

New Years Day in South Marysburgh

The Jackson's Falls Public House was the place to be on January 1st as local residents and their families and friends congregated to offer each other best wishes for the new year.

Hosted by the South Marysburgh Recreation Committee and Lee Arden Lewis, owner of the Public House, dozens of people attended the annual New Year's Day Levee to enjoy delicious foods and beverages. The annual tradition has been a signature calendar event for many years and exemplifies the spirit of community that exists in South Marysburgh.



The South Marysburgh Potato Festival—January 25th and 26th. See inside for details

Milford Library Branch

Check It Out

By Julie Lane

Happy 2019 everybody! It's resolution time again. Many people are resolved to read more in the New Year, but how do they persevere in their resolution? Keeping a reading journal and/or joining a book club can really help. Apposite book suggestions are also important, and that's where Novelist comes in.

Novelist is a readers' advisory resource that's built into the Library's online catalogue. Click the "Novelist Content" tab when searching for books online to access curated read-alike recommendations, series information, reader ratings and reviews, book jackets, summaries, excerpts, and more.

According to polls, the most common resolutions are to eat a healthier diet and lose weight. For incorporating healthy eating habits into a busy day-to-day life, take a look at the newly-released book *The Complete Plate* by Lauren Klukas. It's a collection of thirty meal plans, for diets of all caloric sizes, with each day balanced to provide 100% of your daily macro and micro nutrient needs. Also popular is *The Keto Diet Cookbook* by Leane Vogel. It's a follow-up to her best-selling *The Keto Diet*, which did away with the "one size fits all" philosophy, offering a customizable approach that is tailored to the unique needs of the individual.

Kanopy can also help you meet your health and fitness goals. It's a video streaming service, similar to Netflix, which is free for library patrons. In addition to feature films and documentaries, there are complete video courses on Kanopy, such as *Changing Body Composition through Diet and Exercise* by Dr. Michael Ormsbee for The Great Courses. An Associate Professor at Florida State University, Ormsbee provides a complete and comprehensive look at human bioenergetics and performance nutrition. Each of the twenty-four lectures, while supporting the overarching structure of the course, is self-contained with easily accessible material. So whether you prefer the big-picture view or you want to start by delving deeper into a specific area of interest, the video series will meet your needs.

Another common New Year's resolution is to learn a new ability or skill. Why not learn a new language in 2019? In addition to French and Spanish programming available at the Library (check the events calendar at peclibrary.org/events for up-to-date info), patrons have access to digital language-learning resources. Mango Languages provides a self-paced learning program that teaches languages through relevant and topical dialogue using the four key components—vocabulary, pronunciation, grammar, and culture—for improving proficiency in another language. Their unique methodology features content and exercises crafted by expert linguists and language teachers that empower learners to comprehend, construct, and create conversations in the real world. Seventy-plus world languages and dialects are ready for you to start exploring. All you need is a library card number and PIN!

If you need help with Kanopy Streaming Video, Mango Languages, or with any of the library's digital resources, contact us at 613-476-5962 or techhelp@peclibrary.org.

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For the Birds

Launches online January 15, 2019
and features PEC poets and photographers

The Prince Edward Point Bird Observatory (PEPtBO) will publish a 46-page, full colour poetry chapbook ***For the Birds*** on January 15, 2019 on its website at www.peptbo.ca.

With words and photos, this unique celebration of birdlife in the County contains winning entries from PEPtBO's first poetry contest, complemented by images taken by local photographers Ian Dickinson and Hélène Tremblay. Poems by Brian L. Flack and Walter H. Watt placed first in the contest.

"I congratulate and thank the 17 poets from the County and from away, and the photographers whose work graces the pages of ***For the Birds***," PEPtBO President Peter Fuller said. "We held this contest and are publishing this beautiful collection online to keep a focus through the winter on the importance of bird migration and habitat to Prince Edward County."

Local poet JC Sulzenko judged the contest and edited the chapbook. "The poems and photos in ***For the Birds*** feature songbirds and raptors, waterfowl and scavengers, and honour the wonders of nature in the County in a unique way. I feel privileged to have played a part in this project," she added.

PEPtBO intends to hold an award ceremony and public reading from ***For the Birds*** in conjunction with programming around the spring migration period.

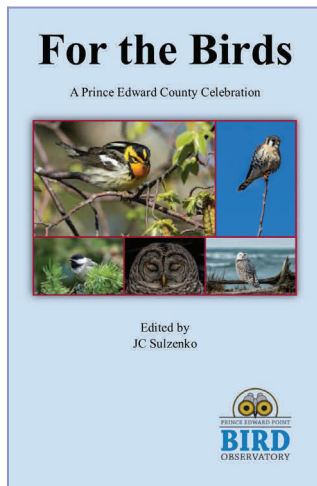
PEPtBO, a registered charity, has the mandate to monitor and report on bird migration along the South Shore of Prince Edward County. The organization's volunteers also act as official caretakers of the South Shore Important Bird and Biodiversity Area (IBA) through which millions of birds and thousands of Monarch butterflies migrate.

Back the Build

Give to Your New County Hospital



Copy & Advertising Deadline for the February Edition of The Mirror is January 25th



The South Marysburgh Recreation Board

The Marysburgh Mimmers

The Milford Fair Board

Meetings, Events, Announcements

Wii Bowling

Milford Town Hall

Thursdays January 10 to April 17

1:00 to 3:00 p.m.

We need more players for a FUN afternoon

Potato Festival

Milford Town Hall

Friday & Saturday, January 25th & 26th

Friday, January 25th from 7:00 to 9:00:

Family Bingo \$1.00/card for all night

Maximum 3 cards

Saturday January 26 10 am

Everything to do with Potatoes!

Potato stamping and crafts for the kids

Interesting facts about potatoes

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Life In The Past

Nelson Hicks' Journals
January 1929

Transcribed by Sarah Moran Collier

Jan. 1 - New Years day snowed some most all day. Lloyd Luise Wrex Katherin Murphy children came down for the day. At night Collin and Alice Clinton Minaker Ray Dulmage were here and all had a good time

Wed. 2 - Garnet went home with Lloyd and Willis stayed down

Thur. 3 - We are having quite nice weather Royden not feeling very good. got the Lagriep I guess.

Fri. 4 - Royden little better we sawed up some wood and drew out some manure.

Sat. 5 - After Dinner I went over to Picton Lloyd was down te Picton and Kathleen went home with him Floral came home with me It was a bad night coming home rain and sleet roads very slipery but we arived safe and sound.

Sun. 6 - Colder snowed and drifted most of the day Clinton Minaker here at night Floral went to Picton Royden not feeling so well again.

Mon. 7 - Colder today Election Stephen Dulmage and Finton Doddge running Stephen Elected Lloyd came down in the after noon. He has Jem Irvins run about car now

Tue. 8 - Wind blew quite hard all day Mirt washed Wolf gang at Elmer Colliers

Wed. 9 - I took a grist to Milford for grinding quite cold

Thur. 10 - Rained most all the four noon and not very cold

Fri. 11 - Wind North weather quite mild Sold two cows truck came after them to day Price \$200.00 Lloyd and Archie came down in the afternoon

Sat. 12 - I went over to Picton got a Box stove and stand from Bill Parmer Floral and Kathleen stayed over.

Sun. 13 - Quite a lot of snow making good sleighing now Vistors in the after noon Clinton Minaker Roy Dulmage Aldine Scott. it was cold and bluster.

Mon. 14 - Royden getting better Wind North East and cold

Tue. 15 - Royden went out to the Barn to day for the first for over a week

Wed. 16 - Royden and I went up to Archi and got a quarter of Beef. Quite a lot of snow but cars are going just the same

Thurs. 17 - Warmer and rained by spells all day Wolf gang at Geo. Hudgin's at night rained something awful. All night loosing most of our snow

Fri. 18 - Royden and I drew out some manure. It was nice and warm Commenced to rain again at night and we had a heavy rain again

Sat. 19 - I not feeling very good. Royden went over to Picton Girls came home with him And so did Wrex He came down to Picton with Lloyd

Sun. 20 - Snow is all gone again And the ice went out again up to the Flats. Clinton Minaker took the Girls over to Picton Wrex went over with them He entends to go back to Lloyds with Standly Vandusen.

Mon. 21 - A Very nice day I went over to Picton to Davis Duetta and fitted some shoes up for the Horses

Tue. 22 - Royden and I cut some wood. At night Royden went out to Geo. Hudgins to a party.

Wed. 23 - Change in the weather wind blew a gale and snowed by spells.

Thur. 24 - It was a lovely day After Dinner Mirt and I went over to Picton Poultrely show on We stayed for the night and went to the show. roads were good for cars.

Fri. 25 - To day has been very stormy with high winds. had a lot of thunder and Lightning

Sat. 26 - Some colder to day Royden went over to Picton after the Girls. Roads were fine for cars

Sun. 27 - Mirt Floral and I went around to Sunday School Lloyd and Family down Wrex came down with him

Mon. 28 - A very nice day Not very much snow on the ground Mirt washed.

Tue. 29 - Royden and I cut some apple tree wood at night Mirt and I went around to Howard Dulmage visiting

Wed. 30 - We are still having fine weather no snow to speak of and roads good for cars Mirt and I went down to Claton Dulmage visiting

Thur. 31 - We sawed up what wood we had up there is about 7 inches of Ice now and very nice skating

This month's column was transcribed by Sarah Moran Collier, Buffy Carruthers, Liz Driver and Vicki Emlaw as a result of Sarah's transcription workshop in November. Their research notes are elsewhere in this issue.

Seniors Directory Available

The Prince Edward County Community Care for Seniors Association has published the 15th edition of its Information for Seniors Directory, made possible by funding from the Retired Teachers of Ontario Foundation. The information in this directory can assist older people, their families and caregivers in finding resources to help seniors live at home.

The 104 page directory is available for free at the Community Care for Seniors office at 74A King Street in Picton. Seniors and their caregivers are encouraged to stop in and pick up a copy of this valuable resource.

For more information, please call Community Care at 613.476.7493 or www.communitycareforseniors.org

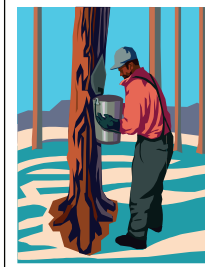


Gossip!

*Personal Notices, Announcements
& Random Notes*

It's January, there's not a lot to talk about...

- A couple thousand sheep moved from Milford to Waupoos Island today. Not something you see everyday or everywhere.
- Jen Ackerman's Christmas decorations at *Live Laugh Eat* in Milford looked terrific this year, as did the inflatables on the lawn across the road.
- Something you should have known before tucking into Christmas dinner: Drinking water after eating reduces the acid in your mouth by 61 percent.
- And for those departing for sunnier climes or exotic travel (1): Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- Amazon obviously took note: Kites were used in the American Civil War to deliver letters and newspapers.
- Your tongue is the only muscle in your body that is attached at only one end.
- Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite number of times.
- "Well, it already is kinda subterranean": Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- "Why are you late for class?": The University of Alaska spans four time zones.
- And for those departing for sunnier climes or exotic travel (2): Everything weighs one percent less at the equator (including people after Christmas!).
- The letter 'J' does not appear anywhere on the periodic table of the elements.



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

Mirt and Nelson stay in town for the poultry show, a popular event with significant effort going into exhibiting: "Birds are trained for the cages used at shows and washed and manicured in



preparation for an event." This photograph is of stock breeders "preparing birds in the Crystal Palace, 1929." Was it Crystal Palace Picton or London? We don't know; poultry shows were held in both. In the UK poultry shows were at the height of popularity during the late 19th and early 20th centuries and in the US, until standards were set for a breed, fights over judging were known to break out.



Royden is not at all well, for a week, with what Nelson guesses is "Lagriep". There was in fact a flu epidemic in 1928/29 which was serious. Mortality was

high and memories were fresh of the Spanish Influenza pandemic after the First World War. During the winter of 1928/29, newspapers were full of advice about not neglecting colds and also full of advertising for remedies, notable for their superiority to whiskey.



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Appliances vs. Modern Cars

By Doug McGregor

I'm puzzled by some of the workings of the modern world. When I was a kid (just a few years ago ;-)) home appliances lasted forever but cars wore out and/or rusted out pretty regularly. The Volvo commercials of some time ago boasted their cars lasted an average of 11 years in Sweden. That was well past the expectancy of most cars at that time here.

However I now drive a car that's into it's 16th year. While in 10 years, we are on our second oven, second dryer, second water heater, and countless toasters and kettles. And none of these are cheap!! Don't even get me started on cell phones!

This is upside down!


The fact that we, as consumers, have the odds stacked against us in terms of appliances "prematurely" wearing out or becoming obsolete shouldn't be a surprise. We're up against two things.

1) Advancement of Technology. There is an observation in electronics called Moore's law which notes that the power of electronics doubles every year or so. So, if you have something electronic in your possession, obsolescence is pretty much a sure thing in short order.

2) Corporate Greed. In 1925 the light bulb manufacturers of the day discovered their products were lasting too long! They entered into the Phoebus cartel to limit the lifetime of their bulbs so consumers would be forced to buy more. While this type of cartel is illegal these days, there is plenty of evidence that this kind of mentality still exists.

So I'm not at all upset how long cars last. They not only last longer but they are way more reliable than my first cars. It's just a shame that they cost so much to repair. However, like inkjet printers and their priceless inks I think that's where the car industry has deliberately driven their business. The dealerships certainly make more money out of the servicing than they do the original sale.

But it's the appliances that really bug me. Replacing them is getting increasingly expensive not to mention wasteful. Like many people, I know how to wield a screwdriver and I know which end of a soldering iron to hold onto, but I can't repair most units these days.



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So where is this headed? Well, one thing of note is the burgeoning "right to repair" movement. Have a look around the web and you'll see a number of initiatives in this vein. Some of it comes from frustrated farmers who could no longer repair their own farm equipment. They couldn't get the tools (many of them computerized) to diagnose and fix their tractors etc. This means a lot of downtime and unnecessary expense. In fact the situation was even worse as they were legally prevented from doing so because of the T's and C's in their purchase agreements. *Ahhh ... the dreaded fine print!* Some legislatures in the United States are working on improving this situation.

Who's going to win? It's anybody's guess, but big money is at stake. I hope it's the consumer and the environment.

Doug McGregor is a promising "young" writer nearing the completion of his first decade in South Marysburgh. He is a retired engineer, a proud and longtime member of the Milford Fair Board and served on the hospital board for a number of years. He shares a home on South Bay with his wife, two dogs and three cats and an unknown number of mice.



Dan Murphy & Natalie Comeau with busy hands at Busy Hands in Wellington in December

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Druella Acantha Malvina's Column

Gem for the month: Don't overlook life's small joys while searching for the big one.

Out of the mouths of babes....

A young mother was riding the bus with her four-year-old son when he suddenly blurted out so everyone in the bus hear him, "Look, Mom, see that man's nose? It looks sooo funny!"

The mother was quite embarrassed and whispered to him that if there was something he wanted to say about someone, he should wait until they got home so nobody would be sad.

A moment later, the tot blurted out in the same loud voice, "Look mom, we've got to talk about that big fat lady when we get home."

Stumpy and his wife, Martha, went to the county fair every year. Every year, Stumpy would say, "Martha, I'd like to ride in that there airplane." And every year Martha would say, "I know, Stumpy, but that airplane ride costs 10 dollars, and 10 dollars is 10 dollars."

Finally, Stumpy says, "Martha, I'm 71 years old and if I don't go for a ride this year, I may never get another chance." Martha replied, "Stumpy, that there plane ride costs 10 dollars, and 10 dollars is 10 dollars."

The pilot overhears them and says, "Folks, I'll make you a deal. I'll take you for a ride on one condition. If you can stay quiet and not say one word, I won't charge you, but, if you say one word, it'll be 10 dollars."

Stumpy and Martha agreed and up they went. The pilot did all kinds of twists and turns, rolls and dives but not a word did he hear. Finally, he landed and turned to Stumpy. "By golly, I did everything I could think of to get you to yell but you didn't."

Stumpy replied, "Well, I was going to say something when Martha fell out but 10 dollars is 10 dollars."

Isn't making a "smoking" section in a bar or restaurant a lot like making a "peeing" section in a public pool?

A fly was buzzing over a pasture one day when he saw a female fly sitting on a cow chip. Buzzing down to her, he lands and says, "Pardon me, is this stool taken?"

Exit Lines: I'd like to take this opportunity to wish all readers greetings of the season and a healthy and prosperous 2019. If this column has provided a laugh for you, my purpose has been realized. D.A.M.

Another first for South Marysburgh!

Potato Festival

Milford Town Hall

Friday, January 25th from 7 to 9 p.m.

Family Bingo \$1.00/card for all night

Maximum 3 cards



Saturday, January 26th from 10:00 a.m.

Everything to do with Potatoes!

Potato stamping and crafts for the kids

Interesting facts about potatoes

Lunch based on potatoes

Games of skill

Meet Bud the Spud!



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COUNCIL CORNER

By John Hirsch, Councillor Ward 9, South Marysburgh

HAPPY NEW YEAR!!!

Whoever said being on Council is a part-time job??

I am so glad that I can commit full-time to this important job. Since November 27, your new Council has had six full days of training including a full-day tour of the County focusing on all the County owned infrastructure, a marvelous inauguration ceremony at the Regent Theatre on December 4, a Planning meeting and a full Council meeting.

In January, we have meetings on 11 days. Some days have two meetings.

And of course, the Mayor's Levee was at Macaulay Heritage Church on January 6 – everyone was welcome and many attended!!

We have an enthusiastic Council with 9 out of 14 councillors around the Shire Hall horseshoe for the first time.

BUDGET: Our biggest focus in January will be on the budget – five full days scheduled to go over priorities and carefully allocate spending of your tax dollars.

CANNABIS: We will also have two special meetings about the cannabis retail sales question, January 9 at the Picton Community Centre, culminating on January 15 with a special Council session to decide whether PEC will “opt in” or “opt out” of having cannabis stores in the County.

There is still time to advise me of your views or discuss this important issue.

PROVINCIAL REGULATION: The province is acting fast in a number of areas affecting PEC – changes to the Planning Act, Electricity Act and the new Open for Business Act. As Council we will have to keep abreast of these emerging issues, provide comments as appropriate and enact our own bylaws as necessary.

I have already heard from some of you regarding road conditions and snowplowing issues. Concerns are passed on to our engineering and operations staff for action and advice. I hope to have more information about the 2019 road surfacing/repair program after our budget deliberations.

In addition to this regular column in *The Mirror*, I will be reporting in a blog on my website and can be reached by phone, text and email.

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613-846-0046

And don't forget, for immediate service the County help line is available:

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Email: info@pecounty.on.ca

Or submit a request using the online form on the County website: www.thecounty.ca



(R) New Year's Day Levee: odd and not so odd couples...