burnett and Allen Caughey have offered to spearhead the party again this year. Bruce thanked the following Islanders for their help: Tickets sales - Allen and Bonnie Caughey, Ted Welbanks, Karen Miller, Garry and Susan Filson. Raffle - Andrea Cross. Printing - Vickie Keith and John Munro. Table decorators - Lorna Willis, Saskia Wagemans and Katie Little. Other volunteers - Dayle Gowan, Keith Miller, Alan Glenn, Chris Laffin, John Schutzbach and Inka Brockhausen, Peter and Eleanor Trueman and Victoria Cuyler.

2008 Open Studio Art Tour: Peter Large and Terry Culbert are organizing an art tour for Saturday, July 12th from 11am to 4:30pm. All Amherst Island artists and artisans are invited to participate. A letter will go out before the end of January containing details. This AIMS project will be a fundraiser for the Neilson Store Museum and Cultural Centre.

On going AIMS Projects: The cost of window blinds for St. Paul's Church Hall will be split between AIMS and The Church. The blinds will be used when speakers for various organizations need to show projected graphics. Total cost \$430. It was agreed to contribute \$215.

A roller screen to show projected visuals will also be purchased and the cost split between AIMS and the Church.



PHOTOS AT RIGHT:

TOP: AMHERST ISLAND 4H MEMBER BROOKE REID SHOWS HER 8-MONTH OLD CALF ROY ESSEX AT THE ROYAL WINTER FAIR IN TORONTO. THE CALF IS OWNED BY MIKE AND JILL (CAUGHEY)WALHOUT.

BOTTOM: GROUP SHOT OF THE ROYAL TEAM 4HER'S. BROOKE REID IS PICTURED THIRD FROM RIGHT (BOTH PHOTOS PROVIDED BY THE REID FAMILY)

AIMS Market Wagon: It is hoped that the market wagon can be made more attractive with quality merchandise offered for sale. Brian Little suggested that a hinged table attached to Dr. Brian Grace's building be erected instead of the hodge-podge of tables currently used. Dr. Grace will be asked.

With the Victoria Hall Tea Room and The Back Kitchen closed, AIMS may consider purchasing their own barbeque for the market. Hamburgers and sausages could be served from 10am to 1pm. AIMS own barbeque would also be used outside the Museum on July 12th during the Open Studio Art Tour.

Time and talent auction was talked about. People with skills to offer may be put on the auction block for Victoria Day weekend.

Wheel chair ramp for the Community Centre is being looked into through the Limestone School Board. AIMS are willing to donate to help fund a permanent ramp.

Future AIMS speakers: Greg Latiak would appreciate suggestions as to future speakers for our monthly breakfast meetings.

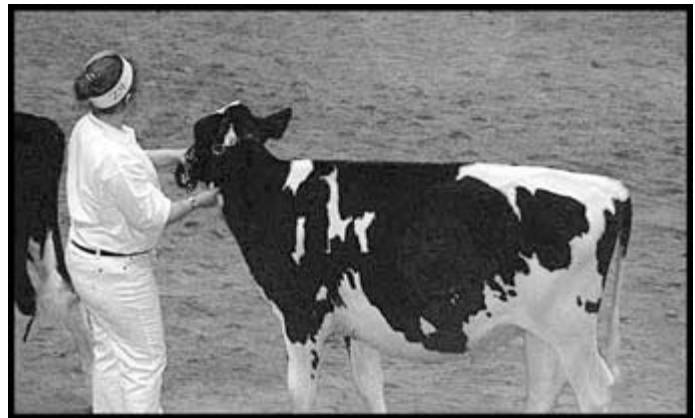
Morning Speaker: AIMS executive member Alan Kidd spoke to the crowd of twenty-four on "Unmanned spacecraft and satellite failures", which was a most informative and interesting topic.

Footnote from acting secretary Terry Culbert: At the meeting I forgot to read into our minutes a thank you note from Amherst Island 4-H Club member Brooke Reid:

"Dear AIMS,

I would like to thank you for donating \$300 for my trip to the Royal Winter Fair. It came in handy. The remaining money I have left over, I am turning over to my 4H Dairy Club.

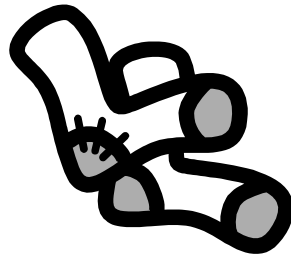
Thanks again, Brook Reid."



SACRED SOCKS

- Zander of DUNN INN

Those of you who read my article in last month's Beacon will know that I wrote about Saving Soles - a program to collect used shoes and get them to needy people in foreign lands. You will probably think I have a foot fetish because this month I want to share with you the story of Sacred Socks.



Evidently a young girl, of about 10 years of age, went with her mother to a clothing centre for poor people and was shocked to see an elderly man trying on a pair of shoes wearing socks with big holes in them. When she brought it to the attention of her mother, she was told not to say anything because her remarks might embarrass the man. The young girl was so disturbed by the condition of the man's socks that she told her mother, in the car on the way home, that she would give the man her socks. Her mother replied that her socks would not be big enough for the man to wear.

This little girl was not to be denied. She asked her father for a pair of socks and took them to the man who had returned to the store for some other clothes. The man was deeply moved and lavishly expressed his appreciation.

That only stirred the young lady to gather more socks. She had a garage sale to raise money to buy socks. She got her mother's knitting circle to knit socks. She begged the two men's stores in town to support her project to give socks to poor men. She told her class at school about her plan and her classmates went around the neighbourhood asking for socks for poor men.

The young girl collected so many pairs of socks that the people who ran the clothing centre for the poor told the local radio station and newspaper about her work and she got written up and interviewed and feted to the point that she became famous.

She has managed to rustle up over 90,000 pairs of socks for poor men. Her project continues to this day and men in the U.S. and overseas benefit from her concern.

I remember during the Second World War that several women's groups in the church and in the community put socks into ditty bags to send to the men who were fighting overseas. They knew how important good footwear was for their men abroad.

When I served in the army great attention was given to footwear. The concern was not that the boots be shined and the socks be regulation issue. The concern was that the men should wear socks and boots that would protect their feet and allow them to move and march in comfort.

The doctors used to complain that most soldiers on sick parade were there because they had foot problems.

In the Bible we're told the Church is like a body. Every part of the body is important. Unfortunately some of us figure some parts are more honourable or valuable than other parts. And those special parts demand special attention.

But the body will go nowhere if such underrated parts as the feet are not properly equipped. A little girl of 10 could see that. Why is it that so many of us adults in the church can't recognize that?

HERE & THERE

- Ian Murray

On my few trips to the mainland this winter, I have been surprised by the number of large new drugstores in Kingston and Napanee. It seems to me that our culture has an increasing drug problem and illegal drugs are a very small part of that problem.

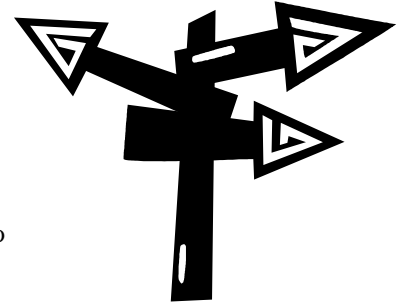
The world's largest living organism may be a honey mushroom (*Armillaria ostoyae*) found in eastern Oregon. It started from a single spore at least 2400 years ago and now covers 2200 acres underground. This fungus is parasitic and has killed a lot of trees.

Here's a quote from an American writer, Alan Guebert, who had an article in the recent "Better Farming" magazine entitled "Rural America's Vanishing Local Economies". He makes the point that despite record profits by American agribusiness companies and by American farmers, the rural economy is rapidly dying.

"A generation or so ago, we stopped bending over to pick up a penny and began driving 20 miles to save a nickel. Those choices, like all those nickels, carried value - value that now ends up elsewhere.

"In the 23 years that I have lived in central Illinois, arguably the dead centre of the richest farmland in the world, Wal-Mart has built five, ever bigger "super" stores in the two county seats equidistant from my home.

Well, Wal-Mart didn't build 'em. We did with our nickels. And that, too, is a simple, cold fact."



(Continued from page 2)

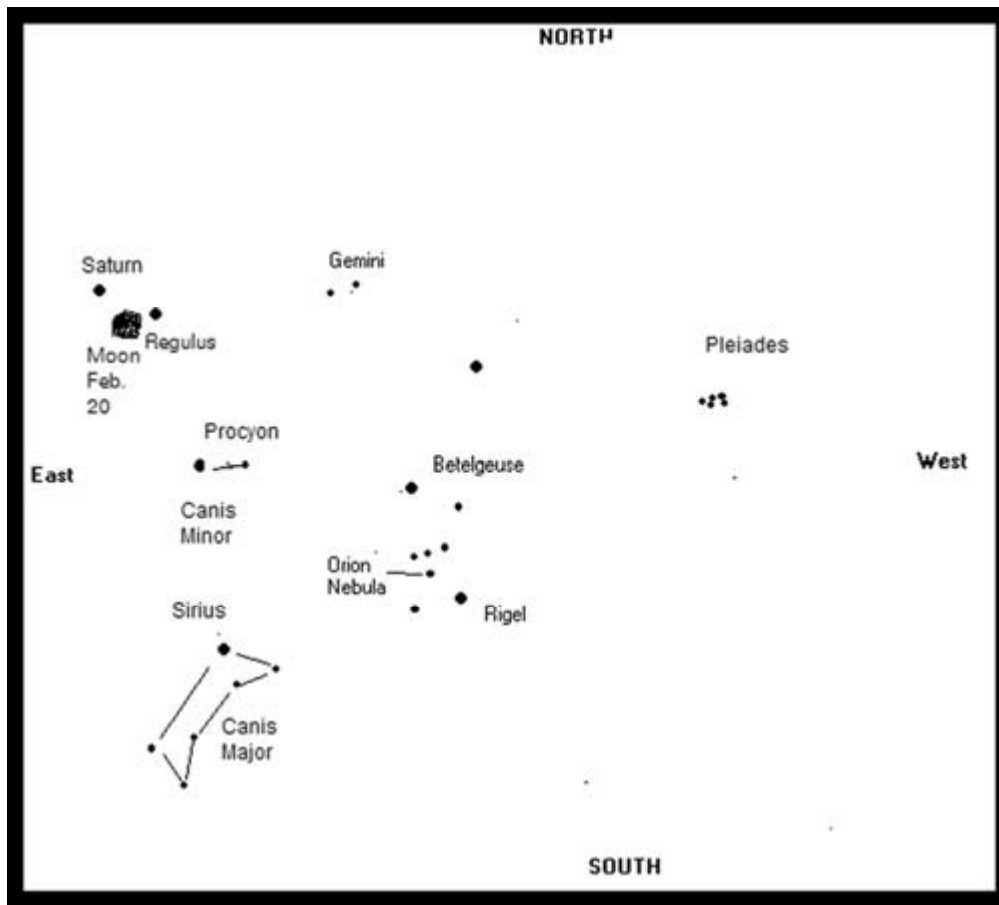
Reid.

The March 19 R.O.S.E. Open Meeting is to be held in St. Paul's Church Hall - the program S.O.S. Hostesses are Nancy Dunn, Diane Hieatt, and Mary Kay Steel. All are welcome.

Crochet patterns are needed in Guyana. Mary Kay has volunteered to collect and mail any that you might like to donate. Please contact her if you have some that you would like her to send. These go to a women's self-help group supported by the International Women's Institute. (W.W.W.I.)

The provincial conference to be held June 6, 7, & 8 at St. Lawrence College has many interesting events and workshops planned. If members care to register for any or all of these sessions, you must do so by March 1 - contact Joyce Haines.

Meeting closed with the W.I. Grace and The Queen. Delicious refreshments prepared by Liz Harrison and Jackie Sylvester, were enjoyed by all 13 of us!



FEBRUARY SKIES

- Alan Kidd

One benefit of winter is that its skies bring the brightest stars of the year. Orion is the most notable of the winter constellations, but Canis Major (just southeast of Orion) has the brightest star, Sirius, and the constellation of Taurus (just northwest of Orion) contains the Pleiades star cluster. The biggest event this month will be a lunar total eclipse, which will be visible across North America during the evening of February 24th.

Four of the Ten brightest stars in the skies are located in Orion and the "Dogs". Besides Sirius these are Rigel and Betelgeuse in Orion (7th and 9th brightest) and Procyon in Canis Minor (8th brightest). Orion is probably the most recognizable constellation in the sky, primarily because of its belt, three 2nd magnitude stars in a short row, located between Betelgeuse and Rigel. Coming off the belt is Orion's Sword, a little line of stars of lesser brightness. Here can be found the Orion Nebulae, a spectacular sight in a small telescope or even a good pair of binoculars. Orion Nebula, or M42, with binoculars appears as a nebular mist surrounding three small stars. One of these points of light is actually a four star cluster called the Trapezium. The Trapezium is in effect a stellar nursery, with some stars within it only 10,000 years old.

Sirius is a spectacular sight itself, shining low in the southern skies. In fact it is the brightest object in the sky except for the Moon and the brightest planets. When it is low in the sky, or the atmosphere is unusually turbulent, it gives off glints of many



colors.

Saturn comes into opposition on February 24th, which means that it rises at sunset and sets at sunrise. It is located near the star Regulus, in the constellation of Leo. Four nights before this the totally eclipsed moon will be between Saturn and Regulus.

Although slowly growing dimmer from the time of its greatest brightness last December, Mars is still a rewarding sight. This will be especially true on February 16th when the Moon will be quite close to Mars.

Jupiter rises about an hour before the sun and so is quite prominent in the sky at dawn. On February first Jupiter is only half a degree away from Venus and these two bright planets make a spectacular sight low on the Southeastern horizon. On February third, the separation between the two has increased, but they are joined by the waning crescent Moon. Again at the end of the month Venus forms a pair with another planet. On February 27th Mercury and Venus are very close in the dawn sky. These two will be hard to spot, however, being very low on the eastern horizon.

The full Moon will start to enter the Earth's shadow at 8:43, Eastern Time. The Moon will be totally eclipsed from 10:00 to 10:52. Saturn will be just a few degrees to the east and the bright star Regulus a little to the northwest. It should be a spectacular view with binoculars.

On the chart I've added Canis Major and the Pleiades, as well as the positions of Mars and Saturn. The group of Orion and Canis Major can be found in the south, about one third of the way from the horizon to directly overhead, in the early evening (about 8 PM). The Pleiades are almost directly overhead.

SMALLEST RADIO STATION IN CANADA BOOSTS ITS POWER (FROM 5-WATTS TO 250-WATTS)

-Terry Culbert

At eleven in the morning on Tuesday, the 22nd of January, the smallest radio station in Canada and probably the only North American station to be housed in a milk house of an old dairy barn burst its seams as the 5-watt frequency moved to 250-watts. It was a historic day for all of the volunteers at Amherst Island Public Radio.

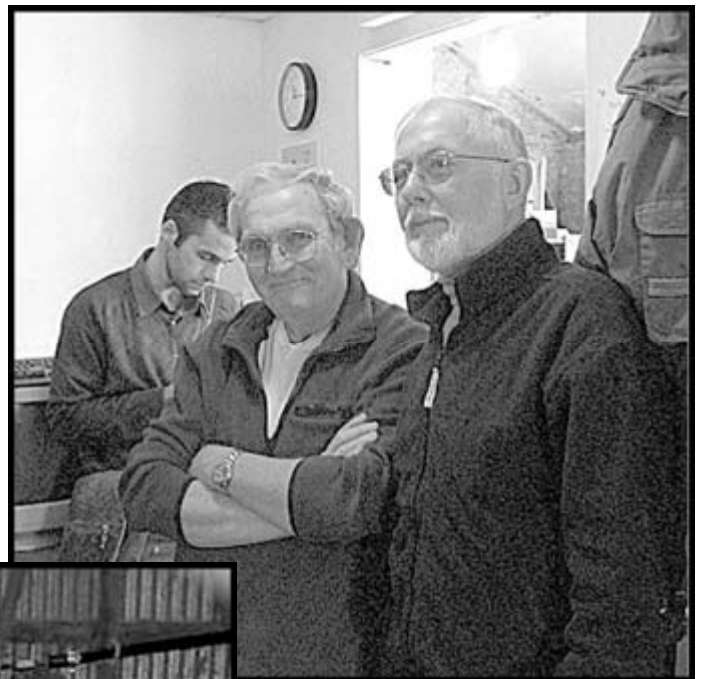
When the final calculations and adjustments by Industry Canada's Spectrum Management Officer Ron Flieler and CJAI's founder Tom Richmond were complete, ISLAND PUBLIC RADIO could be heard where it had never been heard before. As Tom Richmond ended his on-air announcement that our power had just been increased, he received a phone call from Gord Struthers, a frequent entertainer on The Wolf's Den. Mr. Struthers informed Tom that he was receiving a strong signal north of Yarker, in the Godfrey area. That's approximately 35-kilometres north of Amherst Island. Applause filled the tiny studio.

In the days that passed, reports from listeners in Prince Edward County, Belleville, Gananoque and Cape Vincent, New York have been recorded. "Some significant interference is being heard in Kingston," claims Tom Richmond, "however, that is because there are now three new FM transmitters in town. This interference is caused

by the multiplication, division, and, mixing of high-power transmitter signals as they reach your radio."

Phone the CJAI studio, day or night (613) 384-8282 and let us know if the signal is clear at your home. If you have any comments about programming or have an idea about a show, let us know. The next milestone for the radio station will be its second birthday on April 1st.

ALL PHOTOS BY TERRY CULBERT UNLESS OTHERWISE STATED.



ABOVE: ROSS HAINES (DOWN MEMORY LANE) AND DAYLE GOWAN (THE UDDER MORNING SHOW) WERE IN THE MILK HOUSE STUDIO WHEN THE POWER WAS INCREASED. IN THE BACKGROUND IS MARK KERR, REPORTER FOR THE HERITAGE.



PHOTO BY ROSEMARY RICHMOND

LEFT: THE TRANSMITTER HOUSING IS NICKNAMED "TARDIS", FOR DR. WHO'S POLICE CALL-BOX AND SPACE TRAVELING MACHINE IN THE TV SERIES. STANDING IN FRONT OF "TARDIS" ARE LEFT TO RIGHT: DAYLE GOWAN, TERRY CULBERT, JIM GOULD, AND TOM RICHMOND.



LEFT: HERITAGE NEWSPAPER REPORTER MARK KERR PHOTOGRAPHS TOM RICHMOND AS HE INFORMS THE LISTENING AUDIENCE THAT AMHERST ISLAND PUBLIC RADIO HAS BEEN INCREASED TO 250 WATTS.

BELOW: JIM GOULD AND DAYLE GOWAN WORK WITH THE 250 WATT CABLE ALONGSIDE THE SILO AND BARN THAT HOUSE THE 92.1FM TRANSMITTER.



LEFT: TOM RICHMOND AND DAYLE GOWAN PREPARE THE END OF THE 1 5/8-INCH COAX CABLE TO FIT THE TRANSMITTER.



RIGHT: ALAN KIDD (VINYL EXAM), JIM GOULD (JAZZ FROM JIM'S VAULT, CJA I MUSIC MANAGER), ELLIS WOLFREYS (WOLF'S DEN), TERRY CULBERT (THE FRIDAY MORNING SHOW), AND DAYLE GOWAN (THE UDDER MORNING SHOW), TOAST THE POWER INCREASE. (PHOTO BY MARY LOU WOLFREYS)



NEW YEAR'S EVE ON AMHERST ISLAND

ALL PHOTOS BY TERRY CULBERT



TOP LEFT: AT THE STROKE OF MIDNIGHT, THE NEW YEAR'S EVE PARTY GOERS FORMED A CIRCLE SINGING IN 2008 WITH AULD LANG SYNE. TOP RIGHT: JOHN SCHRAM, ELSIE WILLARD, MARION GLENN; MIDDLE LEFT: CJAI RADIO PERSONALITIES JIM GOULD, ROSS HAINES, AND TOM RICHMOND, THE BEARDLESS FOUNDER OF CANADA'S SMALLEST RADIO STATION; MIDDLE RIGHT: MASTER OF CEREMONIES ALLEN CAUGHEY; BOTTOM LEFT: JOAN MARTIN (CENTRE) CHATS WITH KEITH AND SHIRLEY MILLER.

PAGE 9 PHOTOS:

TOP LEFT: A TABLE OF PARTY GOERS; TOP RIGHT: JUDI GOULD TAKES A DIGITAL PHOTOGRAPH OF LEFT TO RIGHT, HER DAUGHTER SANDRA, SON BRENT, AND HIS FRIEND REBECCA. MIDDLE LEFT (TOP): GARY McDONALD CHATS WITH HELEN CAUGHEY AND HER SON BRUCE; MIDDLE LEFT (LOWER): WITH SPARKLES AND OTHER BITS AND BOBS ON THE DANCE FLOOR, IT WAS IMPOSSIBLE FOR THIS WOMAN TO FIND HER CONTACT LENS; MIDDLE RIGHT (UPPER): JEAN TUGWELL AND HER BROTHER RALPH WEMP LINE UP FOR THE ROAST BEEF DINNER.



**FOR MORE NEW
YEAR'S PHOTOS,
SEE PAGE 13.**

*LEFT: ISLANDER DOROTHY MCGINN DANCES WITH RALPH SHIER OF GOODWOOD, ONTARIO.
CENTRE: SUSAN AND GARY FILSON DANCE THE NIGHT AWAY.
BOTTOM RIGHT: JIM MADDEN, OWNER OF CHUMLEY'S FINE FOODS WAS THE DINNER CATERER.*

LARRY HEFFORD

Larry was born to Wallace and Edna (Corke) Hefford on April 28th, 1944, on Amherst Island. Larry also had an older brother, Donald.

The family lived on a farm on the Front Road. They had built a new house before leaving the Island. The farm was sold to Vince and Marj. Aitken. The centre of the house that now stands there was the new house built by Wallace and Edna.

After moving to Kingston, Larry continued his education, completing grade 13. He then had a job in the Royal Bank at Princess and Drayton, where he met his future bride, Sandra Fleming (not an Island Fleming). They married July 6, 1968 and were blessed with two children: a son, Mike, born Ont. 15th, 1974 and a daughter Jayna, born May 15th, 1977.

Larry retired after working for 35 years for Corrections Canada. He was an Assistant Warden at his retirement.

Larry was a natural athlete. Bruce Caughey remembers him as the star of Stella Bay, where he always played in Montreal Canadiens shirt #4 (Jean Beliveau).

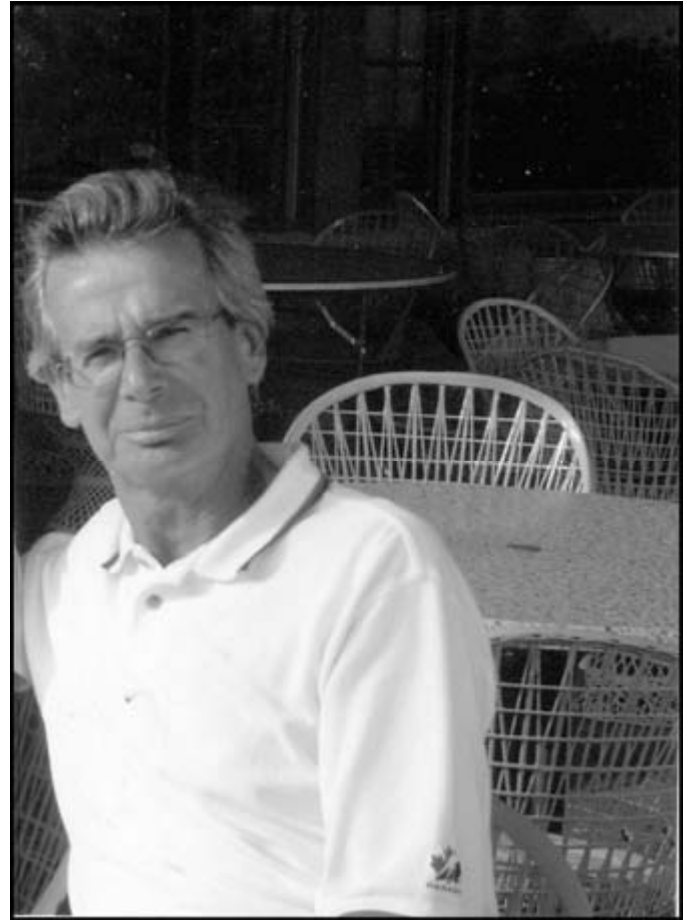
For many years he coached minor hockey and softball in the Kingston area. He was Manager for a Provincial A Midget Hockey Team which won the Ontario Championship in 1990-91. His son, Michael was a member of that team.

His daughter Jayna is a key player on the Canadian Women's National Hockey Team. Larry attended the Salt Lake City Olympics (2002) and the Turin (Italy) Olympics (2004) where Jayna and her team won gold medals for Canada.

Sports, including golf, and playing the guitar were very important to Larry. Family and friends were vital to him.

Larry died of cancer on December 22, 2007 at the age of 63. He and Sandra had been happily married for 40 years.

He leaves behind his wife Sandra, his children, Michael and Jayna, and his mother, Edna, who lives at the Helen Henderson Centre at the age of 93.



ABOVE: LARRY HEFFORD

LEFT: LARRY AND SANDRA HEFFORD



AN EPIPHANY

- David Pickering

The word 'epiphany' is defined at dictionary.com as both "a sudden, intuitive insight into the reality of something, usually initiated by some simple experience" and as "a literary work presenting, usually symbolically, such a moment of revelation and insight." It seems that if I can adequately show the former, I may be able to produce the latter. In this case, the experience was initiated by a prancing dog.

If you ask someone how their life was when growing up, many would reply 'normal.' For them, it undoubtedly was. They experienced a single view of home, family and community that could not help but be normal, given a sampling of one. Even a military career seems 'normal', when surrounded by like-minded souls. But sometimes you suddenly become aware of 'the path not taken' and the tragedy or good fortune of your 'normal' existence becomes brilliantly apparent.

My epiphany occurred about five years ago, while I was serving at the Joint Signals Regiment (JSR). At that time, I had been in the military for more than 25 years. It was all I had done since my public school days and I accepted it as 'normal'. It WAS my life: postings; men in uniform; duty shifts; weapons; the culture of controlled violence with a uniquely Canadian flavour.

Base Kingston had informed us of their intent to do work on the power system during the coming weekend. We could expect to be without electricity for most of the daylight hours on Saturday. Operations enacted long established procedures for this; scheduling a duty watch for guarding the weapons, ammunition, cryptographic codes and classified material vaults for the period when the intrusion alarms would be non-functional. I, as the duty officer for that weekend, would be in charge of the guard detail.

Early Saturday morning, my troops arrived. We were a relaxed lot. Jake was the duty commissioner, an elderly florid man who was normally the only person in the building on the weekend. Cpl Mitchell was a young lady from support squadron. She brought in a mathematics textbook and assignment, intending to use the hours to good advantage. Cpl Daniels was a

technician who had weekend parenting duties. His six-year-old was in tow, eager to spend a day with daddy and see where he worked. Cpl Fergus had a paperback book. Cpl Leguine had a deck of cards – it went on. We were nine in all, plus Jake, prepared for a long day of doing nothing.

I was no better, or worse, than the others. On a whim I had scooped up the new addition to our household; 5 pounds of warm fuzzy Chihuahua puppy, which comfortably fit in my combat pocket. I figured Jake would get a kick out of him, and it would help to pass the time. After initial briefings, I dispatched my troop to their posts scattered about the large quiet building and waited for the lights to go out. At 8:15, they did.

And so, the long lazy day progressed. At irregular intervals I would do my rounds, spelling for bathroom breaks, distributing boxed lunches, or just chatting for a few moments to give people a change. All was as expected. All was quiet.

It was during the fourth or fifth such circuit that the unreality of what I was doing set in. Perhaps it was sparked by the television show I had seen the night before – an episode of '24' that specialized in demonstrations of terrorism and unending action sequences. Here I was, guarding the weapons of one of the major operational units in the Canadian Forces. One of my 'guards' was sitting on the floor in a patch of sunlight, her math books open and her boots off. The next was deeply engrossed in a paperback. The next two barely look up from their card game as I passed by. At post four, a young man sat in front of a 'Candy Man' game board, facing a grinning six-year-old amidst a collection of stuffed dinosaurs. If this were anything like television, my guards would be hard-eyed soldiers with weapons at the ready. I would have a pistol at my hip and my guard dog would be a Doberman at the end of a short length of chain. And yet here I was, walking down a long dark hallway with a flashlight in one hand, and a shoestring leash in the other, following a tiny dog with a proudly waving fluffy white tail. I shook my head in amazement.

Even in the dim and silent building, you would have had to have been right beside me to hear me murmur, in total wonder and profound awe to myself, "Thank God I'm Canadian." I grinned in the dark and chuckled as I followed that proud little tail back to the front office.

COUNCIL GLEANINGS

- Ian Murray

The agenda for the Jan. 14th meeting of council was 193 pages.

The Cataraqui Region Conservation Authority (CRCA) received approx. \$1 million from 11 municipalities in 2007. This year it has a proposed budget of \$3.6 million including a municipal levy of approx. \$1.2 million. Loyalist's share is \$97 thousand for operating expenses and \$27 thousand for capital projects.

There will be no increase in education taxes.

There was only one new house started on Amherst Island in 2007.



Liability insurance premiums continue to increase significantly.

"To sustain a Ten year [capital expenditures] program with some \$24.6 million of gross capital expenditures, with limited external sources of financing, and much of the program required for life cycle maintenance or to meet health and safety or legislated matters, an annual capital contribution approaching \$2.0 million is necessary."

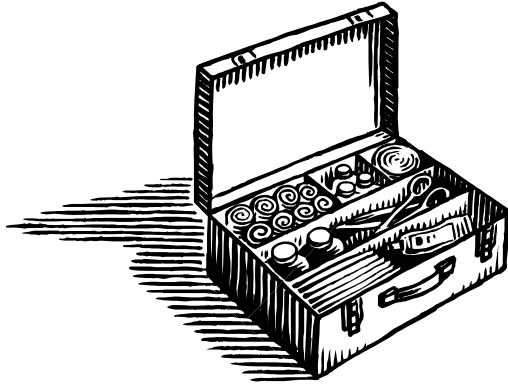
"... residential assessment has increased by \$10,628,315 (or 1.2%) over 2007 assessment values."

I'm not sure how much our municipal taxes will actually increase.

WHAT IS OXY-CLEAN? 3% PEROXIDE

- Becky Ransey (submitted by Richard Thompson who got the information from his sister)

"I would like to tell you of the benefits of that plain little old bottle of 3% peroxide you can get for under \$1.00 at any drug store. My husband has been in the medical field for over 36 years and most doctors don't tell you about peroxide or they would lose thousands of dollars."



1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily then spit it out. (I do it when I bathe)

No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. (Small print says mouth wash and gargle right on the bottle)

2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.

3. Clean your counterstable tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe or spray it on the counters.

4. After rinsing off your wooden cutting board pour peroxide on it to kill salmonella and other bacteria.

5. I had fungus on my feet for years - until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And of course if you like a natural look to your hair spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown reddish or dirty blonde. It also lightens gradually so it's not a drastic change.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus or other skin infections.

12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing pour directly on the soiled spot. Let it sit for a minute then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors with and there is no smearing which is why I love it so much for this.

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising I'm glad there's a way to save tons of money in such a simple healthy manner.

Send on to others who might need to know the benefits of 3% peroxide



WILL'S RIDE

- Sally Bowen

Will Adam and his support team present the following financial report, with pride, and with warmest thanks to Amherst Islanders whose support made it possible.

FINANCIAL REPORT FOR WILL'S RIDE, 2007

FUNDS RAISED FOR SUFFERERS OF MS

Maritime Provinces	\$2000
Quebec	\$375
Ontario	\$7665.50
Manitoba	\$515
Saskatchewan	\$215
Alberta	\$ 50
British Columbia	\$605.
Total raised	\$11,425.50

This total does not include the amount of \$ 622.59 not yet allocated.

MORE "BRINGIN' IN THE NEW YEAR ON AMHERST ISLAND

ALL PHOTOS BY TERRY CULBERT



TOP LEFT: JEFF CODE PLAYS ALONGSIDE HIS DAD GARY AS PART OF THE RUNNIN' KIND BAND; TOP RIGHT: GARY, MICKIE, AND JEFF CODE ARE ALL PART OF THE RUNNIN' KIND BAND; MIDDLE LEFT: HELEN CAUGHEY WALTZES WITH DOUG MARTIN; MIDDLE RIGHT: JOYCE HAINES OF FRONT ROAD CHATS WITH ANNE SHIER OF GOODWOOD, ONTARIO; BOTTOM LEFT: SUSAN MCGINN IS A FAN OF JEFF CODE'S RADIO SHOW ON KIX.

Windy Tuesday on Amherst Island

PHOTOS BY BRIAN LITTLE



NOTICES



AN IRISH MUSIC NIGHT

BACK BY POPULAR DEMAND, JON MCCLURG AND CHRIS MURPHY. STEVE KENNEDY WILL BE JOINING THEM TO ROUND OUT THE TRIO.

CHRIS AND STEVE HAVE PLAYED IN THE BAND, "THE SHORES OF NEWFOUNDLAND".

COME OUT FOR SOME TOE TAPPING MUSIC AND OLD IRISH FAVOURITES.

YOU WILL ALSO BE ENTERTAINED BY THE KILLARNEY DANCERS

TO BE HELD AT THE AMHERST ISLAND COMMUNITY CENTRE

MARCH 13TH, AT 7 P.M.

ADVANCED TICKETS, \$10 PER PERSON; AT THE DOOR, \$12 PER PERSON.

FOR TICKETS, CALL 613 389-2947 OR 613 389-5328

REFRESHMENTS SERVED.

SPONSORED BY ST. ALBAN'S ANGLICAN CHURCH

~ CLASSIFIEDS ~

LOST AND FOUND



FOR SALE

MAGIC CANDLES FOR SALE.

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

GREAT FUNDRAISERS OR HOSTESS GIFTS OR ROMANTIC INCENTIVES.

CALL BERNICE OR NEIL, 613 389-5389

FOR A DONATION

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

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

FOR SALE

DOUBLE STAINLESS STEEL SINK AND FAUCET.

GE DISHWASHER WITH BUTCHER BLOCK TOP.

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

LOT FOR SALE ON AMHERST ISLAND

WATER VIEW AND WATER ACCESS APPROVED FOR BUILDING AND SEPTIC WELL AND DRIVEWAY INSTALLED
CALL: 613 389 4143

THE LIBRARY HOURS ARE CHANGING IN MARCH 2007 FOR THE STELLA LIBRARY. NO WEDNESDAY. TUESDAY EVENING 6:00 P.M TO 9:00 P.M FRIDAY 11:00 A.M. TO 2:00 P.M.

AMHERST ISLAND DIRECTORY

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

COPIES OF THE DIRECTORY CAN BE PURCHASED AT THE AMHERST ISLAND GENERAL STORE. \$10.00 EACH. THE PROCEEDS SUPPORT NUMEROUS COMMUNITY ACTIVITIES.

FOR SALE

AMHERST ISLAND T-SHIRTS AND SWEATSHIRTS

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

PICNIC TABLES & WEATHER VANES

KEITH MILLER, 389-2588

RAWLEIGH.

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

BLACKSMITH CREATIONS

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

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

CHRISTMAS TREE (FAUX) FOR SALE

6FT. LIKE NEW. PAID \$100, ASKING \$45 O.B.O.

JAY/SUE 613-384-2478

8"x10" PHOTOGRAPHS

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

LANDFILL SITE HOURS

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

FERRY OFFICE HOURS

MON, WED, FRI: 9-NOON & 1-4
FERRY FUEL-UP DAYS ARE TUESDAY AND FRIDAY (BE PREPARED FOR A DELAY).

LIBRARY HOURS

TUESDAY 7-9PM, FRIDAY 1-3PM.

FOR SALE

6 FOOT 6 INCH RATTAN SOFA

(6 REMOVABLE CUSHIONS, SEAT & BACK) BLACK FRAME, CREAM & BLACK CUSHION FABRIC.

MATCHING 1 SEATER BENCH.

EXCELLENT CONDITION.

\$200 FIRM.

CALL PETER/MARGARET AT 613-384-7925

WANTED



SPCA

BECAUSE OF THE CHANGES AT THE L&A SPCA, MY APPEAL LIST IS NOW AS FOLLOWS:

CHEAP KITTY LITTER

CANS OF KITTEN FOOD, USED STAMPS, CANADIAN TIRE MONEY, KNITTED SQUARES AND MATERIAL PLACE MATS. PAPER TOWELS, GARBAGE BAGS, DISH AND LAUNDRY SOAP, USED TOWELS, CAT TOYS, RUBBER KONGS, AND LARGE RUBBER TOYS FOR DOGS AS WELL AS TREATS FOR BOTH DOGS AND CATS.

DONATIONS CAN BE LEFT IN MY PORCH OR YOU CAN CALL FOR A PICK UP. ISLANDERS HAVE ALWAYS BEEN VERY SUPPORTIVE IN HELPING OUR LOCAL SHELTER AND THE ANIMALS LIVES ARE BETTER BECAUSE OF YOU. THANK YOU ON THEIR BEHALF.

FREDA YOEUELL 613-384-4135



Robbie Burns Day



PHOTO BY TERRY CULBERT

GUEST OF THE FRIDAY MORNING SHOW ON JANUARY 25TH WAS ISLANDER JIM WHITTON. BORN IN THE KINGDOM OF FIFE, JIM REGALED CO-HOST BRIAN LITTLE AND THE AUDIENCE WITH STORIES OF HIS CHILDHOOD GROWING UP IN SCOTLAND AND HIS LOVE FOR SCOTLAND'S FAVORITE SON, THE POET ROBERT BURNS. THE PLOUGHMAN POET AND BARD OF AYRSHIRE WAS BORN JANUARY 25TH, 1759 AND DIED AT THE AGE OF THIRTY-SEVEN IN 1796. DURING THE MORNING SHOW JIM WHITTON READ PASSAGES AND VERSE FROM HIS COLLECTION OF BURNS BOOKS INCLUDING "THE SELKIRK GRACE".

*SOME HAE MEAT, AND CANNA EAT,
AND SOME WAD EAT THAT WANT IT;
BUT WE HAE MEAT, AND WE CAN EAT,
AND SAE THE LORD BE THANK IT.*

The  Foot