

## South Marysburgh Residents Welcome 2018!



A full house of South Marysburgh residents, friends and family members gathered at The Jackson's Falls Schoolhouse and B&B for the community's annual New Years Day Levee.

Organized by the South Marysburgh Recreation Committee and hosted by Lee Arden Lewis and her staff at the B&B, the event provides a relaxing atmosphere in which people can catch up with each other, introduce themselves to new residents, and enjoy delicious food and beverages provided by Jackson's Falls's kitchen.

The Levee has been run every year since 2008 and has proven to be a popular way to kick off the new year.



*The well attended annual New Years Levee organized by the South Marysburgh Recreation Committee and held at The Jackson's Falls Schoolhouse was an opportunity for friends and neighbours to meet to welcome the new year. And as the body language in the above photograph aptly illustrates, to declare their opinions and points of view! Left top photo, Mary Malone (L) and Anne Dumbrielle ; right photo, Les Stanfield (L) and former resident Sacha Warunkiw.*



**VICKI'S YOGA STUDIO  
2018 JANUARY SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Details
9:30-11:00 am Hatha Breathe	9:30-11:00 am Hatha Breathe	6:30-8:00 am Hatha Breathe	10:00-11:00 am Chair Yoga (\$10)	My Chair Yoga classes are held at my home studio at 106 Morrison Point Road
-----	-----	9:30-11:00 am Hatha Breathe	12:00-1:30 pm Hatha Flow	
12:00-1:30 pm Restorative Hatha Breathe	12:00-1:30 pm Hatha Flow	1:40-2:20 pm Kids Yoga at Athol School (school kids only)	*Jan.11 - 5:15-6:00 pm Family Yoga at Milford Town Hall -	

- SPECIAL JANUARY UPDATE - I'll be holding a special Family Yoga session from 5:15-6:00 pm at Milford Town Hall on Thursday, January 11. Suggested donation \$20.
  - All classes are \$15 each and held indoors at 106 Morrison Point Road (around the corner from Black River Cheese and across from Vicki's Veggies) unless specified otherwise
  - Hatha Breathe - The focus is on the breath with each movement, and the class is slow and mindful
  - Hatha Flow - The focus is on building strength, stretching and developing muscle agility
    - Bring your own mat and water bottle
  - Check Facebook and the website for updated schedule changes
- CALL OR TEXT FOR MORE DETAILS - 613-848-7791**  
**VICKIEMLAW@GMAIL.COM**  
**WWW.VICKISYOGA.CA**

# Goodbye Milford

By Janelle Shaw

It's hard to believe that it has been three years since I moved into The County and was welcomed so warmly by this community. I began serving at South Bay United Church and Cherry Valley United Church as a student and completed my internship with them before being ordained in the United Church of Canada in May of last year. But, as our scriptures tell us, "there is a time for everything and a season for every activity under heaven", and my season in Prince Edward County is coming to an end. I have accepted a new Call to a two-point charge in the towns of Lafleche and Limerick, Saskatchewan and I will be moving there in February. My last service at South Bay and Cherry Valley will be on February 4<sup>th</sup> and I will begin at Lafleche-Limerick on February 18<sup>th</sup>.



But before I go, I wanted to take a moment to write a note of thanks to all of you: Thank you for your embracing welcome into this community. I have always felt God calling me to rural ministry, but having never lived in a rural area, I wasn't so sure what I was getting myself into. I remember having a "chat" with God the day before I moved, basically saying to Him, "This was YOUR idea...you better have a plan!" And it turns out that God did have a plan...it was all of you!

I will forever be grateful for the people of our congregations and all their support, teaching, faith and guidance over these last few years, but life is not only about work (even when you love it as much as I do) and so I am also grateful for all the people of our community. I will never forget the time that I have spent with you: in the dunk tank at the Fairs and on the ice for the Carnival, sitting around a table at Jenn's or over for a chat in one of your homes, riding a tricycle in the Easter Parade or just hanging out in the Post Office with Shirley and chatting with anyone who came by. I am so glad that this was the community I found for my first Pastoral Charge. Thank you for a wonderful three years!

As we move into a season where we go our separate ways, may we both go with the blessing of God in our lives and the time we've shared together in our hearts. Thank you for everything!

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# Shopping

By George Underhill

So Christmas is over and the agony of gift buying is over, too. I like to get gifts, but I dislike buying them for others. It's not the money, it's because I just don't know what to buy. Gift buying on line should make it easier, and it does to a modest degree, but if you don't know what to buy, it doesn't help much. In fact, if I was buying a gift for myself, I wouldn't know what to buy.

I have a grandson who will be entering his first year of high school in Toronto next year and one who is in his second year of University. I really don't know what they would want for Christmas. No idea. When I was their age, I think I knew what I wanted, but times have changed and I haven't, so I have no idea what someone of their age would want. Maybe some kind of computer stuff, but we're so technically obsolete we wouldn't know what they were talking about. We kind of give their parents the responsibility of getting them gifts in our name. I had an old aunt who I saw once a year who used to give me a pair of socks. I thought it was an odd gift but I sympathize with her now.

My grandfather, when he was really old, would sit in his chair and read Zane Gray and Max Brand western books when there was no baseball on the radio. What would he want for a gift? We used to buy him cigarillos, the brand he smoked. That was all he needed. Of course, he used to pee in the kitchen sink rather than struggle up the stairs and I never told on him. That was probably my gift to him. I'm at the same stage, but I don't smoke so no cigarillos for me, and so far I don't pee in the kitchen, so I'm at a loss as to what I would buy me.

Diane and I don't really know what to get each other. We've been married over fifty years and we've bought each other pretty much everything we could want so we opt to go out for dinner as a gift or go to something at the Regent. If your biggest problem is that you've got pretty much all you need, then you don't really have a problem do you?

**Copy & Advertising Deadline for the February Edition of The Mirror is January 26th**

**Help keep South Marysburgh beautiful. Please pick up litter.**

## The South Marysburgh Recreation Board

The Marysburgh Mummers  
The Milford Fair Board

### Meetings, Events, Announcements

#### Wii Bowling

Milford Town Hall

Resumes **Thursday, January 11, 2018**

1:00-3:00 p.m.

#### Recreation Board Meeting

Milford Town Hall

Wednesday, January 24, 7:00 p.m.

**The Recreation Board is looking for ideas for winter programs that are NOT weather dependent. We also need volunteers to organize and run these programs.**

**Please contact Bruce at the email below with your ideas and suggestions.**

*To reserve the Milford Town Hall or Mt. Tabor, please contact:  
Bruce Dowdell at 613.476.8891  
vidvar@kos.net **OR**  
Leon McConnell at 613.476.6606*



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## Good Eats with Ruth Gangbar



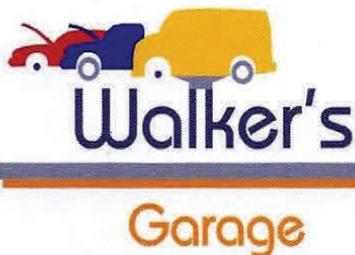
Thoughts of good eats rumble through my head constantly, and *The Mirror* has welcomed me to share some edible musings on a regular basis.

I'm really excited to be eating and chatting about local, delicious things...and stories about the people behind them, right here in South Marysburgh. Are you doing something delicious? Want to be a taste tester? Have an old recipe and a story to share? I want to know about it, and I'm always hungry! Please write me at [ruth@ruthgangbar.com](mailto:ruth@ruthgangbar.com)

### One Hot Skillet

There's a wee bit of magic cooking in old cast iron skillets; they hold the patina of time, are still showing up at yard sales, and with respectful maintenance are virtually indestructible.

"Breakfast Skillets" are easy and comforting recipes, and have often made it to my supper table when I'm feeling too tired to cook. I was just making one up when my handy blowtorch caught my eye, sitting near the wood stove (where I use it to start fires). Using it works *perfectly* to brown up the toppings so I just can't resist including it here in the recipe....plus in January/February we need all the fire we can possibly get! Hot sauce and blowtorch are strictly optional, however.



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Follow me at Pat's Playhouse on Facebook!

### Cast Iron Breakfast Skillets

(Serves 2)

You won't need butter in the skillet for this one, but do add a second egg and extra sliced meat for lining the skillet, if it suits your appetite.

**2 6" cast iron skillets**

**4 slices deli meat such as smoked ham,  
prosciutto or light mortadella**

**2 large eggs**

**½ cup (approx.) finely cubed or grated Cheddar,  
Havarti, Brie or blue cheese (or a combination)**

**Suggested Toppings: slivered onion, real bacon bits,  
crumbled cooked sausage, fried mushrooms, fresh  
chopped spinach, cooked diced beets, green peas, corn  
kernels, fresh chopped herbs, hot sauce.**

Heat the cast iron skillets over medium heat. Place sliced deli meat into hot skillets, overlapping it to completely cover bottoms and some of the edges of the pans. Top the deli meat in each skillet with an egg, half the cheese and your choice of toppings. Lift the meat slightly and add a few tablespoons of water underneath it to help create steam then cover immediately. Cook for about 1-1/2 to 2 minutes or until desired doneness, adding a little more water, if needed.

Remove skillets from heat; **ignite propane blowtorch** and brown surface of cheese and toppings slightly, adding additional cheese, as desired.

Serve with toast and a little salad (which never hurts, except that could mean a trip to town, and wow it's cold out there...).

To serve 4, use a 10" skillet and double the ingredients

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# Gossip!

*Personal Notices, Announcements  
& Random Notes*

## Janelle

As you can see elsewhere in this issue, Janelle Shaw has submitted a letter to say goodbye to the community in which she has served for the past few years.

Janelle's contribution to the community has been enormous since she started her work at South Bay United Church; she will be greatly missed. Apart from attending to the needs of her congregation, she was never shy about getting involved in other community activities some of which likely were not part of her educational curriculum—being the target in the Milford Fair's dunk tank comes to mind.

As she notes in her piece, her last service in the community will be on Sunday, February 4th.

## Ruth's Column

With the death of David Larkin two years ago, The Mirror has been without someone to submit contributions about food. That has now changed with Ruth Gangbar's first column for The South Marysburgh Mirror appearing in this issue. Don't let the recipe's need for a blowtorch intimidate you!

Ruth works as a professional food stylist and recipe writer, and offers food styling and photography workshops here in PEC. Clients have included the LCBO's Food & Drink magazine, Cottage Life Magazine, Foodland Ontario, Sobey's, and cookbooks for Chef Mark McEwan, Black River Cheese Company, Agrarian Market, Merril Inn, Big Mike's BBQ and Bay of Quinte Tourism.

Many thanks, Ruth, and welcome!



**Neil Ellis, MP**  
Bay of Quinte

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**South Bay U.C.W. and Milford Friendship Circle  
Upcoming Meetings & Events**  
*Ladies, please note there will be NO Milford Friendship  
Circle meetings in January and February 2018.*

## WAY superior to Superior!

The unreasonably cold weather this winter has been a burden to just about everyone except heating fuel suppliers. This is a shout out to the folks at Greer's propane who never fail to be attentive, courteous, responsive and competitively-priced. Many, many thanks for not only providing terrific service to the Mirror but to many others in South Marysburgh as well.

## Cameron Forsyth

During the Christmas break, the Mirror learned of the passing of Cam Forsyth this past summer while on a camping trip.

An occasional advertiser in The Mirror, Cam was a second generation commercial house painter originally from the north east of England, a "Geordie". He was engaged to undertake some painting work at The Mirror's office the results of which were exemplary. He was always polite, professional, punctual and willing to go the extra mile for his customers, some of whom hired him as a result of his ads in The Mirror.

Our condolences go to members of his family that include a daughter and a brother.

## Finally....

Yes, The South Marysburgh Mirror is a little late this month. We took a bit of a breather after the holidays but will return to the somewhat normal distribution schedule in February.



Follow *The South Marysburgh Mirror*  
on Facebook

## family Yoga with Vicki

Where: milford town hall

When: Thursday's from 5:15 → 6:00pm

Starting Jan. 11, 18, 25/2018

come early to be ready to start  
on time @ 5:15

Cost: suggested donation \$20/Family

What to bring: A yoga mat if you have

: I will have extra's if needed.

: A water bottle

What to Wear: Comfy warm clothes

Contact: Vicki @ 613-848-7791

vickiemlaw@gmail.com

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one breath at a time. ♥

All ages Welcome

- Bring yourselves, your Kids &  
☺ even your grandma & grandpa..

A delicious pot luck lunch was enjoyed by the ladies at the church on Wed. Dec. 13<sup>th</sup>. We were honoured to entertain a distinguished guest in the person of our council representative and South Marysburgh Mirror, Editor, Steve Ferguson. Welcome, Steve, and come again sometime.



Our meeting opened with our theme hymn, purpose and Lord's prayer.

Rev. Janelle's devotion began with the advent song Christmas is Coming. From a reading, *No Wind at the Window*, we were introduced to Mary's thoughts about having the baby Jesus out of wedlock.

The ladies were sending cards to several members of the community who were sick or shut-ins. Seven members made twenty sick calls.

A motion was made to make a generous donation to the church from U.C.W.

It was also decided to forego Jan. and Feb. meetings because of weather and very few important decisions that need to be made.

For our March 14<sup>th</sup> meeting, we will follow this protocol: Devotional – Alice; Roll Call – wear green and have a limerick or verse; Program – Brenda; Lunch – Maureen and Sandra; Objective – donation of money to food bank.

Maureen had a reading about how the left-overs from Christmas dinner go on and on.

Carol led us in the singing of carols and Christmas songs. Thanks, Carol.

Our U.C.W. prayer closed the meeting.

**Ladies of the U.C.W. and Friendship Circle please note – There will be NO meetings in January and February.**



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The *South Marysburgh* Mirror

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# Druella Acantha Malvina's Column

*Gem for the month: If we cannot find contentment in ourselves, it is useless to seek it elsewhere.*

A piece of advice worth heeding (by Charles Kingsley). Thank God every morning when you get up that you have something to do which must be done whether you like it or not. Being forced to work and forced to do your best will breed you in temperance, self-control, diligence, strength of will, content and a hundred other virtues which the idle will never know.

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility and pushing their luck.

A hungry bear was prowling the forest looking for something to eat when he came upon two men sitting under a tree. One was reading a novel and the other one was writing in a journal. The bear immediately pounced upon the man reading the novel and gobbled him up. Apparently, the bear knew that readers digest and writer's cramp.

"So tell me, Mrs. Smith," asked the interviewer, "have you any other skills you think might be worth mentioning?"

"Actually, yes," said the applicant modestly. "Last year, I had two short stories published and I finished my novel." "Very impressive," he commented, "but, I was thinking of skills you could apply during office hours."

Mrs. Smith explained brightly, "Oh, that was during office hours".

**Maybe we need more adds like this considering real estate prices in the region:**

Scorcher Murphy was selling his house and put the matter in an agent's hands. The agent wrote up a sales blurb for the house that made wonderful reading. After Murphy read it, he turned to the agent and asked, "Have I got all ye say there?"

The agent said, "Certainly ye have...why do you ask?"

Replied Murphy, "Cancel the sale... 'tis too good to part with."

## Words With Other Meanings:

**Coffee:** the person upon whom one coughs.

**Flabbergasted:** appalled by discovering how much weight you have gained.

**Negligent:** absent mindedly answering the door while wearing a nightgown.

**Lymph:** to walk with a lisp.

**Gargoyle:** olive flavoured mouthwash.

**Balderdash:** a rapidly receding hairline.

**Frisbeetarianism:** the belief that after death, the soul flies up on the roof and gets stuck there.

**Circumvent:** an opening in the front of boxer shorts worn by some men.

Wife – "There's a burglar in the kitchen. He's eating the casserole we had for dinner."

Husband – "Go back to sleep. I'll bury him in the morning."

## Exit lines:

1. *You can't lose weight by talking about it. You have to keep your mouth shut.*
2. *To everyone who reads the South Marysburgh Mirror, I wish you a happy and prosperous 2018!*  
- D.A.M.

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## Life In The Past

Nelson Hicks' Journals  
January 1928

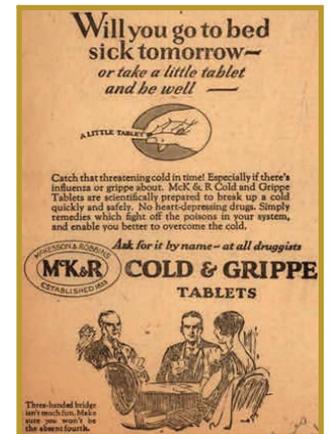
Transcribed by Sarah Moran Collier

**Sun. 1** - Well there is a change in the weather colder.  
**Mon. 2** - To day has been a very cold day Mirt washed. Along about Four O'Clock after dinner. I took Floral and Kathleen out to Picton the roads were just fine for cars.  
**Tue. 3** - Well today has been a very stormy day snowed. And drifted all day. I think we will have sleighing again  
**Wed. 4** - Another stormy day and cold I went down and helped Collin kill his Bull.  
**Thur. 5** - Broke out roads to day for cars. Royden and I got up some wood.  
**Fri. 6** - I went over to Picton with John Lony. Floss is over in the Hospitle with a boy baby. John is stepping around like a Turkey. the weather has turned warm.  
**Sat. 7** - Mirt and I went over to Picton after Dinner and then out to Archie's for the evening it was a lovely night and the roads were fine for cars.  
**Sun. 8** - Went to church nice and warm.  
**Mon. 9** - Royden took a grist up to Milford. Lloyd and Frank down for dinner to day. Weather continues warm.  
**Tue. 10** - Royden and I cut some wood Ken Johnson got a small load of straw. Mirt on the sick list La Grippe I guess. weather very warm. Intended to go to Dan Palmateer.  
**Wed. 11** - Wonderful weather Very warm Royden and I tinkered around cutting wood. Mirt is not feeling very much better.  
**Thu. 12** - No snow on the ground. Still very warm not very much frost in the ground.  
**Fri. 13** - I went over to Picton after Floral. Davis Duetta went over with me. a big crowd in Town. Court going on. Rained some to day.  
**Sat. 14** - We sawed up some wood with the brigg saw then drew up some we had cut. Mirt is better to day making a new dress for Floral.  
**Sun. 15** - A very nice day Warm No church to day.  
**Mon. 16** - I took Floral over to Picton roads were good for cars but slippery Met Lloyd in Picton he came down stayed till after dinner and I went back with him.  
**Tue. 17** - I was back to Lloyds We went over to Belleville nice weather and good roads for cars.  
**Wed. 18** - Lloyd and I went over to Belleville came back about Ten Oclock then had Luis fetched me down to Picton and I came out home with Earl Collier.  
**Thu. 19** - Mirt and I went over to Picton. Last day of the Poultry Show. Commenced to storm and it was bad coming home driving a car.  
**Fri. 20** - Wind blew a gale and snowed some all day not much move on the rods to day.  
**Sat. 21** - We are having a cold time now. Boys and I drew up some wood. And sawed some up.  
**Sun. 22** - Rex Mirt and I went around to church. Quite a nice crowd out: some warm to day. Kathleen and Floral not home this week.

**Mon. 23** - Royden and I cut wood down around the swamp A very nice day.  
**Tue. 24** - Royden and I went out on M Rapins after a load of cedar. Commenced to rain in the after noon. had a big rain. Wolf Gang at Collins Hudgins.  
**Wed. 25** - Colder again this morning with some snow. Wind west and blew quite hard.  
**Thur. 26** - Quite cold. nine pigs arrived to day. Nine.  
**Fri. 27** - A very nice day Royden and I went over to Picton after Floral. Roads were just fine for cars.  
**Sat. 28** - Colder again to day and a little stormy.  
**Sun. 29** - Floral and Wrex went around to Sunday School with the cutter.  
**Mon. 30** - I took Floral Geraldine Hicks over to school. Davis Duetta went over with me roads were fine for cars  
**Tue. 31** - Royden and I cut some wood We are having fine weather Mirt and I went around to Elmer. Collins Wolf Gang were there.

### Sarah's Research Notes Insight, Information & Anecdotes About Nelson Hicks' Journal Entries

*When Nelson refers to Mirt "on the sick list La Grippe I guess" on January 10th, he must actually have been quite worried about her. There had been in recent memory the cataclysmic pandemic Spanish flu, known as "La Grippe". During the First World War it killed more people than the war had. There were subsequent waves of epidemic, one in 1920 and another one to come, in the winter of 1928/1929. Little was available to combat the illness. Perhaps Mirt resorted to one of these treatments advertised in 1927.*



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