



Illustrating just how much fun it is to be an Anglican, Canon David Smith of St. Philip's Anglican Church in Milford participated in the church sponsored dunk tank at the 2014 Milford fair.



Milford Fair 2014

It may have been wet and rainy on the day of this year's Milford Fair, but it did not dampen the enthusiasm of all the people who came out to enjoy the day. A big thank you to all those who put on their rain gear and joined us at the fair.

This year's Milford Fair honoured all the farmers who work so hard to bring food and drink to our tables, and it was a tribute to have them in the parade.

It takes many people to put on the Milford Fair each year, and I would like to thank all the Fair Board Members and volunteers who came out to move the benches, set up the tables, put up the tents and fence the parking area; and then came back the next day to take everything down and put it away.

Our appreciation also goes to those volunteers and judges who helped out on the day of the fair.

While a few events were cancelled, most went on under dark skies. New this year was "County-Folks-Chucking-Stuff" which was well received and will be back next year better than ever. Here are some of the winners:

Corn Chucking:

1st Place Apprentice Chucker - Addison Van Allen

Ladies Skillet Chucking:

1st Place Female Journeyman Chucker - Kristen Cowan
 1st Place Female Master Chucker - Mary-Gayle Biddle (2" from the pin!)

Sheaf Chucking:

1st Place Male Journeyman Chucker - Cam Cleave (16.5')
 1st Place Male Master Chucker - Leon Mitchell (17.5')

See you at next year's Milford Fair, and let's hope for sunnier skies.

Janna McCarthy
 Chair of Milford Fair, 2014



“Meet & Greet”

Saturday, October 4th

2:00 p.m. to 4:00 p.m.
Milford Town Hall

Most people know me as the publisher of *The South Marysburgh Mirror* or through my involvement with the Milford Fair Board or possibly the Prince Edward Historical Society. As a candidate for councillor in the election, please drop by the Town Hall to talk to me about issues that are important to you in South Marysburgh.



Steve
Ferguson

for Councillor, Ward 9

“of” South Marysburgh
“for” South Marysburgh

Email: ward9@kos.net
Telephone: 613.476.9104
www.facebook.com/Steve4ward9

Milford Friendship Circle

Barb Balsillie opened her home on Thursday, September 5th at 1:30 p.m. to welcome the ladies of the Friendship Circle.

President Marg opened with this statement: The best way to solve a problem is to avoid it.

Barb’s Thought for the Day was the advice that when you move into a new home, make it suit yourself.

Secretary Maureen’s June minutes were accepted as read. (Being of the older generation, we wouldn’t have remembered any mistakes anyway!)

Nine members gave their funny verse, story for roll call.

Treasurer Wilma brought us up to date on our finances. Our food sale among members realized a tidy sum.

Card secretary Mary sent two sympathy cards and a special 90th birthday card.

Monica announced the dates for the play ‘Grace and Glory’ at Mt. Tabor that she is directing. The cost of \$15.00 per person is going to support Hospice Prince Edward.

Margaret’s closing demonstrated how our government works. They are able to locate one cow that has mad Cow disease but can’t find many of the immigrants who come to our country. Maybe they should put the department of Agriculture in charge of immigration.

The ladies enjoyed a social time over lunch supplied by Barb who was thanked by all the ladies.

U.C.W. & Milford Friendship Circle Coming events:
Thursday, October 2nd – Milford Friendship Circle will meet at the home of Monica Alyea who has also volunteered to do Thought for the Day, program and lunch. All the ladies have to do is bring a word that begins with the letter ‘Z’ to try to stump everyone.

Wednesday, October 8th – U.C.W. will meet at South Bay United Church hall at 12:00 noon for a pot luck lunch. Sandra has Devotional; Roll Call is a short fall thought; Joyce has program; and our objective is to decorate the church for Thanksgiving. So ladies, go to your garden and bring some harvest with you.

ST. PHILIP’S ANGLICAN CHURCH A.C.W.

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World War 1 Commemorative Dinner

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Enjoy a typical WW1 era meal, period music, table trivia and a slide presentation featuring war artifacts and museum artworks depicting battles of the time. Meet and greet from 5:30 to 6:30 in the lounge, followed by dinner.

Tickets \$30 in advance from Krista at: krichardson@peclibrary.org or 613-399-2023
A fundraiser for the County Archives www.peclibrary.org



Pepper & Tomato Soup

By David Larkin

One Christmas season, when we were stationed in Europe, we were invited round to a 'Soup Kitchen' evening. Our hosts coped with quite a crowd of guests by serving a selection of excellent soups in their kitchen, accompanied by glasses of wine. It is an idea that we picked up on, and we have done the same thing ourselves from time to time. Last time we did it here, we served Mulligatawny Soup, Pierre and Janet Berton's Clam Chowder, and Pepper and Tomato soup. The latter was a last minute thought but it proved very popular. Here is the recipe:

2 Tbsp. oil

1 onion, peeled and sliced

1 small red pepper, cored, seeded and sliced

1 small yellow pepper, cored, seeded and sliced

1 small green pepper, cored, seeded and sliced

1 lb. tomatoes, peeled, seeded and chopped

600 ml. stock, preferably ham but chicken will do

2 Tsp. mixed herbs

2 Tsp. sugar

1 Tbsp. tomato paste

1 Tbsp. lemon juice

Salt and freshly ground black pepper

To garnish: plain unsweetened yogurt

Heat the oil in a large pan. Add the onion and peppers and cook over a gentle heat for 10 minutes.

Add the tomatoes, stock, herbs, sugar, tomato paste, lemon juice, and salt and pepper to taste. Bring to the boil, lower the heat, cover and simmer for 30 minutes.

Remove a few of the pepper slices from the soup with a slotted spoon, chop and reserve. Puree the soup in a blender or with an immersion (stick) blender. Reheat gently until boiling, then serve in individual bowls sprinkled with the reserved pepper and a spoonful of yogurt.



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The South Marysburgh Recreation Committee

**The Marysburgh Mimmers
The Milford Fair Board**

Meetings, Events, Announcements

Fair Board Meeting

Milford Town Hall
Wednesday, October 8th at 7:00 p.m.

Milford Market

At the Fair Grounds
Every Saturday from 9:00 a.m. to 2:00 p.m.
LAST DAY—October 11th

Wii Bowling

Milford Town Hall
Every Thursday from September 25 to
November 27 from 2:00 to 4:00 p.m.

Youth Unlimited Prince Edward County

Youth Unlimited Prince Edward County is holding an event to raise awareness about their work and services offered, to form new ministry partners and to raise funds to sustain the outreach work.

Come meet Sami Lester, Prince Edward County Director of Youth Unlimited. Invite your friends to attend as well!

MONDAY, OCTOBER 20th

7:00 p.m. at Milford Town Hall

*Hosted by the Prince Edward County Steering
Committee for Youth Unlimited,
Valencia Logan, Chair*

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Have a safe and happy Thanksgiving!

Todd Smith, MPP

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Amount: Membership: \$10 Donation: \$ _____ Cash Cheque

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Copies of The South Marysburgh Mirror are distributed at the beginning of each month to Books and Company, Scott's Store and Thorne's Variety in Picton; 'the store' in Cherry Valley; the Black River Cheese Company and to all public libraries and elsewhere in Prince Edward County. Please patronize The Mirror's advertisers without whom the paper couldn't be published.

Gossip!

*Personal Notices, Announcements
& Random Notes*

Well Said

There were many highlights in the 2014 Milford Fair which were all the more remarkable given the weather. But for me and my wife, and many others to whom I have spoken, the most outstanding highlight of all was the Display Case honouring our farmers which was organized, designed and mounted by Carol Branscombe. Carol has done many other wonderful displays in the past which illustrated the theme of the Fair but this one surpassed them all.



Congratulations Carol and thank you for all your efforts and dedication over the years.

Doug Parker, Milford

(Above, Wilbur Miller beside Carol and her display at the Milford Fair)

For the Record

The Mirror's sales department figured if the 'big city' County papers can solicit ads from the candidates for mayor, so can *The South Marysburgh Mirror*. An email with pricing and readership statistics was sent to the three mayoral candidates.

Two of three candidates responded immediately and placed an ad, presumably recognizing that *The Mirror* goes to every resident of South Marysburgh and many, many more outside the ward in either the print or Internet edition.

A second email was sent to the third mayoral candidate that, like the first one sent, was not responded to.

Sarah's Research Notes

Of the material published in *The South Marysburgh Mirror*, Nelson Hicks' 'Life In The Past' journal entries are the overwhelming reader favourite.

Since taking over the transcription responsibilities a year ago, Sarah Moran has begun to include some additional information and photographs

derived from her own research that enhance what Nelson wrote originally and provide greater understanding about 'life in the past'. Reader response to Sarah's work has been extremely positive so a bit of re-design work has been put into that section of Nelson's entries to give credit where credit is due. Thanks, Sarah.

Coming Next Month

That headline almost makes *The Mirror* sound like Vanity Fair or National Geographic!

The news that the municipality is selling the naming rights to the community centre in Picton has prompted *The Mirror* to come up with some ideas of its own.

And we'll try to report on the 'Assembly of Gentlemen' that forms early every morning outside Jen Ackerman's store in Milford: what they're talking about, what decisions they are making, and how those decisions may affect the residents of South Marysburgh or the wider municipality.

Speaking of Jen Ackerman

Jen reports that she'll be adjusting her hours for the winter months. She's also on the hunt for a relief worker so she can leave her store on occasion to attend to other things. If you have some time and the inclination, please let her know.

In the mean time, she soldiers on and is more than happy to fill special orders for baked goods ordered in advance.

For Sale: Radio Station—\$10.

County FM 99.3, the new not-for-profit community radio station, is set to go on the air sometime this month when the installation of all the studio equipment and transmitter is complete. The programming blocks have been established, and the office and studio beside the County Farm Centre is a beehive of activity as enthusiastic volunteers look forward to the launch after years of work.

County FM's signal will reach every corner of Prince Edward County and as such will fulfill its mandate to broadcast to the 'community' of the County. Under the station's signal umbrella all areas of PEC - be they remote points like Long Point or more populous centres like Wellington or Consecon—will be part of its community.

As a not-for-profit community owned and operated enterprise, everyone in the County can participate in ownership. If you haven't yet done so, please fill in the membership form printed elsewhere in this issue and become a member. Better yet, if you have the time, volunteer.

A Small Community

By George Underhill

Last month, I was in the hospital for a couple of weeks, both Picton and Kingston. I was asked if I was going to write a column about my stay. No, I am not. Who wants to hear about my "bed of woes?" No one. Who wants to hear about hospital food, bureaucracy, how the food tastes, or how boring a hospital stay is? No one. There's a lot of sick people in the hospital. Do you want to hear about them? I thought not. So I will talk about something else.

I've been thinking about the benefits and joys of residing in a small community. I was taken by ambulance to Picton hospital at 8:00 on a Sunday morning. Our church service was held at 10:30, and by that time an announcement was made and prayers said for me. How did they know? I'm pretty sure it wasn't an angel of God, but however it happened, I was grateful and comforted by their concern. Since then, many in our small community have called with good wishes and support. It's a good place to live. If you have plans to conduct an extra-marital affair in our community, however, it would be absurd to think for one minute you could keep it a secret.

There are, of course, disadvantages. If you have a craving for delivery of a pizza or Chinese food and plan to indulge it, better plan on moving to town. In my Toronto daughter's urban neighborhood, you can get a great variety of hot and tasty meals, fully prepared, at your local supermarket. You can, if you wish, walk to most retail establishments. I was doing a little household job, was short of a needed item, put down my tools and walked to the hardware store. But these advantages are greatly offset by the peace of our neighborhood. At night, there is absolutely no noise except for the singing of American toads or spring peepers. No sound at all. The silence is deafening. In the city there is always background white noise of aircraft, traffic, sirens and gunfire. I'll take Milford.

We live in the last house on a dead end gravel road. This adds to the serenity, but in the winter....oh, the winter. We're isolated to a large degree and don't go out as often. Not that we have anywhere to go, but it's nice to depart the frozen wastes of Smith's Bay for the hubbub of Picton and maybe, if we're adventuresome, Belleville. It's a bleak commentary when the high point of the day is the arrival of the snow plow. It would be nice to live in the Edward Building where we could watch

people crash into one another at the three-way stop at the crest of the hill.

You know people here and meet them grocery shopping. It's a rare occasion when you don't meet someone you know and exchange a little gossip at the grocery store. In the urban stores, you're mostly concerned with getting in the checkout line in front of the doofus with a cart load of groceries and coupons. But our stores don't have the vast selection of city stores. It seems that most things in life are trade-offs. I wish that wasn't the case. I want the best of everything.



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Druella Acantha Malvina's Column

Gem for the month: The best antiques you can have are old friends.

A blonde wanting to earn some money decided to hire herself out as a handyman-type and started canvassing a wealthy neighbourhood. She went to the front door and asked the owner if he had any jobs for her to do.

"Well, you can paint my porch. How much will you charge?"

The blonde said, "How about fifty dollars?" The man agreed and told her the paint and the ladders were in the garage.

The man's wife, inside the house, heard the conversation and asked, "Does she realize the porch goes all the way around the house?"

The man replied, "She should, she was standing on the porch."

A short time later the blonde came to the door to collect her money.

"You're finished already?" he asked.

"Yes," the blonde replied, "and I had paint left over so I gave it two coats."

Impressed, the man reached in his pocket for \$50.

"And by the way," the blonde added, "that's not a Porch, it's a Ferrari."

It was the accepted practice in Babylon 4000 years ago that for a month after the wedding, the bride's father would supply all the mead his son-in-law could drink. Mead is a honey wine and because their calendar was lunar based, this period was called 'honey month' or what we know today as the honeymoon.

A man went to the doctor complaining of insomnia. The doctor gave him a thorough examination, found nothing physically wrong with him and told him so. "Listen if you ever expect to cure your insomnia, you just have to stop taking your troubles to bed with you."

"I know," said the man, "but I can't. My wife refuses to sleep alone."

Although she was supposed to be working, Jennifer decided to visit a fortune teller of local repute. In a dark and hazy room, peering into a crystal ball, the mystic delivered grave news. "There's no easy way to say this, so I'll just be blunt. Prepare yourself to be a widow. Your husband will die a violent and horrible death this year."

Shaken, Jennifer stared at the woman's face, then at the flickering candle, then down at her hands. She met the fortune teller's gaze and asked in breathless voice, "Will I be acquitted?"

Definitions from Kids

- The spinal column is a long bunch of bones. The head sits on the top and you sit on the bottom.
- Momentum is something you give a person when they go away.
- Mushrooms always grow in damp places which is why they look like umbrellas.
- The four seasons are salt, pepper, mustard and vinegar.
- The alimentary canal is located in the northern part of Indiana.
- Thunder is a rich source of loudness.

Exit Line:

A generation ago, most people who finished a day's work needed rest. Now they need exercise.

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VOTE!

Whichever method you chose—in person at the advance poll or on election day or via the Internet - and whether you vote for me or for my opponent - **PLEASE VOTE!** Let's send a clear message to Shire Hall through a high percentage of voter turnout that South Marysburgh residents – whether full-time or seasonal – are engaged in their municipal government.

Voting Information

NEW FOR THIS ELECTION

You can vote at any polling location for your Ward Councillor(s), Mayor and School Trustee.

ADVANCE VOTE DATE

Vote on Saturday, October 18, 2014
from 12:00 noon to 6:00 p.m. at:

Ameliasburgh Town Hall

13 Coleman Street, Ameliasburgh

Picton Community Centre

375 Main Street, Picton

(accessible voting equipment at this location re: sip and puff and paddle options)

South Marysburgh Town Hall

3076 County Road 10, Milford

Wellington and District Community Centre

Belleville Street, Wellington

(accessible voting equipment at this location re: sip and puff and paddle options)

ELECTION DAY

Vote on Monday, October 27, 2014
from 10:00 a.m. to 8:00 p.m. at:

Ameliasburgh Town Hall

13 Coleman Street, Ameliasburgh

Athol Central School

1764 County Road 10, Cherry Valley

Bloomfield Town Hall

289 Main Street, Bloomfield

Consecon Library

211 County Road 29, Consecon

Demorestville Town Hall

2711 County Road 5, Demorestville

Hillier Town Hall

18560 Loyalist Parkway, Hillier

North Marysburgh Town Hall

2699 County Road 8, Waupoos

Picton Community Centre

375 Main Street, Picton

(accessible voting equipment at this location re: sip and puff and paddle options)

Rossmore Fire Hall

219 County Road 3, Rossmore

South Marysburgh Town Hall

3076 County Road 10, Milford

Wellington and District Community Centre

111 Belleville Street, Wellington

(accessible voting equipment at this location re: sip and puff and paddle options)

INTERNET VOTING

Available from Saturday, October 18
up to the close of Polls on Election Day.

Information about registration procedures is available at:
<http://www.pecounty.on.ca/government/council/elections.php> re internet voting.

For general inquiries, contact Customer Service
Monday to Friday 8:30 a.m. - 5:00 p.m.
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Thank You to Our Contributors and to Our Many Volunteers!
The 2014 Milford Fair could not have taken place without the support of the following individuals and businesses.

(Every effort has been made to ensure that this list of donors is complete. We apologize if any contributors are not listed.)

The Ackerman Family; Accommodating Bay Trailer Park; Argyle Engraving; Barnes, Carolyn; Bay of Quinte Insurance; The Bean Counter Café; The Beck and Call; Bedford, Cam; Beedham, Paul & Sandi; Bentley, Mert & Ruth; BHB Benefits; Black, Dennis; Black River Cheese; Bond, Sharon; Bonkers; Books & Company; Bosma, Ena; Branscombe, Wayne & Carol; Brant, Blaine; Brant, Jeff; Bridger, Ted; Brown, Deryck & Muriel; Bunting, Tim; Burns, Lorie; C.F. Evans Lumber; Cann-Wood Optical; Christie, Alan & Carol; Cihlar, Josef; City Revival; Clapp & Jackson; Coach's; Cole, Kathy; Collier, Irvine; Constable, Dave & Dorothy; County Farm Centre; The County of Prince Edward; County Sunshine; Cox, Olwin; Crombie, Elizabeth; Cronin, Chris & Dini; Cuddy, Janet; Currie, Gord & Brenda; Dacombe, Alan & Ann; Dall, Jack; Depauw, Linda; Deyo, Gordon & Alfie; Dias, Manuel & Yarmin; The Dollar Store; Donna's Barber Shop; Dowdell, Bruce; Dulmage, Dr. Dan; Egan, Nicole & Timothy; Emperingham, Karen; Epstein, Lenny; Essroc; Etue, Elizabeth; Evans, Deelia; Exultet Estates Winery; Farmers Feed Cities; Farrington, Don; Ferguson, Brock; Ferguson, Steve & Mary Malone; Finishing Touch; Fitness Powers; Flowers by Marvin; Flowers n' Such; Frugal & Co.; Galloping Goat Gallery; Geo Dynamics; Gilbert & Lighthall; Goodfellow Meats; Guernsey, Pat; Guernsey, Ray; Gyde, Donna; Hair Care Company; Half Moon Bay Winery; Hallam, John; Hamilton Beach/Proctor Silex; Harrison, Bob & Lori; Hassenbach, Fred & Heidi; Head, Leona; Heath, Chivas; Herbert, Fred; Hicks, David; Hicks' Funeral Home; Holtshousen, May; Picton Home Hardware; Houston, Maureen; Hussey, Valerie; Imperial Submarine; In Memory of Howard Johnston; Insley, Dale & Rebecca; Island Family Restaurant; Jackson Falls B&B; Jenson, Joanne; John's Barber Shop; Johnson's Marina; Keays, Ron & Candace; Keen, Chris; Kells, Megan; Kelly, Mark; Kelly's; Knight, Doug & Marg; Laine, Noel & Maria; Lammes, John; Lammes, Zack; Lancaster, Roxy; Landry, Gilles & Janet; Lanfranco, Sam; Law, Al & Sue; Lawrence, Mike & Silvia; Learmonth, Libby; Lemcon Ltd.; Lighthall Vineyards; Lil'Dipper Excavating; Live-Laugh-Eat; Lofts, Norman; Loney, Donna; Long Dog Winery; Long Run Imports; Looks Hair Styling; The Loonie Bin; Lucas, Suzanne; The Lunch Box; Lyons, Steve; Macauley, June; MacPherson, Doug & Kathy; Maindonald, Norma; Mantini, Lee; Mark's Barber Shop; Mayeski & Mathers; Mayne, Kyle & Kathleen; Mayhew Jewelers; McCarthy, Jeff; McCaw, Shirley; McDonald's Restaurants; McDougall Stanton Insurance; McFeeters, Paul & Catherine; McGregor, Doug; McGregor, Julie & Ross; McLurg, Ann; McMurty, Bob; McPherson, Jim & Cee Holter; Meek, Gary & Julie; Menlove, Ken; Metronome Tours; Miller, Gary; Miller, Wilbur & Alice; Miller House; Minaker, Ken & Brenda; Minaker, Paul & Joyce; Miss Lily's Café; Mitchell, Linda; Moore, Roger & Ann; Moran, Herb; Munro-Cape, Ann; Murphy, Randy; Needle In A Haystack; Nicholson, Bruce & Joanne; Nicolai, Norma; No Frills; Ogilvie, Catherine; The Ontario Provincial Police; Oprisan, Marilyn; The Painted Peppercorn; P.E.F.A.C.; Parker, Jessie & Alysa Hawkins; Peel, Bill; Penny's Pantry; Pet Value; Picton Animal Hospital; Picton Clinic Pharmacy; Picton Dental Centre; Picton Denture Clinic; Picton Fabric World; Platt, Mike; Portabella Restaurant; J H Porte; Prince Edward Animal Hospital; Prince Edward Child Care Services; Prince Edward Embroidery; Prince Edward Pizza; Printcraft; Prior, Sheldon; Proctor, Peter; Pure County Bottled Water; Quinte Aluminum; The Regent Café; The Regent Theatre Foundation; Renaud, Christine; Reynolds, Eric; Richard Davis; Robb, Irene; Robinson's Quality Pest Control; Robyn's Nest; Rogers, Don & Barb; Rose Haven Nurseries; Ross, Don & Heather; Rudd, Maureen; Ryckman, Nolan & Joan; Sandbanks Estate Winery; Schooner's Fish & Chips; Shulga, John; Sim, Gordon; Smith, Victor; Smuggler's Cove; Sobey's; The South Marysburgh Mirror; St. Pierre, Paul & Margaret; Stanfield, Les & Ann Dunbrille; Starkey, Tom & Rosalie; Stormy's Car Sales; Storing, John & Janet; Subway; Sulzenko, Andrei; Sunset Gourmet; T.D. Bank; Taylor, Rita; Taylor, Todd; Ten Thousand Villages; Toccalino, Mike; Tori, Lois; Town & Country Video; Underhill, George & Diane; Vicki's Veggies; Vincent, Charlie & Dorothy; Joel Walker Electric; Walker's Garage; Walker's Greenhouse; Wallenberg, Peter & Jane; Walls Family; Walsh, Daphne; Ward, Robert Sr. & Jr.; Watts, Dave; Welch & Company; Whattam, David; Whattam Funeral Home; White, Dick & Shirley; Wilkens, Andy & Jessie; Williamson Insurance; Wilson, Rob; Wood, Bob & Dorothy; Wood, Lisa; The Wooden Spoon; Woodward, Phil; York, Pat; Zest Kitchen Shop.

The 2014 Milford Fair



The Work Group's Curry ladies (L to R) Alice Mennacher, Marylou McQuillan, Renata Claude



Mario Spinoso, 2014 Milford Fair Board grant winner - Now a Junior Farmer selling chickens and organic produce



(L to R) Food booth ladies: Maria Hughes, Martine Malo & Sandie Blackford



Janna McCarthy and Sam Lanfranco comfort a pumpkin that was too heavy to be unloaded into the shed.



Carol Branscombe ponders how to fit a plow into the exhibit case



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Mental Illness Awareness Week

(This article was submitted by a member of the South Marysburgh community who has worked in the mental health care field and has grown up with family members suffering from mental illness. The author has family and friends who battle the stigmas and fight for their mental health every day.)

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. It runs from October 5th to October 11th 2014.

Rather than ignoring this time as just other government initiative, please take a moment to think about it. Take a minute out of your day to ponder just how prevalent mental illness is in our society, community and lives. Someone you encounter while walking down the sidewalk may have a lot more going on inside their head if you could see past the tears or frown.

Suicide is a leading cause of death for 18 to 24-year-olds; and amongst the aboriginal population it's second highest, with accidents being number one. In Ontario, one out of every five children and youth between the ages of 4 and 19 suffer from some type of mental illness that has the capacity to seriously affect their daily functioning at home, school and within the community, **AND** who are receiving some form of treatment. Statistics can be meaningless without putting them in perspective: In a 30-pupil classroom at school, that means that six children are enduring a mental illness. In a crowd of teenagers hanging out on a street corner, three of them could be hiding their cut wrists, mentally writing a suicide note or hearing voices in their head.

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Our youth of today are the hope for our future. Youth that require our help, support and ability to use the 'system' that should be in place to have the largest impact to produce fabulous adults. Unfortunately, that system is riddled with holes, gaps, shoulder shrugs and apologies. What can 'we' do? 'We', as a community, can think for a minute before we pass judgment. We can pay it forward because that mentality seems to work not only in this light but in all aspects of a civil society. Please consider the meaning of this rather famous quotation:

Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say "My tooth is aching" than to say, "My heart is broken."

— C.S. Lewis, *The Problem of Pain*

To learn more mental illness, please refer to:

- *The Human Face of Mental Health and Mental Illness in Canada 2006*
- www.camh.ca
- *Statement on Child and Youth Mental Health in Ontario from the Office of the Provincial Advocate*

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Life In The Past

Nelson Hicks' Journals
October, 1901

Transcribed by Sarah Moran Collier

Tue. 1 - Mr. Collier took a load of tomatoes down to Boulters. Weldon and I picked and piled them up.

Wed. 2 - Rained like fury all the four noon. I fited up some shoes for the horse . Whit took a load of tomatoes down to Boulters. After dinner we pick a load of tomatoes.

Thurs. 3 - Pa was up and stayed all night last night. Came from Bloomfield. Weldon and I picked and finished a load for tomorrow. Been some cold today. And rained a few showers in the four noon. Whit took another load down to Boulters.

Fri. 4 - Weldon and I picked tomatoes all day. Mr. Collier drew in two loads to Boulters.

Sat. 5 - Weldon and I dug and picked 24 bushels of potatoes. After dinner we helped Whit picked apples. Evening Willie Cannon and and Harry were over quite a rough night. Wind blowing a gale.

Sun. 6 - Mirt Weldon and I went up to the Banks. And so on down to Ida for dinner went to meeting at West Lake and then on home. We had heavy frost at night spoiled all the tomatoes. I had about 50 bus piled that froze and spoiled them.

Mon. 7 - Weldon started to work for Whit today. I am all threw with him. Tomatoes all froze this morning. Mirt and Mary went down to Picton. I picked the ground-cherries and some tomatoes for Mirt to make Catsup. After dinner I helped Whit pick apples

Tue. 8 - I helped Whit pick apples all day. It was a lovely day nice weather for picking apples

Wed. 9 - Helped Whit pick apples. Ida and Stirling out for dinner.

Thur. 10 - I went out and helped Dan thrash looked very much like rain all day.

Fri. 11 - Whit and Weldon helped me dig potatoes. Stirling was out and helped pick them up. We got out 80 bus.

Sat. 12 - I sorted out some potatoes took them down to Picton prices are low just at present. Weldon went down with me. Got a chance out with Henry Johnson.

Sun. 13 - Rained most of the four noon. Mirt and I were alone all day.

Mon. 14 - The machine thrashed for Whit. It was a nice day. I helped Whit thrash.

Tue. 15 - I went down to Pa's after my pig. No one there but Ma. I got back home about Five Oclock.

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My Email is
electquaiff@gmail.com
My website is
www.robertquaiff.ca**



A new knitting group – Knit and Chat – is now meeting every Tuesday from 10 a.m. to 11:30 a.m. at the Ann Farwell branch in Milford. All levels of knitters are welcome. Come learn from experienced knitters or just come to knit and chat!

Families with children might want to circle Saturday, October 11th on their calendars when all branches of the library will be celebrating “Star Wars Reads Day” from 10 a.m. to 3 p.m. This is an international event, launched by Lucas Film and its publishing partners. It combines reading and the popular theme ‘Stars Wars’, a subject that has brought many reluctant readers to discover books. Stop in to the library to take part in a cosmic craft, show off your *Star Wars* costumes, and read or check out one of our many *Star Wars* titles.

Those interested in learning how to use computers and computer programs will benefit from the new large screen television that will facilitate group computer training. If you would like to get more comfortable using computers, want to learn about social media, new software, or how to download books free from Overdrive - the library’s e-book consortium library - let us know. You can receive one-on-one training or get together with a few friends and we can tailor the training to whatever is of interest.

The new large screen also means we can screen some online documentaries. Anyone interested in having a monthly documentary showing, possibly followed by discussion, please contact me, or let a staff member know.

Speaking of films, DVD movies in the collection are becoming increasingly popular, and we are now expanding the selection to meet the demand. If there is a particular movie or show on DVD that you would like us to purchase, you can request it through staff at the desk (just as you can with books), or contact Barb Sweet at 613-476-5962 or by e-mail: bsweet@peclibrary.org.

Finally, the library will be hosting a paper lantern-making workshop on Saturday, November 1st from 12 noon to 3 p.m. Workshops are being held at various locations throughout the County in preparation for the Firelight Lantern Festival being held on November 15th at the Crystal Palace.

To register for the lantern making workshop at the Milford Town Hall, please e-mail: crenaud@peclibrary.org to reserve a space, or call 613-476-5962. There is a charge of \$10 per lantern



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The new math 2014:

- Q: If you have four pencils and seven apples, how many pancakes will fit on the roof?
A: Purple. Because aliens don't wear hats.

that can be paid on November 1st. Small Pond Arts is facilitating the workshops.

The library has a large number of events at all branches of the library, but due to space limitations and how many people attend events, many of these are held at the main branch in Picton. Please visit the online calendar of events at: www.peclibrary.org, or check the Whattam's events calendar in the newspapers for all events.

If there is an event of interest that you would like to have replicated at the Ann Farwell branch, or if there is any special program you would like brought to this branch, please let us know.

Library Hours

| | |
|-----------|-------------------------|
| Tuesday | 10:00 a.m. to 1:00 p.m. |
| Wednesday | 3:00 p.m. to 6:00 p.m. |
| Thursday | 10:00 a.m. to 1:00 p.m. |
| Friday | 2:00 p.m. to 5:00 p.m. |
| Saturday | 10:00 a.m. to 3:00 p.m. |

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Grow Your Own

By Sarah Moran Collier and Nancy Butler



Well there we were, with a crescendo of rain on the shed roof at the fair. It is unheard of to be rained upon at the Milford Fair. Not that it dampened your enthusiasm of course. You brought wonderful vegetables from your gardens anyway. Thank you.

There's no logic to the beauty of exhibits that arrive: many, many varieties of perfect potatoes and onions, but not a single butternut squash. There's always so much anticipation to see what you have been growing in the year. The most startlingly striped dumpling squash took away the *Barry Laramy Trophy*. The hugest pumpkins we have seen were too big to make it into the shed. Pears made an appearance for the first time in a while. It was wonderful indeed that there was a good showing of grain in this Milford Fair's year of the farmer.

Now we can enjoy the fruits of our labour. Or perhaps enjoy a little more labour, canning all those tomatoes and beans! What a wonderful sound it is to hear those metal tops on the jars, pinging in the kitchen, as a sign of all the goodness and colour being sealed in from a summer past.

So the time is here, to change gear a little in the field and garden, and feel the new season coming.

Autumn

I love the fitful gust that shakes
The casement all the day,
And from the mossy elm tree takes
The faded leaf away,
Twirling it by the window pane
With thousand others down the lane.

John Clare 1793-1864

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MUSIC

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meal and the show. *"It was intimate and
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Brian Barlow, Creative Director, PEC Jazz Festival

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South Bay U.C.W.



U.C.W. met at South Bay United Church hall on Wednesday, September 10th at 1:30 p.m.

President Sandra opened by telling the rules the female has for the males to follow. And of course the males always follow them.

Our theme hymn, purpose and the lord's Prayer were recited by all.

Maureen's devotional was based on 2nd Corinthians Chapter 12, verses 6 to 10. It was entitled Grace in the Cracks. We are all inclined to be dissatisfied and complain until we glimpse one of God's little blessings. Prayer closed the devotional.

Nine members answered roll call by telling of their exciting summer activities. Twenty-three sick calls were made.

June minutes were reviewed and accepted as read. Card secretary Donna sent one sympathy card and three 'thinking of you.' Treasurer Joyce notified us of our money situation.

Thank you cards were received from Lucy Mee for sending her to Camp-Quin-Mo-Lac and also a thank you from David and Lynn Colwell for all the support they received from the churches.

The church is sponsoring a coffee party to raise funds for Hospice Prince Edward after church on Sunday, September 28th.

U.C.W. are going to be in charge of the church service in the near future.

Picton United Church is hosting the fall rally on Wednesday, September 24th. South Bay ladies are to sell food tickets and give out name tags.

A donation from our collection is to be donated to the Terry Fox Run.

Brenda's program was a reality check on what we in North America have compared to people in other countries. Let us stop and consider and be thankful for our many blessings.

Our meeting closed with our U.C.W. prayer after which the ladies enjoyed lunch supplied by Karen and Maureen and, of course, a social time. Brenda thanked our hostesses on behalf of the ladies.

Please patronize *The Mirror's* advertisers without whom the paper couldn't be published.
And please tell them you saw their ad!

(*Life In The Past* continued from page 14)

Wed. 16 - I helped Whit clean up the barn part of the A.M. After dinner I commenced to plough.

Thur. 17 - It rained all the four noon. I husked out the pop corn. And some sweet corn. After dinner I ploughed.

Fri. 18 - It was very cold. All day I ploughed. It kept me moving all the time to keep warm.

Sat. 19 - Ploughed in the Four noon. After dinner Mirt and I went down to Picton. The wind blew a gale. All the after noon. Mable came home with us. Stirling is out here tonight came out on horse back.

Sun. 20 - Mirt and I went down to Emmet's stayed till after noon. Come home and Mr. Collier Whit Harry Mable Mirt and I all went out to the Valley to meeting.

Mon. 21 - I drew in my corn. Mr. J. Knight helped me. Got it all in about three oclock.

Tue. 22 - Whit helped me finished my potatoes. Got them dug at noon. I had 150 bus altogether. After dinner Mirt and I sorted out 15 bus of the best and burried them.

Wed. 23 - I ploughed all day it was rather a nice day. Mirt washed. We were out to Salom Point last night and heard a Armenia Lecture about the rules and regulations of his country.

Thur. 24 - I ploughed. We are having fine weather now.

Fri. 25 - I finished ploughing the Young orchard. All but around the trees.

Sat. 26 - At the same old thing ploughing lovely weather.

Sun. 27 - Mirt and I went out to Jake's. Stayed till after Tea. Come home stoped to the Valley to church.

Mon. 28 - I ploughed all day another fine day.

Tue. 29 - I finished all up ploughing what land I worked.

Wed. 30 - Mirt went down to the Point for a few days visiting. Byron came up with the rig to help me saw up some wood. I helped Whit draw in the rest of his corn.

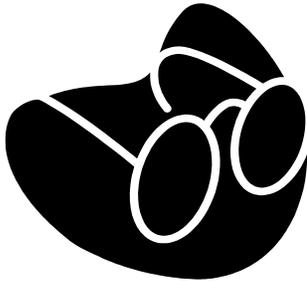
Thur. 31 - Byron and I saw up wood all day been very warm. We have had lovely weather this last two weeks. Hope it continues on threw November.

(See Sarah's Research Notes on page 18)

"Some cause happiness wherever they go; others, whenever they go."
- Oscar Wilde.

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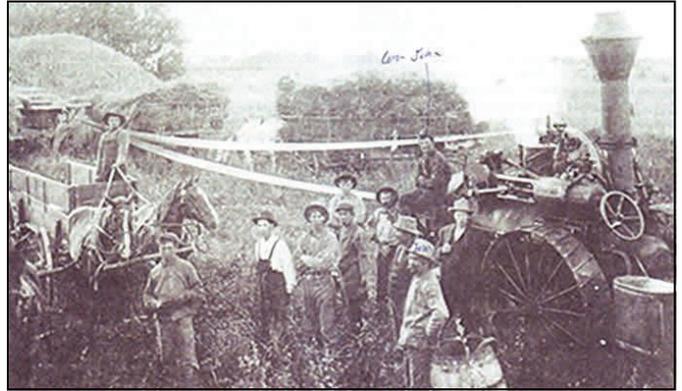
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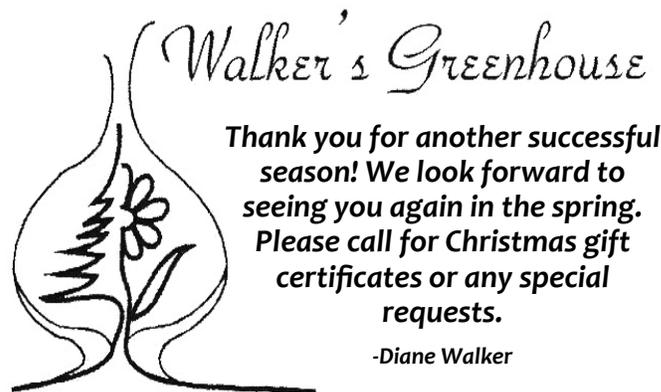
Sarah's Research Notes

**Historical Information & Anecdotes
About Nelson Hicks' Journal Entries.**



October 14th - Of all the agricultural implements used towards the end of the 19th century, it was threshing machinery that changed the most. Grain had been threshed on the barn floor, beaten with flails. Then, larger and larger machines appeared, at first powered by horse treadmills and later by steam-driven traction engines, enabling farmers to grow larger crops of grain.

October 23rd - With the massacre of Christian Armenians at the hands of the Turks, Canada took in 1500 Armenian refugees between 1900 and 1914. Their plight often came to the attention of Canadians through the church and efforts were made to support Armenians by many communities in Canada.



Thank you for another successful season! We look forward to seeing you again in the spring. Please call for Christmas gift certificates or any special requests.

-Diane Walker

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by michael potters