

The *South Marysburgh* Mirror

July 2016

Published for Residents, Businesses and Visitors since 1985



The Defending North American Champions!

By Don Farrington

In mid-July, a team of rowers from Prince Edward County including Jane & Tony Dean, Anne Dumbrille & Les Stanfield, and my wife Marilyn Farrington & I, all from South Marysburgh, will be heading off to Vergennes VT on Lake Champlain to defend our 2015 North American St. Ayle Skiff Championship win.

The St. Ayles skiff is a 22-foot, four-oarsman rowing boat which originated as a collaborative effort in 2009 by the Scottish Fisheries Museum and Alec Jordan of Jordan Boats to re-invigorate coastal rowing and boatbuilding in Scotland. Iain Oughtred was commissioned to design a glued lapstrake version of the Fair Isle Skiff which Alec Jordan then turned into a kit for construction by amateurs. The boat has become a phenomenal success with boats being built and raced around the world including 125 in the UK; 14 in the U.S.; 9 in Australia; 8 in New Zealand; 3 in the Netherlands; and the 3 Canadian boats in our Ayle of Quinte Skiff Club located at the Waupoos Marina in Prince Edward County.

This year we will be entering our three racing Skiffs along with 15 rowers to compete in 2 x 1-mile sprint and a 3-mile endurance race. We have been preparing for this event since early May, with three weekly practice and training sessions at the Waupoos Marina, and we feel we have a better than even chance of returning home with another victory.

Upon their return from Vermont, Tony & Jane Dean will be heading off to Strangford Lough, County Down, Northern Ireland along with Bob McKittrick & Elyse Graft, and Sandy Pratt & Marilyn Kennedy to participate in the "Skiffeworlds 2016" World Skiff Championships from July 25th to 30th. Under the auspices

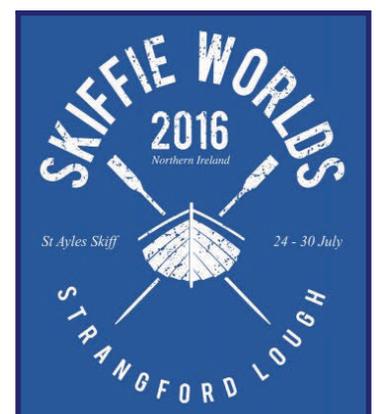
of the Scottish Coastal Rowing Association (SCRA), over 60 clubs and 800 competitors will be attending the event this year including, for the first time ever, a Canadian entry. They will be competing in the 55+ mixed, womens and mens; as well as the 65+ mixed, womens and mens.

As it costs about \$10,000 to transport boats to Northern Ireland from the U.S. or Canada, and much more from New Zealand and Australia, we use a "buddy boat system" whereby teams from away will use boats provided by the various local clubs in Ireland. Our Northern Irish hosts will also look after accommodation for visiting team members.

Newry, Mourne and Down District Council Chairperson, Councillor Naomi Bailie, is on record as saying that *"This is exactly the kind of sustainable, community backed, world class event we want to attract to our District and we are delighted to be working with the SCRA through the*

Partnership." We'd like to think the same thing might be possible in the County in a few years.

You can follow our club on our blog "Ayle of Quinte" at <https://ayleofquinte.wordpress.com/> or on Facebook at "Ayle of Quinte Skiff Club". If you'd like to learn more about the sport, please visit <http://scottishcoastalrowing.org/>



What's going on at The Library

By Kate MacNaughton



Summer in South Marysburgh is going to be magical! We're ready to go with all sorts of summer activities. Bring all your little wild beasts to us to sign them up for this year's reading club. The theme this year is WILD so we'll be reading wild books and doing wild things all summer long.

At the Milford branch, we're going to have some fun activities throughout the summer and we'll help cool you down when things heat up!

On July 5th, we'll be stitching up fire spinners and learning to spin. It's also known as Poi, a Maori performance art. We won't be lighting anything on fire though. We are recommending this for ages nine to adult but anyone who can hold a needle can register to do the crafting part.

On Saturday, July 16th, we'll be crafting for the fairies: making fairy houses and decorating fairy doors. I hear there are lots of magical groves in Milford so I bet there are lots of fairies who'd be grateful for a new home or a new door on their tree. This is an all-ages morning complete with a storytime for little book lovers. Little ones (and big ones) can join me at 11:15 for stories and a song or two.

In August, from the 9th to the 12th, we'll be running Ukulele mornings (ages seven and up) from 10:30 to noon each day. Our own multi-talented Julie will be running the week. If you are looking to improve your skills or learn a new instrument, Ukulele is a great place to start. And, as always, come in and mess around with the instruments at M.I.L.L., The Musical Instrument Lending Library. Instruments want to be played. It's good for them.

Registration is recommended for all of these activities. Email kids@peclibrary.org or call me at 613-476-5962 to register. Adults are every bit as welcome as kids to participate in these programs.

If performances are more up your alley, come to Picton. Tim the Puppet Tamer is returning, this time to Benson Park on July 13th. I'll be there too with a little marionette obstacle course to test out marionettes that we'll be making at Picton Branch the afternoon before. We're delighted that The Barefoot Players are also returning with some enchanted plays on August 3rd. They are always a pleasure to watch.

There will more, more, more fun activities throughout the summer. Check our online calendar or our Facebook page for the most recent info. See you soon!

Vacation Bible School



Where: St Philip's Anglican Church, Milford

When: Monday, Aug. 22 to Friday, Aug. 26

Time: Noon until 3:30

Lunch will be provided

For more information and to register:

Call 613.476.6063 (Paula)

The South Marysburgh Recreation Board

The Marysburgh Mummers
The Milford Fair Board

Meetings, Events, Announcements

Fair Board Meeting

Milford Town Hall
Wednesday, July 13 at 7 p.m.

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.

Car Boot Sale July 16!

*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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Did You Vote “No” on July 14, 2012?

By Paula Peel, APPEC Director

If you did, please support the South Shore Appeal Fund with a donation.

On July 14, 2012 The South Marysburgh Mirror arranged a referendum to allow South Marysburgh residents to express their own view on industrial wind turbine projects on the County’s south shore like the ones proposed by Gilead Power and WPD White Pines Inc. The results of the referendum were decisive with 90.2% of residents saying “No” to wind turbines.

To mark the occasion of this referendum please consider making a special donation of \$100 or more to the South Shore Appeal Fund on or before July 14, 2016. All donations will be used to fund legal costs to fight WPD at the upcoming remedial hearing before the Environmental Review Tribunal (ERT).

Please write cheques to the South Shore Appeal Fund and mail to the Alliance to Protect Prince Edward County (APPEC), P. O. Box 173, Milford, ON, K0K 2P0. Donations can also be made on PayPal on APPEC’s website www.appec.ca.

Our great thanks to those who have responded already by giving a donation.

As a final note we can all celebrate the recent decision by the ERT to revoke the Renewable Energy Approval for Gilead Power’s 9 turbine wind project at Ostrander Point. On June 6, 2016 the ERT found for a second time that the access roads for the project will cause serious and irreversible harm to Blanding’s turtles. With the loss of this project and the removal of 2 turbines from the White Pines project for heritage reasons, we are now that much closer to achieving our goal of protecting the south shore. In the words of a South Marysburgh resident: “11 turbines down and 27 to go!” With your help we will get there.

The 70th Anniversary of the Milford Fair

September 17th

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Marysburgh**

South Bay U.C.W.



A pot luck lunch was enjoyed by the UCW ladies at the church on Wednesday, June 8th.

President Sandra opened the meeting at 1:00 p.m. with our theme hymn, purpose and Lord's Prayer. Sandra's devotional was based on Mathew, Chapter 7, verses one to five. The lesson teaches that we shouldn't criticize other's shortcomings till we get the specks from our own eyes.

The ladies answered roll call with stories about their fathers.

May minutes were reviewed and accepted as read. Twenty-two sick calls were made. Treasurer, Joyce brought us up-to-date on our finances.

Our anniversary service will celebrate 144 years for our church on Sunday, June 26th at 10:30 a.m. A pot luck lunch will be served after the service.

Final plans were made for our fish fry on Wednesday, July 6th starting at 4:30 p.m. Ladies please note we will be setting up tables on Tuesday, July 5th at 9:30 a.m.

Alice's program was a contest about old sayings. Our UCW prayer concluded the meeting.

Ladies of UCW and Milford Friendship Circle, please note: There will be NO meetings in July and August.

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Gossip!

*Personal Notices, Announcements
& Random Notes*

Surely Not Shirley? Shirley not!

Our Postmaster has let the Mirror know that in the event of a postal "disruption" (better known by its more common name, A STRIKE) caused by the Canadian Union of Postal Workers, the Milford postal outlet will remain open as usual. Shirley is a member of another union not associated with the current unrest. Although the door will be open and you'll be able to purchase postal products and mail letters, those letters won't be going anywhere until after the strike unless they are addressed to recipients with Milford PO box numbers.

Any protracted postal disruption will affect delivery of the South Marysburgh Mirror. Box holders will receive their copies as usual but RR recipients will have to pick up their copies at the post office.

"The Duchess of Milford"

After witnessing another heated shouting match between a woman who was obviously having a very bad day and a No Frills employee in the No Frills parking lot, Helen Ward advised the Mirror that her B&B is up and running and that she has given herself the aforementioned regal sobriquet.

Get Ready, Carol Branscombe is Going to Visit You!

The Milford Fall Fair will celebrate 70 years of old fashioned fun on September 17th. As part of this year's fair there will be exciting live entertainment, new or revamped categories of exhibits, and much wider distribution of the fair booklet to entice people to enter exhibits; watch for it in your mailbox. The fair board would also like previous winners of the Murray Clapp Citizenship Award to wear their medallions on fair day.

As the fair's preeminent door-to-door fundraiser, Carol will be making her rounds so please give generously so she can retain her title, but more importantly to allow the fair board to cover the cost of the fair which, unsurprisingly, seems to increase each year.



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.

This is an exciting multi-dimensional challenge, but as of the Labour Day weekend there will be two winners – either the mayor or me with bragging rights, and one charity a little better off than before we challenged each other. Please give generously between now and September 4th, and please share this with all your friends and family.



Life In The Past

**Nelson Hicks' Journals
July 1926**

Transcribed by Sarah Moran Collier

"I see I haven't written anything in July. July has been a nice month very dry first of the month last part lots of rain."

And that is all that Nelson wrote for July, 1926.

Instead, here is some background information and a family tree.

Throughout his diaries, Nelson mentions the names of those who are a part of his and Mirt's life: the people who visit, come to stay, attend church, help with the work of the farm or house, share trips and picnics. He has no need to explain who they are.

They are, in fact, mostly family. Here is a family tree describing who Nelson's siblings are, who is married to whom, including the three Hicks brothers (Jacob, Nelson and Archie) married to the three Spafford sisters (Elizabeth, Mirt and Ina). The sisters were the daughters of Captain Leroy Spafford and Lucy Bongard of Point Traverse where they had the life saving station.



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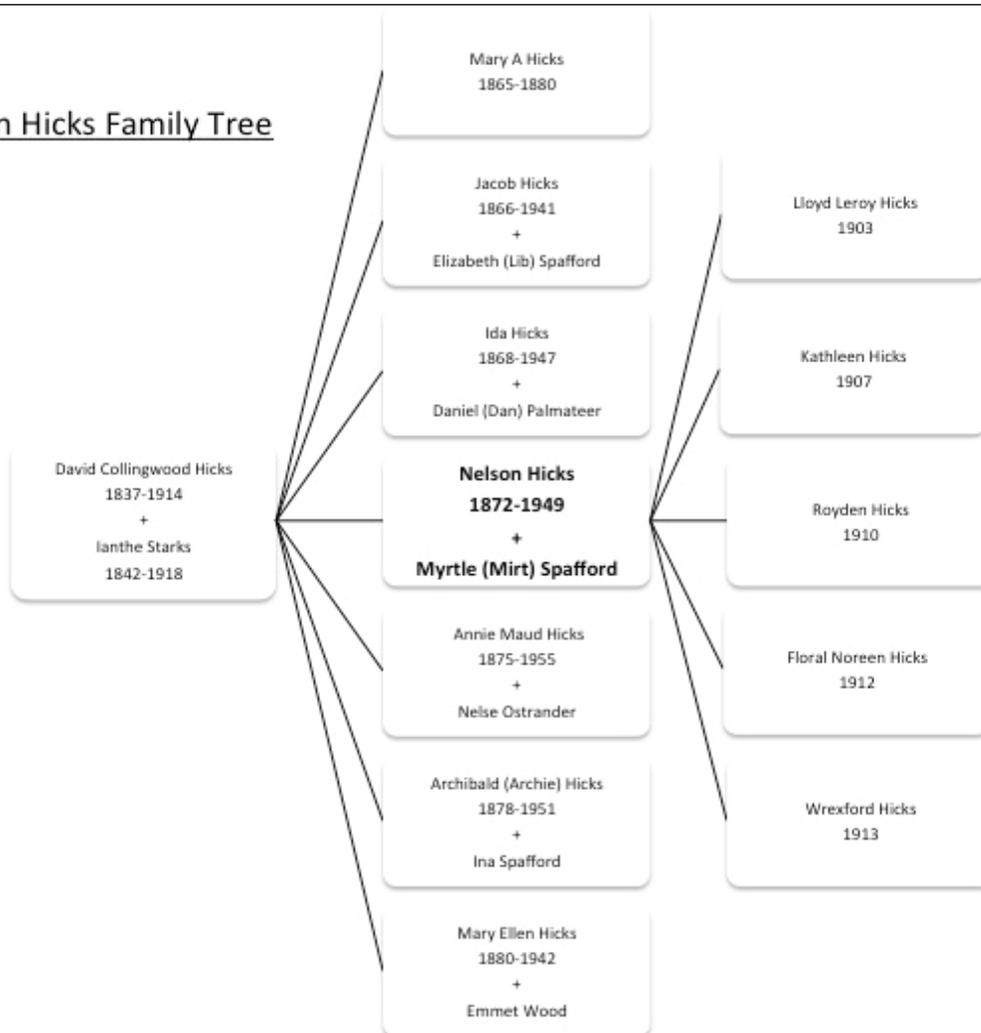
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Nelson Hicks Family Tree



Druella Acantha Malvina's Column

Gem for the month: People who expect the worst usually find it.

Q: What did the lovesick bull say to the cow?

A: When I fall in love it will be for heifer.

Q: What do you call a pig who has been arrested for dangerous driving?

A: A road hog.

Q: Why did the baby turkey gulp down his food?

A: Because he was a little gobbler.

Q: What do you call a pig thief?

A: A hamburgerler.

Q: How do chickens dance?

A: Chick to chick.

Q: What is a duck's favourite dance?

A: The quackstep.

Q: Which dance will a chicken not do?

A: The foxtrot.

Q: What do you call an unwashed chicken that crosses the road twice?

A: A dirty double crosser

Q: What do you call a sleeping bull?

A: A bulldozer.

A man was taking a long walk in the country. He became thirsty and stopped at a little cottage and asked for something to drink. The lady of the house invited him in and served him a bowl of soup by the fire. A baby pig was running around the kitchen giving the visitor a great deal of attention. The man commented he had never seen such a friendly pig.

The woman replied, "Oh, he's not that friendly. That's his bowl you're using."

A magician was working on a cruise ship. The audience was different each time so he repeated the same tricks over and over.

The problem was, the captain's parrot saw all the shows and figured out how the magician did every trick.

He started shouting in the middle of the show: "Look, it's not the same hat. Look, he's hiding the flowers under the table. Hey, why are all the cards the ace of spades?"

The magician was furious, but as it was the captain's parrot, he could do nothing. Then one day the ship sank and the magician found himself floating on a piece of wood with the parrot.

They glared at each other but said nothing. Finally, after a week, the parrot said, "Okay, I give up. Where's the boat?"

Some instructions for life:

- ◆ Don't believe all you hear, spend all you have or sleep all you want.
- ◆ Smile when picking up the phone. The caller will hear it in your voice.
- ◆ Remember that silence is sometimes the best answer.
- ◆ Never interrupt when you are being flattered.
- ◆ Remember that not getting what you want is sometimes a stroke of luck.
- ◆ Remember the three "R's": Respect for self; Respect for others; Responsibility for all your actions.
- ◆ Live a good honourable life. Then when you get older and think back, you'll get to enjoy it a second time.

Exit Line:

Don't let a little dispute injure a great friendship.

The Second Annual Car Boot Sale!

**Saturday, July 16th from 9:00
a.m. to 2:00 p.m. at the
Milford Market**



**Tables are \$10 and set up is at
8:30 a.m. Please call or text
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In the Red Shed"**

"If you've got a boot, cash in on the loot!"

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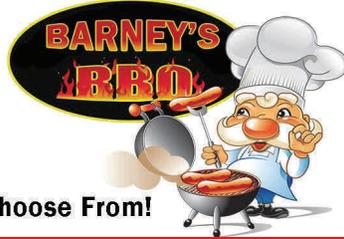
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And Now for Something Completely Different in South Marysburgh "Ekphrasis at BLIZZMAX."

By JC Sulzenko

"'Ekphrasis' may be a bit of a mouthful, I know," Alice Mennacher admits. Co-owner of BLIZZMAX Art Gallery in South Bay with her husband, artist Peter Mennacher, Alice explains 'Ekphrasis' in this way: "It refers to a work of art inspiring a poem, and a poem inspiring a work of art. The concept dates back to the ancient Greeks but remains very current.

"For the Gallery's 2nd installation this season (the Gallery's 23rd overall), we gathered together and paired nine visual artists with nine local poets who jumped at the chance to riff off each other's work. This show celebrates their creative collaboration. We've never held one quite like it!"

Participating visual artists are Peter Blendell, Buffy Carruthers, Sharon Fox Cranston, Graham Davies, Tracy Douglas, Don Maynard, Peter Mennacher, Rhonda Nolan, and Kato Wake. The show features poets Roz Bound, J.D. Carpenter, Janet Davies, Janice Edwards, Olga Everaert, Brian Flack, Shauna Haugen, JC Sulzenko, and Gerry Vise.

Co-curated by Alice Mennacher (art) and JC Sulzenko (poetry), the show offers 18 artworks, including mixed media, sculpture and photography, and 18 poems. The Gallery will sell the works of art with a copy of the poem that either inspired them or they inspired.

"*Ekphrasis at BLIZZMAX*," a 48-page chapbook conceived, designed and edited by author Brian Flack to complement the show, contains each poem and full-colour reproductions of the works of art. It will be launched and for sale at the opening (\$15.00 per copy.)

"*Ekphrasis at BLIZZMAX*" runs until July 24, 2016 at the Gallery, 3071 County Road 13, open Thursday-Sunday 10AM-5PM, or by appointment. (www.blizzmax.com; 613 476 7748)

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Raccoons

By George Underhill

There was an article in the paper recently about a “post-doctoral student” who was studying the behaviour of raccoons. Seems like some kind of a scam to me, a guy earning a living and an advanced degree studying raccoons, but that’s beside the point. The raccoons he studies forage along the tidal pools on Victoria Island and he blasts the sounds of animal cries at them to gauge their reactions. His studies indicate that they show no special fear of bears woofing, cougars yowling, or wolves howling. They continue to hunt for food along the shore without reaction. However, when he broadcasts dogs barking they scamper off the beach in alarm. I guess this is because they encounter quite a few dogs in their lives, but not many bears or mountain lions. This may be an interesting fact, but I’m not sure how you would apply it to keep these critters out of the garbage in Prince Edward County. Your neighbours may not complain when they tip over your garbage can and rip into its contents, but if you broadcast a barking dog all night I think you’d hear from next door.

Our raccoons are quiet during the dark days of winter, but they wake up in early March to rip the cover off our garbage cans. So what to do? A friend put bungee cords over the can that held food for his barn cats and he said the raccoons levered the cords up and feasted on cat food. At home here, if they can’t get the lids off the garbage cans they tip them over, roll them into the road, and wait for a car to crush them and scatter the garbage all over where they can get at it.

I have read that Toronto, also known as raccoon heaven, has come up with a raccoon-proof refuse can. As I speak (or write) young raccoon students at Raccoon College in Toronto are working on their advanced degrees in opening the combination locks on these modern things. I think the experts in Toronto better come up with a range of excuses. If the raccoons can figure out how to roll cans out in the traffic lanes in Prince Edward County, they’ll figure out the locks in the Big Smoke.

As far as I know, adult raccoons in the County have no natural enemies of consequence except for the automobile (if you count them as natural) and disease. Raccoons were introduced to Japan as pets after a Disney movie and some escaped or were released, and now are over-running the country. In Japan, they aren’t cute any more.

There are a variety of wild animals that prosper in an urban environment other than raccoons. One of my daughters resides in a home near High Park in Toronto. Her husband was on the roof putting on new shingles early one morning so he could avoid the mid-day heat. He watched a fox lurking under one of the cars parked along the street. After a little while a squirrel crossed the road and the alert fox darted out from under the car, and he watched it trot to the road leading to the park with a dead squirrel hanging from its mouth. That’s a pretty fair adaptation to his environment.

Vultures are thriving. Why? Road kill sets a generous table for them. Squirrels like our bird feeders and the relative lack of predators. I was watching sparrows in a parking lot carefully examining the grills of parked cars, to remove crushed insects for a meal. Maybe they were devouring only freshly killed bugs and ignoring dried up husks of insect bodies, I couldn’t say. But while some of our native animals suffer because of our growing population and thus grow nearer extinction, others thrive. The question is, “Will human beings thrive or become endangered as we cram more and more of us onto a crowded planet?” I don’t believe anyone can answer that question with certainty, but it’s certainly a question that needs to be asked.



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Municipal Council Update

By Steve Ferguson, Councillor for South Marysburgh

As always, another hectic month in Council, Committee of the Whole and planning meetings. Among the issues we were presented with were deputations by Ron Lirette (Executive Director, Prince Edward Family Health Team) on behalf of the Prince Edward County Healthcare Advisory Committee regarding the draft Policy for a Rural Health Hub; and Annette McIntosh and Angela Lammes addressed Council to voice their concerns about the Rodeo event scheduled to take place on July 23 and 24, 2016 in Picton.

Several councillors brought forward matters for discussion and eventual reports from staff including Councillor Gale on an amendment to the Development Charges By-law to consider out-buildings; and Councillor Forrester sought support for the inclusion of funding in Budget 2017 for Heritage purposes. Councillor Epstein sought support on a resolution recognizing the contributions of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) community and to proclaim July 17-23 as Pride Week in the County of Prince Edward which brought about a thoughtful, lengthy discussion. In the end his resolution passed with a majority, and with the hope that by taking this little step the County will move closer to being all-inclusive. Permits for special events on private property was discussed then deferred into the future, and renewal of an agreement with the Wellington Junior Hockey Club (The Dukes) took place at the end of June.

On a local level, the revitalization of the boat launch at South Bay is in the hands of the MNR but is being actively pursued by the municipality.

I was proud to represent Prince Edward County council and Mayor Quaiff as the Acting Mayor for the municipality at several events in June including the ESL (English as a second language) / LINC (Language Instruction for Newcomers to Canada) graduation celebrations in Belleville. The mayors of Belleville, Quinte West and Brighton, as well as MPP Todd Smith were all in attendance to celebrate the achievements of the remarkable individuals (including our own PEC Syrians, pictured to the right under the photo of Todd Smith) who, in many cases, had escaped from ungodly circumstances to start new lives in Canada, but in all cases recognized the importance of learning English. It was truly humbling to be in the midst of such an enthusiastic, thankful group of individuals so appreciative of a 'second chance'.

Most of the award recipients were in their own country's formal or ceremonial garb, but a bonus was that the buffet dinner they or their families prepared included dishes from Thailand, India, Korea, Japan, Mexico and other countries. Or there were egg salad sandwiches for the less adventurous!

Last week I was pleased to act in the same capacity and bring greetings at the opening of Art In The County.

Council activities are reduced for July and August but I'll update you in subsequent Mirrors.



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Grow Your Own

By Nancy Butler & Sarah Moran Collier



In celebration of the 70th anniversary of the Milford Fair, we are talking to a number of vegetable growers who have entered their produce into the fair over the years.

This month we talked with Gillian Parker who is something of a philosopher gardener. That certainly does not mean she sits around thinking about gardening instead of doing it, far from it. In fact, the only way to find a time when Gillian was not working in the garden and would agree to take the time to be interviewed was to wait until it was raining!

It is apt to call her a philosopher gardener because she can be wonderfully reflective about what it means to grow things. For her, being in the garden is a part of life when she is at her happiest. She explains that the world recedes from her in the garden and her awareness is at peace with the birds and the beauties all around, the sounds and smells of nature. It is a kind of meditation.

Growing has long been a part of her life. She pestered her father, when she was eight, to give her a piece of garden for herself. She remembers families in the war, growing their own food, working together in what they called their "Victory Gardens". She refers to it as a kind of community gardening and recalls a spirit from then that she associates with the Milford Fair. Entering your vegetables in the fair, she says, is to take part in a social meeting and be a part of the community.

Gillian's advice on growing could be a metaphor for life. Her approach is certainly a good way to enjoy your garden for what it is and not stress out about the frustrations of what it is not due to weather, or pests or blight. She recommends we don't aim to copy other gardens but allow our garden to develop in its own way. Be observant about what is doing well. Don't be too hasty to uproot plants in the "wrong" place because you never know what unseen gifts might arise. Many potatoes seem to be cropping up at random in her vegetable garden and doing very well.

Gillian says that even now it is still a kind of magic to her, that you can sow a seed and watch a plant emerge from the earth. Her favourite vegetable is asparagus which seems to demonstrate just such magic. She confesses to checking in on her asparagus several times a day to marvel at its growing, and likens digging potatoes to finding treasure. This act of growing brings you closer to nature and to the continuum of life she notes.

When asked for a gardening tip, Gillian recommends growing the vegetables you enjoy. Then you will be more likely to find pleasure in the work it will take to grow them.

There's good news if you wish to enter the Milford Fair with your vegetables this year. To encourage as many entries as we can, we are reducing the entry requirements from five vegetables on a plate to three. Many fairs do this, and it should make it easier for you to enter. Also, if you bring your vegetables in on the Friday evening, just as they are, we will help you prepare your entry. Less work for you and more fun at this 70th anniversary Milford Fair.

Read *The Mirror* on-line and in colour at www.southmarysburghmirror.com



July at the Winery

Well, here it is summer and the vineyard has never looked better. A great time to visit the southeast end of the County where you will find numerous wineries plus a mead producer, an art gallery, roadside veggie stands, and other unique small enterprises.

Blazone

Saturday, July 2 & Sunday, August 21 from 3:00 to 6:00
Frank and Martin are back for an afternoon on the patio.
Enjoy a glass of wine, a nibble or two and listen to some great blues and jazz

Chamber Music Presentation

Students from 'Music at Port Milford' will perform on the patio on Thursday, July 21 - 1:30 to 2:30

A select group of young artists from the U.S. and Canada will perform works from the classical and romantic era. This performance is an introduction to their summer performance program celebrating 30 years.

\$15.00/person includes a glass of wine and a selection of appetizers from our Nibble Menu

Summer Hours

11:00 to 5:00 Sunday thru Thursday
11:00 to 6:00 Friday and Saturday
or by appointment

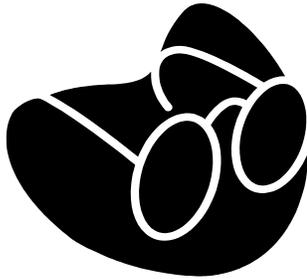
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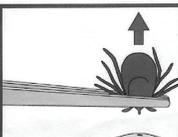
It's Lyme Time!

Protect Yourself Against Lyme Disease

- 1** Walk in the middle of trails; avoid sitting on logs and leaning on trees.
- 2** Wear a hat, tuck in hair, if possible.
- 3** Wear a long-sleeved shirt fitted at the wrist.
- 4** Wear shoes, no bare feet or sandals.
- 5** Wear long pants tucked into high socks or duct tape around pants.
- 6** Consider Deet for skin and permethrin for clothes.
- 7** Wear white or light-colored clothing to make it easier to see ticks.
- 8** Do tick checks immediately and 3 days after outdoor activity.
- 9** If you find a tick, remove it carefully and save it.
- 10** Ask your veterinarian about protection for your furry friends.



Lyme Disease is transmitted by a tiny tick, most often the size of a poppy seed.



Remove tick with tweezers. Pull straight out as close to the skin as possible. Save tick in container and call doctor.

Canadian Lyme Disease Foundation
www.canlyme.com

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South Bay U.C.W. & Milford Friendship Circle Announcements

Ladies of UCW and Milford Friendship Circle, please note: There will be NO meetings in July and August.

Milford Market

Open Saturdays 9 a.m. to 2 p.m.
in the Red Shed at the Milford Fairgrounds - 2179 County Road 17

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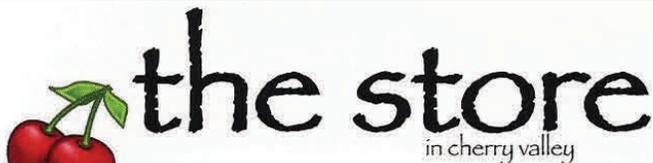
3071 County Rd.13, South Bay



**July 2nd to 24th: "Ekphrasis":
An Exhibition Pairing 9 Artists and 9 Poets
VERNISSAGE Saturday, July 2 at 7:00 p.m.**

Ekphrasis is the graphic, often dramatic description of a visual work of art. The exhibition pairs 9 artists and 9 poets. The artists include Peter Blendell, Buffy Carruthers, Sharon Fox Cranston, Graham Davies, Tracy Douglas, Don Maynard, Peter Mennacher, Rhonda Nolan and Kato Wake. The poets are David Carpenter, Roz Bound, Janet Davies, Janice Edwards, Olga Everaert, Brian Flack, Shauna Haugen, JC Sulzenko and Gerry Vise. Artists and Poets have been paired and each pair interprets their partner's work. Brian Flack has created a chapbook which documents the exchanges. The chapbook will be on sale at the Gallery on opening night.

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The South Marysburgh Mirror

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South Bay United Church Celebrates 144 Years

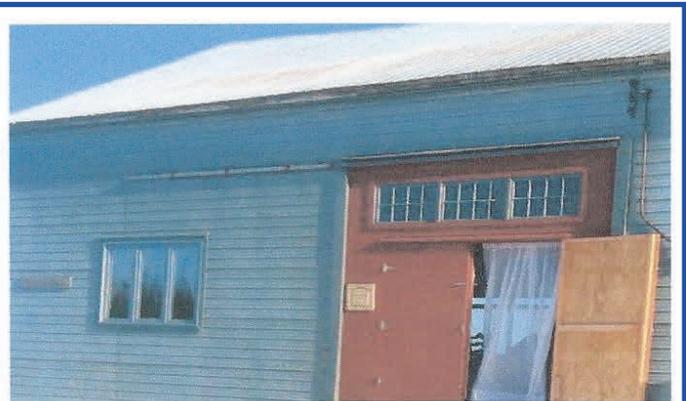


Randy York read excerpts from Samuel Ostrander's 1871 diary on the building of the church. Joyce Minaker and Karen Gyde read and discussed various old newspaper clippings regarding the church. In the rear, are narrator Dorothy Vincent and minister Janelle Shaw. A choir was formed especially for the anniversary service.



Ostrander Point Update

July 6, 2016 is the last date on which Ostrander can appeal a decision rendered by the ERT to once again revoke the Director's decision to issue the REA. This is the first REA appeal proceeding where an appellant has met the environmental harm test in s. 145.2.1(2)(b) of the Environmental Protection Act (the "EPA") – namely a renewable energy project that will cause "serious and irreversible harm to plant life, animal life or to the natural environment". It is also the first hearing solely on the matter of remedy in the history of renewable energy approval appeals in Ontario - See more at: <http://savethesouthshore.org/wind-farms-vs-blandings-turtles-a-final-decision-at-last-article-by-charles-birchall/#sthash.R8im0Lbr.dpuf>



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**Copy & Advertising
Deadline for the August
Edition of The Mirror
is July 25th**

Tick Talk

By Dr. Anne Uings

I am a retired medical doctor from England and I got Neurological Lyme Disease in England in 1994. It took 12 years and three countries before I was finally diagnosed. I had seen numerous "specialists" during those years and had had thousands of dollars' worth of tests done. I had neurological deficits and severe brain inflammation, but the possibility of Lyme Disease was never mentioned. I had had a Canadian Lyme ELISA (enzyme-linked immunosorbent assay) test done and it was negative.

I had no idea at that time that the ELISA test is only 30-50% accurate as a screening test. Eventually, by my own efforts, I was tested at an American lab that specializes in tick-borne diseases and my results were highly positive. Despite this, and my clinical history, which was typical of late-stage Lyme Disease, I was dismissed by several infectious disease doctors who all insisted that there is no such thing as late-stage Lyme Disease and that there was no Lyme Disease in Canada. I lost my ability to work, and therefore my profession. I was housebound/bedbound for many years. Nobody could tell me what was wrong....except that I did not have Lyme Disease.

So I got treatment, at my own expense and effort, with a Lyme Disease specialist in the USA. My family doctor was sympathetic to my situation, but was not able to prescribe the required treatment because she would get into trouble. Indeed many doctors, who have sought to help Lyme Disease patients, have been hounded by their governing bodies and forced to quit. In the past this has also been the situation in the USA but such is the overwhelming clinical evidence that late-stage Lyme Disease is real - often presenting as MS, ALS, Alzheimer's, Parkinson's, Dementia, Fibromyalgia, Seizure disorders that can be treated - that several US states have now passed legislation whereby doctors who treat Lyme Disease cannot be prosecuted.

For several years, when I lived in Montreal, I volunteered for the Canadian Lyme Disease Foundation and have spoken to hundreds of people who all tell the same story. Many of them have known histories of tick bites, have had classic Bulls-Eye rashes and some have even had positive ELISA tests. They were now presenting with typical late-stage Lyme symptoms.

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I heard the same stories that they were all faced with denial, dismissal and ridicule over and over again, and the worst offenders were the infectious disease doctors. It was true then, as it is now, that only people who can afford to get tested and treated properly in the USA have any hope of getting better.

We moved to The County almost three years ago. I know of two people diagnosed with ALS who have been found to have Lyme Disease. Lyme has been endemic in The County for years, as it is throughout Eastern Canada but it has been kept under wraps for political and ego reasons. It is a looming public health crisis bigger than Aids, West Nile and Zika put together.

So public awareness and protection are key and there is very little of that coming from the official authorities.

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Wood's Warriors: Myrna Wood, President of the Prince Edward County Field Naturalists (PECFN) is joined by other members of PECFN and by Sacha Warunikiw, owner of the Mills Falls B&B and Kari Gunson, a Blandings Turtle specialist, at a reception to celebrate the ERT's revocation of the Ostrander Point industrial wind turbine project.
 L – R: Agneta Sand, Cheryl Anderson, Gerry Jenkison, Sheena Kennedy, Sheila Kuja, Myrna Wood, Sacha Warunikiw, Kari Gunson, Amy Bodman, Sandra Dowds

Below L-R: Cee Holder and Toronto Sun Columnist, Jim McPherson; Myrna thanks her supporters at the reception at Mills Falls B&B; Chris Hall, Anne Dumbrille and Sacha Warunikiw

