

The *South Marysburgh* Mirror

August 2016

Published for Residents, Businesses and Visitors since 1985

Dark Sky Sites

Perseid meteor shower set to be spectacular this year as 2016 'outburst' may double the usual number of meteors during August 11th & 12th peak

By Sam Lanfranco

I have been pondering this for several years, and tried to get an observatory interested in the Ostrander Point land well before the wind turbine proposal was tabled. I was again thinking about this with the recent decision against the Ostrander wind turbines and I think there is a good case to be made for getting one or more sites designated by the International Dark-Sky group.

There are already about 5-6 sites in Ontario. Three are west of Toronto and there are a couple east of the County. One is located just a few kilometres north of Erinsville, about 25km north of Napanee on Highway 41. Another is Plevna, north of Kaladar and about 30km east of Bon Echo Park, off Highway 41.

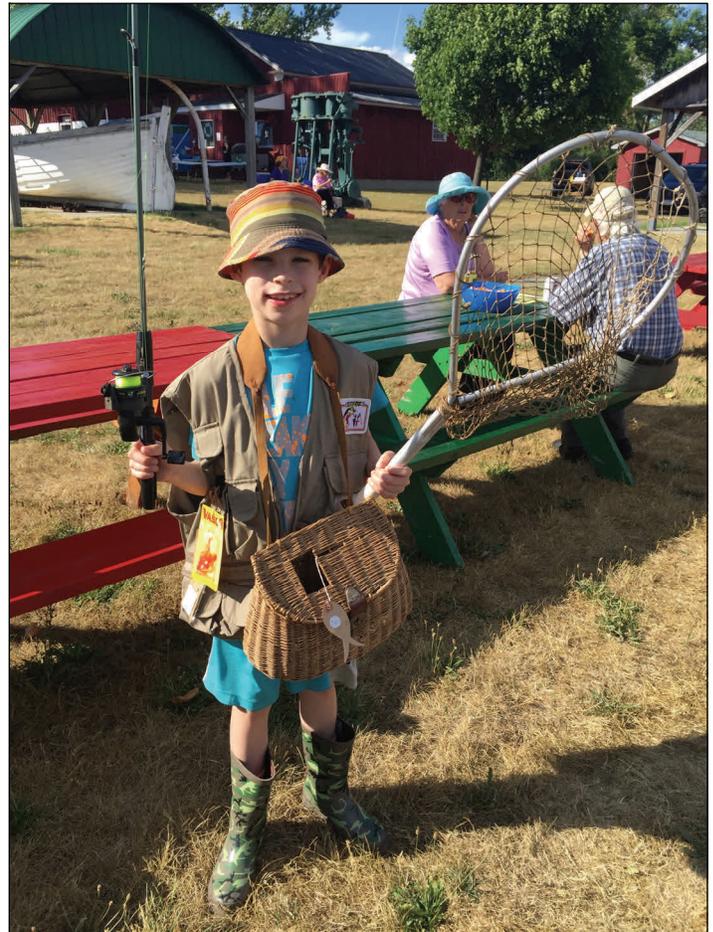
There are four Dark Sky designations set by the International Dark Sky Association (IDA) darksky.org and the Provincial Ostrander Point lands and the Miller Land Trust lands would qualify as either "Parks" or "Sanctuaries". Both locations will likely pass the required night sky darkness test.

The eligibility of sites for participation in the *Dark Sky Places* program depends on the category of the designation sought:

Communities: Must have some type of legal organization that is officially recognized by outside groups. This can be in the form of a town, city, municipality or other legally organized community (such as an urban neighborhood or subdivisions).

Parks: Must be public or private land, accessible to the public in part or whole, that is legally protected for scientific, natural, educational, cultural, heritage and/or public enjoyment purposes. The core area must provide an exceptional dark sky resource, relative to the communities and cities that surround it, where the night sky brightness is routinely equal to or darker than 20 magnitudes per square arc second.

Reserves: Must be a public or a private land of at least 700 km², accessible to the public in part or whole, that is legally protected for scientific, natural, educational, cultural, heritage and/or public enjoyment purposes. The core area must provide an exceptional dark sky resource, relative to the communities and cities that surround it, where the night sky brightness is routinely equal to or darker than 20 magnitudes per square arc second.



Griffin Gibbins got into the spirit of things for the recent Mariners' Museum Fish Fry. This year's theme was 'Fishing' and guests were encouraged to decorate their tales and come in an appropriate costume. Griffin won first prize in the "Best Dressed Youth" category.

Sanctuaries: Must be a public or a private land, accessible to the public in part or whole, that is legally protected for scientific, natural, educational, cultural, heritage and/or public enjoyment purposes. The site must provide an exceptional dark sky resource where the night sky brightness is routinely equal to or darker than 21.5 magnitudes per square arc second.

Once designated they can be promoted as Dark Sky locations, and can hold occasional events possibly in collaboration with others (during bird watching time, at meteorite shower times, etc.). The rest of the time they are just identified as good places for people to park along the road and, with or without instruments, enjoy the dark night sky.

Annual COPA for Kids Program Takes Flight at Prince Edward Flying Club

National program gives local young aviation enthusiasts a chance to see the County by air

The Prince Edward Flying Club, (COPA Flight #53) is hosting its annual free COPA for Kids Program, Saturday, August 20th, at Picton Airport. Start time is 9 a.m. (Rain date: August 21st.)

The Canadian Owners Pilots Association (COPA) and its members encourage young people aged eight to 17 years to explore aviation. Through this national COPA for Kids initiative, young aviators take part in a brief ground school, walk around a plane, and enjoy a flight that includes start-up, take-off, cruising, landing and shut down. The entire program is about 1 1/2 to 2 hours long.

All COPA pilots are licensed by Transport Canada, and their aircraft is registered by Transport Canada. Prince Edward Flying Club represents personal aviation at the local level.

Any youngster interested in participating in this free event must pre-register by contacting Jacqui Burley at Loch Sloy at 613.476.3064. Registration forms are available at the main office of the Loch Sloy Business Park, 343 County Road 22. Completed forms are due by no later than August 12th. Enrolment is limited to 20 participants.

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The South Marysburgh Recreation Board

The Marysburgh Mummers
The Milford Fair Board

Meetings, Events, Announcements

Fair Board Meeting

Milford Town Hall
Wednesday, August 10 at 7 p.m.

Mummers' Auditions

"A Funny Thing Happened on the Way to the Forum"

Friday, August 12 from 7:00 to 9:00 p.m.
Saturday, August 13 from 2:00 to 4:00 p.m.

Mt. Tabor Playhouse
Contact: Carlotta Rutledge
thesinger@kos.net

Mummers Drama Camp

Beauty and the Beast

August 18 to 21
Mt. Tabor Playhouse

Milford Market

Fairgrounds
Saturdays from 9 a.m. to 2 p.m.

*To reserve the Milford Town Hall
or Mt. Tabor, please contact:
Bruce Dowdell at 613. 476.8891
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**Thursday, August 11, 2016
at 7:00 p.m.**

South Marysburgh Town Hall
3076 County Road 10, Milford

Presented by
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BLIZZMAX Gallery

3071 County Rd.13, South Bay



“ex libris”

August 13 - September 2, 2016

VERNISSAGE Saturday, August 13 at 7:00 p.m.

“ex libris” features as least 15 artists who are creating original hand printed bookplates.

A bookplate is a small label decoratively printed with the words "ex libris" (Latin for "from the library of") and the owner of the books name. It is usually pasted on the inside front cover of a book, and they continue to be used today by serious collectors of books and literature.

This exhibition is being organized in partnership with SPARKBOX STUDIO. Participants so far include Kyle Topping and Chrissy Poitras from Spark Box, and Peter Mennacher from BLIZZMAX. Also showing are Michael Ciesielski, Phoebe Cohoe, Rebecca Cowan, Josh Dannin, Genna Kutsch, Pam Loebb, Jeff Macklin, Otis Tamasauskas, Larry Thompson, Jessica Veevers, Terry Veevers and Jan Winton, although this may not be the complete list!

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The Milford Fair

September 17th

*Celebrating 70 Years
of Old-Fashioned Fun!*

Fair Update



The Parade!



Vegetables!



Dog Show!



Meet New Friends!



Food!



Sports Contests!



Celebrating 70 Years of Old-Fashioned Fun!

The Milford Fair 2016

NEW!

Watch for your copy of the fair booklet in the mail!

Do you have any memorabilia (posters, photos, awards etc.) from Milford Fairs gone by that you'd be willing to loan? Please contact Carol Branscombe at 613.476.8275 or drop off with Bruce Dowdell in Milford

Please call Candace at 613.403.4288 to discuss contributions and volunteering at the food booth. Food can be dropped off to Candace the night before or at the food booth the morning of the Fair. Give her a call - she would love to hear from you!



The Assembly Of Gentlemen

There was considerable debate among members of the AoG concerning sporting events in Prince Edward County that were courting controversy, including the rodeo in Picton. Although all members are respectful of animals and their care – remember, this is the group that last year extricated *Live, Laugh Eat's* owner Jen Ackerman's horse from a hole it had fallen into – they thought the rodeo to be an interesting event and that the participating animals were well taken care of. As one member at a recent meeting put it, "Isn't the whole point of riding a bronco or a bull for the animal to hurt the rider?"

Of more interest to the group was the other sporting event taking place, that being the tomato growing contest between the mayor and the local councillor. Given the agricultural roots of AoG members, opinions about tomatoes including how to grow them, what to feed them and their health effects became the subject of vociferous debate.

"Epsom Salts. You have to start with Epsom Salts," opined one member. "Mix them in with the soil, and the plants and fruit will thrive."

"I've heard that," responded another, "but chicken manure will help too."

"No shortage of 'manure' among this group," said the member regarded as the AoG's elder statesman.

Discussion eventually turned to the attributes and qualifications of the contestants to engage in an event of this nature.

"Now, I know the mayor's all a country boy but that doesn't mean he has experience in gardening," said one member. "And the 'city boy', as the mayor calls the councillor, is probably no better. Neither of them probably even knows that fresh tomatoes don't have near as many health and nutrition benefits as canned ones."

His statement was news to some of the members, so he went on to explain.

"Don't get me wrong, I love fresh tomatoes. But canned tomatoes are preserved using heat, which releases lycopene—a carotenoid that may help prevent prostate and breast cancer. And canned tomatoes are super-easy: they're already peeled, chopped and ready to cook with! And you don't have to worry about them during a drought like we're having."

Another member, obviously with some degree of academic knowledge of health and nutrition, raised the question of other detrimental effects from tomatoes. "There's a link between eating too many tomatoes and the formation of kidney stones," he said.

"It is not the tomato seeds, it is tomato flesh itself," he continued. "Tomatoes have a lot of oxalate which binds with calcium in the gut and forms calcium oxalate. This combination then passes through the lymphatic system to the liver, then to the blood, then to the kidneys."

This information was news to all in the group. "If you have a problem metabolising oxalic acid in your gut, the excess acid leads to oxalate which then binds with calcium to form calcium oxalate which are microscopic salts. When these salts build up over time it results in the formation of a kidney stone," he concluded.

The mere mention of kidney stones made the members present cringe at the thought of the pain. "I've had one of those things! Thought I was going to die it was so painful," offered a member. "The mayor and councillor better not eat too many of what they're growing or it could end their little contest right quick!"

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Deadline for the September
Edition of The Mirror
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Gossip!

*Personal Notices, Announcements
& Random Notes*

Tart of the Month

The Milford Market is attracting more and more visitors each week including members of The South Marysburgh Mirror's home baking review team. A recent visit to the market involved sampling some of Allison Hicks home baked goods, specifically her fruit-filled tarts. The team unanimously agreed that her raspberry tart with toasted coconut topping should be declared Tart of the Month for July owing to its rich and complex combination of flavours.

Cann-Wood Optical

It is with much regret that we say goodbye to Cann-Wood Optical as an advertiser in the South Marysburgh Mirror. Since October 2011, and for many years prior to that date, the company has been a steadfast supporter of The Mirror through its quarter-page ads.

Bill and Mary Cannons have closed the business after 37 years of operation and are retiring. Many thanks for your years of support and your service to the residents and visitors to Prince Edward County. Enjoy your retirement!

Is There Chaos at K-OS?

The South Marysburgh Mirror is admittedly a fairly heavy user of the Internet. We have found that the number of service disruptions on a daily basis has increased considerably over the past few months. Has anyone else experience their KOS service going off-line, particularly when you're in the middle of either sending or receiving email or downloading material?

Pop-Up Dinners

A reasonably new trend in dining out has been the arrival to Prince Edward County of Pop-Up Dinners, one-off events held in unique environments that showcase the talents and skills of a local chef, and pair his or her five-course food offerings with selected wines that complement the food. Because these events are held in intimate settings, guests witness first-hand how a chef and his or her staff, and a vintner work together to create a unique dining experience. Jamie Kennedy in Hillier and Michael Potters are two examples.

South Marysburgh resident and chef, Scott Royce, and his business partner, Kyle Otsuka are in the second year of offering their own pop-ups through their company, Seasoned Events. Dinners involve a maximum of 24 guests who enjoy five-courses, and have been held this year at Rosehall Run Vineyard and at Camp Picton; their next event takes place in August at Long Dog Winery.

If you're interested in supporting a local company flying somewhat under the radar, you can get additional information about dates, menus and locations at seasonedevents.ca.

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Do you know what it means if you see a car with a flashing green light?

The flashing green lights visible through the front window or grill of a car means that the car's driver is a part-time volunteer firefighter on their way to an emergency. If you see a car with a flashing green light, please be courteous and

yield the right of way.

The Prince Edward County Fire Department has approximately 140 volunteer firefighters. When an emergency occurs, part-time firefighters are paged. They respond immediately by activating the flashing green lights on their personal vehicles and driving to the location of the emergency, or as directed by the dispatcher, as quickly and safely as possible.

Since there are typically only a handful of full-time firefighters on duty at all times on rotating shifts, the Prince Edward County Fire Department and the residents of the County rely a great deal on our volunteer firefighters.

If you see a car with a flashing green light, please move to the side of the road and let them pass.



Life In The Past

Nelson Hicks' Journals
August 1926

Transcribed by Sarah Moran Collier

Sun. 1 - I was over to Picton last night. Lillian McKinzy Audrey Smith came down from Toronto to stay a couple of weeks for their Hollow days. Kathleen home to day.

Mon. 2 - I took my Hogs and Bull over to Picton the Girls took Kathleen over with the car. Royden went to help drive the Bull. Very Hot day.

Thu. 5 - I went out in Geo Collier and cut some hay. Mirt and the Girls fetched our dinner out and we ate it out by the school House

Fri. 6 - I went out in Geo. fetched out a load of Hay. After dinner we had a shower of Rain Albert Ward and Royden took the Girls over to Picton they were going with Kathleen down to a party down to Arthur Wright's The two boys went on back to Lloyd's with that old car Never got home till Eleven O'clock A very Rough night rained with thunder and lighting.

Sat. 7 - We had a very big rain lots of water laying around Lloyd and Luise came down towards night Lillian and Audrey went over to Picton with John Loney

Sun. 8 - Kathleen home to day Lillian A and Kathleen went down to the Point with Fran and the buggy.

Mon. 9 - Lillian and Audrey took Kathleen over to Picton. Royden Wrex and I finished up our Hay out in Geo. Collier. had about five loads.

Tue. 10 - Royden helping Jos Hudgins draw in Hay I cultivated Potatoes a very nice day.

Wed. 11 - Mirt Floral Wrex Lillian Audrey Kathleen I went up to the Sandbanks it was a very warm day we all had a very nice time When we got home Lloyd and Luise Kathryn Murphy Charly were down went fishing

Thu. 12 - Threatened rain most of the day. I cultivated my Rye ground over

Fri. 13 - Wrex and I drew in the Rye two loads

Sat. 14 - Couple of Boys came down from Toronto with a car arrive this morning came after the Girls to take them home. Kathleen came home Old sow had 15 Pigs Save 13 of them

Sun. 15 - Lillian and Audrey and their Boys Friends left for Toronto about Ten O'clock hope they get home safe and sound.

Mon. 16 - Took Kathleen over to Picton After dinner Don Thompson & wife Mr Jones & wife came down we all went a fishing Sid Bickman and wife John Floss Floral Galligan all went down for our suppers

Aug. 17 - I started to cut my Oats in the Flats. Wind from the North East Young sow had 10 Pigs save 9 of them

Wed. 18 - Still the wind is out of the North East. I cut Oats on the Flats.

Thu. 19 - Finished cutting Oats on the Flats. and setting them up

Fri. 20 - I started to cut the Oats Back cut till noon. After dinner I helped Go. Collier draw in Oats.

Sat. 21 - drew in a load of Oats then it commence to rain and rain most of the day.

Sun. 22 - I went down and fetch Collier's Bull up. We had a very heavy rain last night and to day. Lloyd was down for a few minutes.

Mon. 23 - I plowed down on the Flats. works fine after the rain Royden and Wrex cut burs and piled them up

Tue. 24 - Had another rain last night about Five O'clock and it was a mighty big shower. Grain is in a very bad shape cant get it dry.

Wed. 25 - Mirt and I went up to Salmon Point to a fish Dinner Floss went with us it was a nice day

Thu. 26 - I finished cutting my Oats back they were in a bad shape down so

Fri. 27 - Rain again last night cant draw in grain yet.

Sat. 28 - We drew in 4 loads of Oats from Back not in any too good shape

Aug. 30 - Royden and I drew Oats rather nice weather now.

Tue. 31 - drew in grain nice drying weather now

Sarah's Research Notes

Historical Information & Anecdotes
About Nelson Hicks' Journal Entries.

By 1926, we see that the car is a pretty much an everyday part of Nelson's family life. Instead of making the trip to Picton every few weeks, as they had been doing before, they are now making it every few days by car instead of by buggy.

There had been an explosion of car manufacturing to meet demand with car brands coming and going: Le Roy, Gray-Dort, Ford, McLaughlin Buick, Chrysler, Comet, Durant, Chatham. By 1929, there were over a million cars on the road. Canada was the second largest car manufacturer in the world, after the United States. (Source: Canada Science and Technology Museum.)

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Druella Acantha Malvina's Column

Gem for the month: Progress involves risk; you can't steal second base and keep your foot on first.

The following quotes were taken from medical records:

- Patient was alert and unresponsive;
- When she fainted her eyes rolled around the room;
- While in the ERT she was examined, X-rated and sent home;
- Patient has left her white blood cells at another hospital;
- The patient expired on the floor uneventfully;
- The patient has no past history of suicides;
- The patient refused an autopsy.

A seven-year old girl walked into her mother's bedroom and asked her to tell a story. The mother wasn't thrilled with the request. She said, "It's almost two in the morning."

"I know, mommy, but I'd love to hear a story."

The mother said, "Lie down in bed with me. We'll wait for your father he'll tell us both one."

A flight instructor was sent out to help a trainee who had radioed that he was about to make a forced landing a few miles from the base. The instructor spotted the plane sitting in a field small enough to present a real challenge to his professional skills.

With determination, full flaps and engine just above the stall, he maneuvered into the field. Climbing out, he shouted angrily to the trainee, "Just how did you manage to get into such a small field?"

"I landed in the big field over there," the trainee explained, "but in order to leave room for you, I had the farmer tow me here."

Listen to your Minister for good advice.

The pastor's sermon focused on how God knows which of us grows best in sunlight and which of us needs shade. "For example," he said, "roses must be planted in the sun but fuchsias thrive in the shade."

After the service, a woman, her face beaming, approached him. "Your sermon did me so much good," she said.

Before he had time to gloat, she added, "I always wondered what was wrong with my fuchsias".

A quiz for retirees:

- Q: When is a retiree's bedtime?
 A: Three hours after he falls asleep on the couch.
- Q: What's the biggest gripe of retirees?
 A: There's not enough time to get everything done.
- Q: Why don't retirees mind being called seniors?
 A: The term comes with a 10-percent discount.
- Q: Among retirees, what is considered formal attire?
 A: Tied shoes.

At a recent wedding, the DJ asked an older couple what advice they would give to the newlyweds. The lady said, "The three most important words in a marriage are: You're probably right?"

The DJ turned to the husband for his reply and he said, "Yeah, she's probably right."

A little girl had just finished her first week of school. "I'm just wasting my time," she told her mother. "I can't read, I can't write and they won't let me talk".

Exit Lines:

- ♦ *It doesn't take a very big person to carry a grudge.*
- ♦ *Remember that silence is sometimes the best answer.*



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<p><u>ORGANIC FARM STAND</u></p> <ul style="list-style-type: none"> CANTALOUPE APPLES SWEET CORN GREEN BEANS TOMATOES PEPPERS POTATOES 	<p><u>IN THE SHOP</u></p> <ul style="list-style-type: none"> BUSH GOAT FINE CHARCUTERIE LAMB ANGELO BEAN SAUSAGES EXTRA VIRGIN OLIVE OIL MANY MORE COUNTY PRODUCTS
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9 AM TO 6 PM

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Explore the beautiful grounds of Mill Falls and walk the dry riverbed to the meadowlands. Learn about the fascinating history of Scott's Mill and the special landscape features of the Mill Falls property. Enjoy complimentary world class County Wines and delicious canapés.

Order a Blandy T-shirt on-line to pick up at the Riverwalk., participate in a quality silent auction, and make a donation to the South Shore Appeal Fund.

Tickets are free, donations accepted, reservations required. For more information and to reserve on-line, please visit www.riverwalk.eventbrite.ca.

What's going on at The Library

By Liz Zylstra



The Milford Branch of the Prince Edward County Public Library is always a hub of activity, especially in the summer months.

As you may know, here in Milford, we have the distinction of being the home for the Musical Instrument Lending Library, or "MILL" as we call it. Anyone can register for a MILL membership, only \$10 for 2 years. Drop by the library and we will be happy to share all the details. Using instruments from the MILL, as part of our summer reading programs, we're excited to host a week of Ukulele mornings from August 9 – 12. Anyone aged 7+ can register to come to the library and learn to play the ukulele – no experience required.

Another time you'll hear the library filled with music is Saturday mornings at 10:00 a.m. Our dedicated volunteer, Don Hinde, is available on Saturday morning to check over any instruments that have been donated and answer any questions you may have. Sometimes if we're lucky, a few people drop by and have an impromptu jam session.

On August 12 at 3 p.m. you'll be able to hear Mariners' Park Museum summer student, Joe Macdonald, talk about his work and in particular about Cole's Ferry. Mariners' Park representatives come by the library every summer and we always learn something from their engaging talks!

We're busy planning for the fall now - the regular programs like knitting club, book club and French continue, but we're also planning a few new things. Starting in September, story time and play time for children, Friday mornings from 9:30 to 11 a.m. New activities every week, including bubbles, sand and trucks, and more.

We're always interested to hear what you think and about your ideas for the branch – some of our most successful programs have happened because a person or two were interested. You can stop in to the branch or send an email (milford@peclibrary.org) or call (613) 476-4130.

A future project for Milford branch is paving stones for the front lawn to create an outdoor reading area – we're already seeing people sit under the umbrella at the picnic table and we want to continue to enhance this space. If you have an idea for a fundraising project or would like to get involved, please let us know.

Walker's Greenhouse

Walker's Greenhouse would like to thank all our customers for another great year. We will be closing this year on September 2nd.

Check out our specials during August on all plant material.

See you in the Spring!

Open Mon. to Fri. from 8 to 7 & 8 to 5 on Sat. & Sun.

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1955 County Road 17

Squirrels

By George Underhill

One morning in early July, Diane called me from the bedroom to come immediately to the living room to witness a surprising sight. Under the bird feeder was a squirrel. I have been in a life-long battle with these rodents and for the past few months we have reached a compromise. They are unable to reach the main feeder, and must scavenge underneath it for seed that the birds scatter. We have another "squirrel proof" feeder that the birds don't like and it is now a squirrel feeder because they can extract only one paltry seed at a time, and must display gymnastic prowess to get it. They are welcome to the small amount of seed they can extract, and it's hard work for them so I do not begrudge the few seeds they can get.

When Diane called me from the bedroom, my expectations were low but I was shocked when, below the feeder on the ground, was a blindingly snow white squirrel. I have seen an albino squirrel before. For a month or so there was one that frequented the properties near the cheese factory at the end of Morrison's Point Road, then it disappeared. However, as surprising as the Morrison's Point squirrel was, its fur had a tinge of yellow, like an old man's dentures. The one we saw under our bird feeder was snow white.

There are two types of white squirrels. There are albinos, whose eyes are pink, and another whose fur is white but retains all other squirrel characteristics, and these are called "white morphs". They are exceedingly rare. The one under our feeder was an albino because Diane said it had pink eyes. Still, for us it was a rare thing. I have told several people about the white squirrel and the reaction was largely ho-hum. Now I'm telling all of South Marysburgh and I expect the same re-action.

Like you, we have grey squirrels and black squirrels. They're the same squirrel, only different colour, like people with black hair or red hair. We have red squirrels too, a different breed, and they can be quite destructive. I had a pair get into my garden shed and lay waste to everything there, chewing and ripping, until they found the slug bait, feasted on it, and perished. Beware the feisty red squirrel.

My big dog, Bob, once trapped a red squirrel on a fence post. Bob weighed over 100 pounds so when I say "big dog" I mean it. The red squirrel faced down the big dog and challenged him. When I say "feisty" it's not an exaggeration. The squirrel ultimately walked away and I felt I could see a strut in his step and a somewhat abashed dog. You cannot accuse Bob of being a bully.

Apparently, white squirrels are not long lived. According to what I read they are more exposed to predators than are blacks or greys thus do not survive as long. I would need proof of that because we have cardinals who regularly visit our bird feeder. What evolutionary quirk determined that they should be bright red? Seems to me they would be even more exposed to predators.

I wonder if white squirrels have a hard time getting girlfriends. I assume female whities have no trouble acquiring boyfriends because the male of any species will accept companionship no matter how bizarre the appearance or behaviour of their potential mate. Male white squirrels are probably quite lonely.

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Deadline for the September
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is August 25th**



August at the Winery

We are well into summer and seeing many new visitors from near and far, especially Quebec. They love wine, sunshine and water and the County provides it all.

On the Patio

Customers enjoyed a wonderful concert last month presented by the students from "Music at Port Milford". Thank you to everyone that came down to support these talented musicians who can play everything from Mozart to Meat Loaf.

BluZone

Frank and Martin will be back Sunday, August 21 and Sunday, September 4 3 - 6 p.m. (as always weather permitting)

Our Nibble Menu will be available along with our wines by the glass:
Red - \$8.00 White - \$6.00
Enjoy a glass anytime on the patio or take a stroll in the vineyard

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Municipal Council Update

By Steve Ferguson, Councillor for South Marysburgh

Formal council meetings are reduced for the months of July and August to one each of Planning, Committee of the Whole and Council. The number of agenda items for each meeting is typically reduced as well. That doesn't mean there's nothing to do! Here's a brief rundown of some local events I and others on council were involved in in July.

The People With Aids (PWA) charity bike ride: I joined the mayor and Councillors Fox and Dunlop to hand out bottled water to the 200 riders who participated in this 600-KM bike ride from Toronto to Montreal. Now in its 17th year, the ride generates about one million dollars in donations which is used to help those afflicted with the disease.

I was surprised to learn that this year was the first occasion members of council acknowledged the event by attending, but it won't be the last.

St. Ayle Skiff Team: Mayor Quaiff and I had the pleasure of meeting the North American Champion St. Ayle Skiff team which hales from Prince Edward County, and represented Canada in the world championships in Northern Ireland in July. Information about the team was the cover story of last month's *South Marysburgh Mirror* but it was fun to go to the Waupoos Marina and watch the boats and rowers in action as they trained for the competition.

Old Schoolhouse Bluegrass Camp: Jesse Parker invited me to come to one of the concert evenings at the Old Schoolhouse Bluegrass Camp at the old South Marysburgh School. It was inspiring to listen to a scratch band formed over the course of just a week whose members were so in sync with each other. Great players, a great venue and, like Music at Port Milford, a great addition to the South Marysburgh community.

The Striped German Tomato Challenge: You may have heard that Mayor Quaiff and I are currently locking horns to determine which of us can grow the best version of this heirloom tomato. The contest is an effort to raise money for charity, and information about how to make a pledge is located elsewhere in this issue.

Wild Parsnip: You may have seen the overgrowth of Wild Parsnip at the South Marysburgh landfill. This has now been sprayed to get rid of it.

August promises to be another hectic month and kicks off with the *Councillor Flower Arranging Contest* at Walt's Sugar Shack to aid the Prince Edward County Memorial Hospital Foundation. More about that next month but in the meantime enjoy the rest of the summer!

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Grow Your Own

By Nancy Butler & Sarah Moran Collier



Just to remind you, this season's "Grow Your Own" column has been inspired by conversations with vegetable growers. To date, there has been a mystery farmer who entered the very first Milford Fair seventy years ago with his calf and a local philosopher gardener with a passion for growing. This month, the inspiration comes from a grower born across the pond, from conversations with a brother, Martin John Moran.

Not a man to rely on gardening books, Martin learned all he knew about growing vegetables from visiting other people. He recalled the old lady off the beaten track who kept pigs and turnips and fought with her family. She was joined by the man who built a house out of an isolated barn, who created gardens and ponds he had dreamed of. Of course, Martin said, these visits he made, to help with gardening, were really more about social time and to check up on the garden owners' well-being.

Gardening also eased the way, he realized, to spend time with his father, with whom he had a complicated relationship. There is something companionable about digging around in the dirt together; it can assist difficult conversations.

Martin definitely subscribed to that often-quoted gardening advice of growing what you like to eat. He put potatoes and shallots at the top of his list, with an afterthought of runner beans. And that was the sum of it. Contemplating that choice, he realized that he liked vegetables with a lot of yield for the work you put into the soil. Not that he shied away from the hard work of gardening. Even when he was very unwell, his stamina in the potato rows was extraordinary. He ascribed it to his Irish ancestry. A highlight that year was going out in his wellingtons to pull up trails of early potatoes and eating mashed "spud" from his own garden.

He did admit, however, to his favourite gardening moment being "the break". That's when the reward of sitting back and seeing the freshly turned earth or hilled rows can be enjoyed to the fullest. This is a time, in his case, for leaning back with a cigarette and a coffee, or maybe a cider if it's the end of the day, and simply being rewarded by observing the productive vegetable garden.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

So were he to agree to give us any special tips for vegetable growing, it would probably be advice to go and see a neighbour with a garden and have a chat with them.

Let's hope the drought is not too dispiriting and you are cosseting a few vegetables to bring in to the Milford Fair on September 17th. Don't forget, you can conserve water by watering late evening or early morning and by hand watering vegetables directly. In fact, hand watering is a great way to look out for any pests or vulnerabilities in your vegetables and nip them in the bud!

Keep up the good work!

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The Striped German Tomato Challenge



Over the course of a very busy Victoria Day holiday weekend, Mayor Quaiff and I each ended up purchasing Striped German tomato seedlings at Vicki's Veggies tomato seedling sale. Striped Germans are a large, heirloom, beefsteak tomato, rich in flavour and somewhat sweet, possessing a red and yellow blended coloration in flesh and skin when mature.

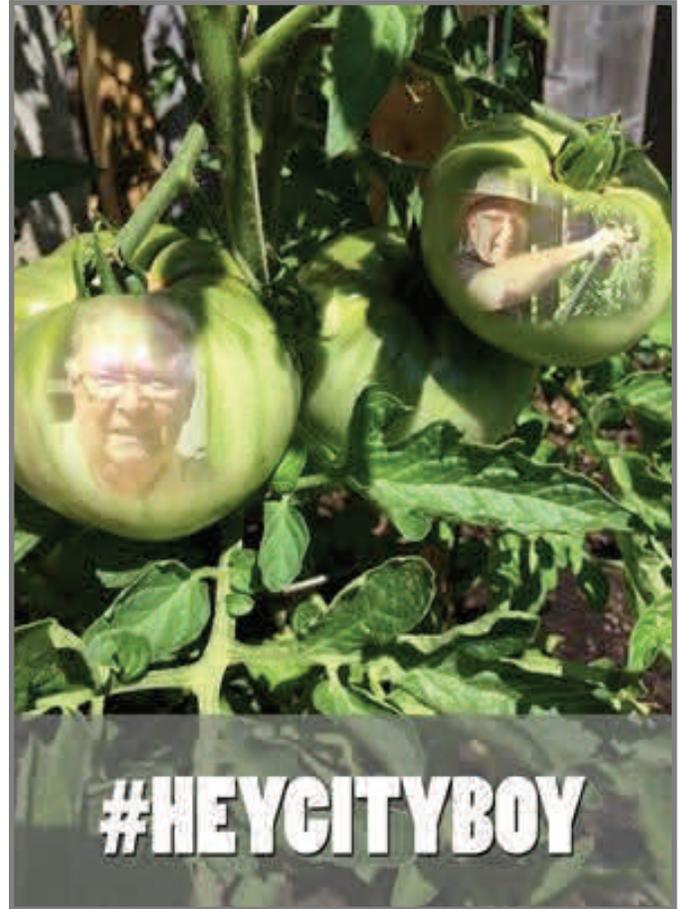
What has evolved since that weekend is a friendly wager between us as to who can grow the finest example of a Striped German tomato. The mayor and I have each pledged \$100 and are looking for supporters for our respective sides with the winner – either he or I – donating all the money raised to the charity of our choice in Prince Edward County.

If he is declared the winner, Mayor Quaiff has elected to donate the proceeds to the **Picton Splash Pad** fund. If I win, proceeds will be donated to **Hospice Prince Edward**.

Each of us can work/prod/cajole/encourage three Striped German tomato plants from which we can enter up to three tomatoes. Judging will take place at Vicki's Veggies' Heirloom Hurrah tomato tasting event on labour day weekend.

Pledges can be made on either the mayor's Facebook page or on mine for \$10 or more but please state who you are pledging to. In addition you can pledge to the mayor by mail at 47 York St. Picton K0K 2T0 or email to robertquaiff@gmail.com. Pledges to me can be by email to themirror@kos.net or by mail to 64-3032 County Road 10, Milford K0K 2P0.

Please note: We are asking for pledges only at this time. The money will be collected at the conclusion of the Challenge.



His Worship submitted this image to humour Mirror readers.



Todd Smith, MPP

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The 2016 Milford Fair Volunteers & Food Contributions Needed

The Milford Fair food booth needs volunteers to serve pie and sandwiches on September 17th. If you can spare a couple of hours to help out it would be greatly appreciated.

We need donations of pies and sandwiches for Fair Day.

Please call Candace at 613.403.4288 to discuss contributions and volunteering at the food booth. Food can be dropped off to Candace the night before or at the food booth the morning of the Fair. Give her a call - she would love to hear from you!

We're looking forward to seeing everyone at the 2016 Milford Fair and celebrating 70 years of old-fashioned fun!

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The South Marysburgh Mirror

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Free Food Festival

Celebrate the Harvest with Community

With the help of Awesome PEC and Slow Food PEC, grant recipient Christine Renaud and friends will be hosting a free food festival on Monday, August 29 in Benson Park.

"The idea is to celebrate our harvest in community without financial barriers so that everyone can come and take part, enjoy free food, share skills and knowledge through roundtables and demonstrations, exchange cookbooks and kitchen tools at the swap tables, and learn about the food programs in the County," says Renaud. "We're excited to kick-off the event with a free bicycle-powered music concert at 3pm as the Bikes, Beards and Bandshells Tour rides – literally – into town."

The logistics of pulling the event together is rather daunting, according to Renaud, and she welcomes help from the community, specifically in donations of food on the day of the event for the "Free Market", but help in other ways would be greatly appreciated as well.

E-mail: christinesvegkitchen@gmail.com or call 613-476-9141.

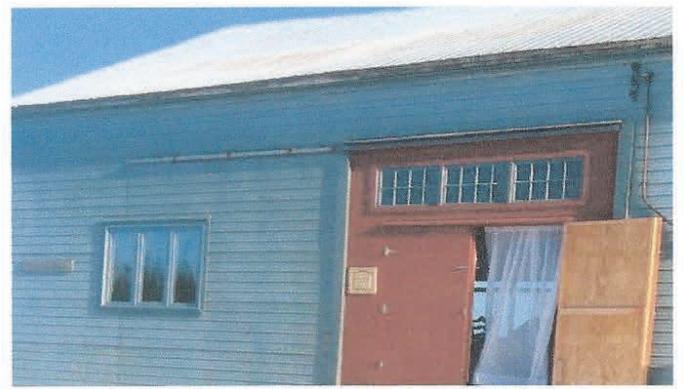
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Tick Talk

Lyme Disease Myths and Facts

By Dr. Anne Uings

Myth: Lyme-infected ticks only live in rural parts of Canada.

Fact: Lyme disease is present in most of Canada. Although Lyme infection is more common in rural areas, residents that live in urban areas are also at risk for infection. It is the migratory birds, robins and song sparrows etc. that bring this disease in each season. Recent information from the Prince Edward/Hastings Public Health Unit shows that 31% of the ticks tested positive for Lyme Disease bacteria. Two years ago it was 16%.

Myth: Chronic Lyme Disease will go away on its own over time.

Fact: There is no evidence to suggest Lyme disease clears the body without treatment. In fact, the opposite research exists. The bacteria can lie dormant and reappear years later as an illness such as MS, Alzheimer's, Chronic fatigue Syndrome or Fibromyalgia. The Lyme bacteria can also be passed on to a baby during pregnancy and to another person by blood donation.

Myth: You can't contract Lyme disease in the winter.

Fact: An average Deer Tick lives for two years and can survive in very cold climates. Although infection rates drop in the winter – primarily because people spend less time outdoors - it's still possible to contract Lyme. Ticks have natural "antifreeze" which means they can survive below zero

Myth: All Lyme victims develop a "bull's eye" rash.

Fact: Although rashes are fairly common, only 30% of Lyme patients report experiencing a rash, and only 9% develop the classic "bull's eye" rash. Atypical Lyme rashes occur as often as the typical Bulls-eye. A Bulls-Eye rash is diagnostic of Lyme Disease: No other testing is necessary. The rash indicates that the infection is already spreading beyond the original bite.

Myth: There's no reason to treat Chronic Lyme Disease since people don't get much better.

Fact: Nothing could be farther from the truth. Most people can return to work and carry on with few limitations on their lifestyle. Lyme disease remains one of the most treatable of chronic illnesses.

Myth: I was tested for Lyme disease at the provincial lab and the results were negative. I guess that means I can't have Lyme.

Fact: Actually, that's untrue. Evidence suggests that Canada's Lyme testing methods are flawed. False negative test results are very common, especially in the early stages of Lyme. It takes time for antibodies to develop, so early tests often miss the bacteria if they are performed before 4-6 weeks. Contrary to bureaucratic statements, late stage Lyme disease antibody testing is much less accurate.

Myth: Lyme disease testing has a 'gold standard' in Canada.

Fact: There is no universally accepted test for Lyme disease. Every lab test has its advantages and disadvantages, but overall Lyme tests in Canada are largely flawed. Other labs recommended by CanLyme are all certified and accredited, run by PH.D's who simply refuse to follow flawed testing protocol. Canada has no mechanism for better testing due to bureaucratic controls that are influenced by for-profit players, and not victims and their experts. In 2012, Health Canada reported that Lyme Disease testing had sensitivity and specificity limitations and Serological/blood tests should NOT be the primary basis for making diagnostic or treatment decisions.

Myth: If the patient doesn't look sick, they can't have Lyme disease.

Fact: As with other illnesses, it's possible to be very ill and outwardly look fine. Very low energy levels, neurologic and brain dysfunction don't often change a person's appearance. Family and friends are sometimes hard on victims simply because they don't look sick.

Myth: Lyme disease is the 'disease du jour'.

Fact: Not true. Years of Lyme is a serious illness and ignoring this endemic issue will lead to more chronic illness with all the emotional and economic costs involved.

Visit www.canlyme.com

Steven Ferguson

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"11 Down, 27 to Go"

APPEC Report on the Remedy Hearing for the White Pines Wind Project—August 1, 2016

By Paula Peel

At the end of June everything was on track for the remedy hearing.

We were encouraged to see our Tribunal panel, Marcia Valiante and Hugh Wilkins, endorsing all of the key findings in the Ostrander decision in their June 30 Order including the use of the precautionary principle and the ecosystem approach, its finding that harm should be evaluated based on the balance of probability and its finding that the Tribunal can "stand in the shoes of the Director" with full access to the scope of the powers given to the Director under the relevant part of the Environmental Protection Act and other regulations and policies.

However on July 12 the Tribunal issued a procedural statement that was highly prejudicial to APPEC. In a teleconference with the Tribunal on July 27 APPEC identified 11 issues of concern with the process the Tribunal had put forward. The following day the Tribunal addressed one of APPEC's concerns by suspending their schedule. The Tribunal has also taken the step of requesting submissions from the parties on process for the remedy hearing. APPEC will be making a number of submissions one of which will require that the Tribunal deals with the "clock stop challenge". At this point in time there are arguably three remedy hearing days left.

While the ERT is adjourned and technically the clock is stopped, the truth is that legal work is still going on with submissions, motions, witnesses needing to be qualified, and many other tasks that typically take hearing time. It is not clear how the Tribunal proposes to undertake a remedy hearing and do so without prejudice to APPEC.

APPEC is requesting full disclosure from the Ministry of the Environment and Climate Change. We are also requesting that the Ministry provides the actual wording in the revised REA that will reflect the specific mitigations that are proposed.

At this time there is a big question mark whether it will be an oral or a written hearing. In its July 12 procedural statement the Tribunal only set aside one day for final oral submissions in the County with the rest of the hearing done in writing.

Eric Gillespie, APPEC's legal counsel, has advised the Tribunal of its concerns with the high cost of written hearings. Mr. Gillespie also reminded the Tribunal of its own rule that ERT hearings on wind projects should take place in the affected community. This direction from the Tribunal, as well as several others, prejudice APPEC's case.

On hearing from Mr. Gillespie the Tribunal directed that submissions on this and other issues be filed by August 5, 2016. Needless to say the remedy hearing has been delayed.



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In the meantime APPEC is reviewing over 300 pages of material from wpd and the Ministry on the Blaning's turtle and on Little Brown Bats. APPEC will call expert witnesses to respond to the proposed mitigations.

SOUTH SHORE APPEAL FUNDRAISING UPDATE:

Our great thanks to all the South Marysburgh residents who responded to the fundraising initiative in recognition of the South Marysburgh referendum in 2012. Although residents were understandably reluctant to put cheques in the mail with an impending postal strike we are pleased to report that over \$5000 was raised for the South Shore Appeal Fund. If you haven't contributed to this initiative but would like to please visit our website www.appec.ca to find out how.



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