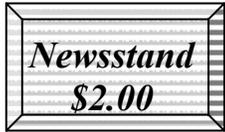


# Amherst Island BEACON



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[aibeacon@topsyfarms.com](mailto:aibeacon@topsyfarms.com)    January 2011

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## We all need a post-holiday nap!



PHOTO BY BRIAN LITTLE

### THIS ISSUE

-Ian Murray, Editor

Here's another double issue, sorry folks. I resolve to do whatever it takes this year to get the Beacon out as close to the 10<sup>th</sup> of the month as possible.

Thanks to our contributors and our readers for their continued support.

### JAMES LAW WHITTON, OCTOBER 8, 1924 -

#### NOVEMBER 20, 2010

Jim was born in Kircaldy, Scotland, and was forever a proud Scot. He was 16 when WW1 began and he joined as soon as he was old enough. His unit - the Royal Scots Fusiliers - landed at Normandy on D-day, and later joined with the First Canadian Army as they fought their way through France, Belgium and Holland.

After the war ended Jim returned to Scotland, did a degree in Chemistry, and was recruited by the AECL labs at Chalk River. He would later go on to earn an MSc in Physics, and a PhD and DSc in Physical Electronics. At AECL he worked in research on nuclear materials, and for the next 40 years that research took him all over the world where he was a respected colleague, forming many life-long friendships and authoring over 130 research papers. In the early 1980s he moved to Kingston and Queen's University where Jim was appointed as a Physics Professor on a 'Special Appointment to the Principal.'

In 1987 Jim found his true home when he moved to Amherst Island. He loved the Island and contributed much to its community. In the early 1990s he was a member of Amherst Island Township Council. Jim was also an active member of the Presbyterian Church on the Island, chairing the Board of Managers and more recently being elected an Elder. He had a special place in his heart for Amherst Island Public School, where he volunteered for many years teaching Math, as well

*(Continued on page 2)*



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(Continued from page 1)

as chairing the ISLE fundraising committee and the School Advisory Council.

In the last few years of his life, Jim was on the go as always. During the summer months Jim loved golf, always walking 18 holes and pulling his clubs, which he did up until this August. His biggest frustration was golf carts, as he believed that carts on the fairways always slowed down the game. In the winter when he couldn't golf, he would swim 40 laps at the pool a few times a week, and on Saturday nights he would play snooker with his buddy Phil. For the last 25 years he told everyone he met just how lucky he was to be living on Amherst Island. He may not have had a grandfather in the cemetery, but he was an Amherst Islander to his core.

He will be very contented knowing that he is permanently home, nestled on the hill beside his beloved Presbyterian church. He is survived by his wife Lynann, his five children from three marriages - Jeannie, Beth, Catriona, Sarah and Ben, as well as four grandchildren - Kalene, Nigel, Heather and Alison.

**A TRIBUTE**

-Sally Bowen

Here's my personal tribute to Jim Whitton. He gave me his truly Scottish Shortbread recipe. Here it is, for Islanders.

**JIM'S SCOTTISH SHORT-  
BREAD RECIPE**

1/2 cup cornstarch  
1/2 cup icing sugar  
1 cup white flour  
add 3/4 cup softened butter. Mix well.

Roll 1 inch diameter balls and press lightly with fork to about 1/2 inch thick. Prick all over with fork. Cut just after baking.

Bake at 300 degrees F for 20 minutes or until cookies are just starting to brown.

**JOHN LAIRD**

-Amy Caughey

Many Islanders will remember John Laird & Shannon Hessian, who lived on the South Shore (where Tom & Marcia Iveson now live) in the mid-1990s. Shannon attended teachers college at Queen's University, and was a student teacher on the Island and in the area.

They lived for the past 15 years in Iqaluit. John and Shannon often recalled the good times they had on Amherst Island, and John recently described to me how he enjoyed his daily conversations with Irene Glenn at the store. John passed away in September 2010 after a short battle with cancer. He worked for many years throughout northern Canada in park planning, and ecosystem protection.

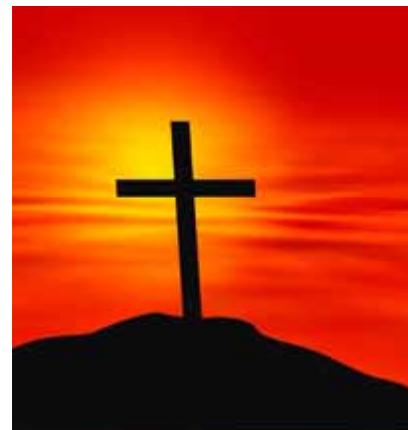
John was an active community member, bagpiper, and adventurer. He was an exceptionally kind person, and a good friend who is missed by all who knew and respected him. He is survived by his wife Shannon, and his infant son, Jonah.

**EPITAPH ON A FRIEND**

An honest man here lies at rest  
As e'er God with his image blest;  
The friend of man, the friend of truth,  
The friend of age, and guide of youth:  
Few hearts like his, with virtue warm'd,  
Few heads with knowledge so informed:  
If there's another world, he lives in bliss;  
If there is none, he made the best of this.

-Robert Burns

[Editor: this poem could also have been appended to Jim Whitton's eulogy.]



### JANET FARQUAHAR KENNEDY

-Christopher Kennedy

My mother, Janet Kennedy, passed away on November 14<sup>th</sup> after a short illness following a fall. She, and my father David, were regular summer visitors to Amherst Island for thirty-five years, and came to love the Island for the warmth and sincerity of their welcome, and the beauty and peace they found here.

Janet was born in 1919, and spent her young life in India, where her father was in the Indian Civil Service before becoming a missionary. When she was eleven she was sent home to boarding school in Scotland, never returning to India. After school she went to medical school in London, qualified as a doctor, and met my father when they were both residents. Since it was wartime she joined the Royal Army Medical Corps, serving first as the medical officer at Bletchley Park, the British centre for code-breaking and espionage, and then, after D-Day, worked as a surgeon in an army hospital in Belgium.

After the war she went into general practice in partnership with my father. They retired in 1980 after thirty-three years helping "everyone from Dukes to junkies".

They loved to visit the Island, and made many friends here. They joined in all the activities on the farm, checking the sheep on the back of an ATV, helping to extract honey, and even picking up fleeces at shearing. My father loved to indulge his hobby of painting watercolours, finding many scenes on the Island. My mother last visited here in 2008, when she was 89, and still managed a dip in Lake Ontario. She had my father's painting of the view out of our dining-room window placed where she could see it while she lay in bed and remember all the happy times they had spent on Amherst Island.

She is survived by three sons, their wives and eight grand-children.

See photo Back Page



### WOMEN'S INSTITUTE

- Mary Kay Steel



We held our November meeting on Wednesday the 17<sup>th</sup> at the home of member Joyce Reid. Fourteen members were in attendance as well as a guest from the Kingston and Area Public Health Unit who provided information about setting up indoor and outdoor walking groups under WI auspices. Judy Greer has been the contact with the unit and will follow up with the Township staff as well. If we get a program going, the public at large will be most welcome. Of course, it would be here on the Island, perhaps starting in the school in January. Watch for a notice.

Among the other items of business: update on the plans for the annual Seniors' Christmas dinner; completion of the fifth volume of our Tweedsmuir history books by Leslie Gavlas; and the preparation of a float for the Parade of Lights this Saturday evening. We then enjoyed our usual evening "lunch", this time complete with a wonderful layer cake with white chocolate snowflakes prepared by Joyce Haines. Then it was Craft Time – dreaded by some as too hard, and relished by others. We had a jolly good time, as they say this time of year. Joyce Haines led the craft making of plump, well dressed and rather endearing little angels. Most of us were able to complete this challenging project; some managed to get glue everywhere except where needed; but the object of having fun and lots of laughs was definitely achieved. We were reminded of our next meeting – our Christmas potluck supper party to take place on Wednesday December 8<sup>th</sup> at Joyce Reid's home, beginning at 6pm.

Our December meeting took place on Wednesday the 8<sup>th</sup>, at the home of member Joyce Reid. We started our brief business meeting early, at 6pm, in order to make time to enjoy our annual Christmas potluck supper. President Liz Harrison led the proceedings, and welcomed two guests – Judy Bierma and Cora McGinn. We continued planning the start-up of a walking program on the Island dealing with issues such as liability and insurance.

We had a short visit from Councillor Duncan Ashley who presented us with a plaque from the Township Council honouring our 110<sup>th</sup> anniversary, which we recently celebrated with great fanfare. Duncan stressed his support to get some kind of library service going again for Islanders, and wished us all a happy holiday season. Our next meeting will be an afternoon one, to be held at Kirsten Bennick's home on January 19<sup>th</sup>, where we hope to enjoy a presentation from Janet Scott on the Island bird count.

Meeting adjourned.

Then we had a wonderful feast of homemade goodies of all sorts, and of course a fun gift exchange led by Sharen English as Santa.

## JANET'S JOTTINGS FOR DECEMBER

### The Fall Round-up

There is no one like Judy Bierma to light a fire under your seat of complacency and get you up and trying something different. She noticed while reading the newsletter from the Kingston Field naturalists that they would be holding a Fall Round-up on the week-end of November 6th. First she wanted to know what that was and secondly "Can we do it?" Well I haven't done a round-up in years but I agreed to do it. Now it is not a western round-up where we gather all the birds and brand them but rather a 24 hour count of bird species and approximate bird numbers and the counting groups may go anywhere in the Kingston area. We agreed that we would only count on Amherst Island as I really couldn't face a marathon birding week-end of trying to cover Prince Edward County, Wolfe and Amherst Islands and Kingston as well in a 24 hour period. The marathon began at 3:00 pm on Saturday and ends at 3:00pm on Sunday.

We were joined on our expedition by Bonnie Livingstone from Long Point and Lena Westra from the mainland but really she's an adopted Islander at heart. I don't think any of our intrepid foursome is any taller than 5 feet and bundled up as we were for rainy and blustery weather we kind of rolled in and out of the car at every exciting stop. Bonnie arrived at my house with the news that there was a Brant Goose near the s-turn so we set off hoping to make it our special starting bird. **WE NEVER DID FIND IT!**

Along the shores of Amherst that week-end were hundreds of Red-breasted Mergansers. There were four Horned Grebes among the Mergansers near the corral at the Foot. Waiting to be rounded up I would guess. Judy remembered seeing a Greater Yellowlegs at the point near Andrea and Bruce Burnett's South Shore home so we stopped there and sure enough Lena spotted it and we added it to our count. We were the only group to get one. While we were still trying to find that elusive Brant, one among hundreds of Canada Geese we got a phone call from my son to let us know that the Short-eared Owls were flying in Wayne Fleming's field across from 4900 Front Road so we headed that way hoping to catch a sight of them as they hunted. Well we were treated to a Short-eared Owl dance as the participants took turns flying off the fence posts and dipping and diving over the field. A Northern Harrier tried to join the dance but the owls actually swarmed it and drove it off. There were 12 owls in this group.

We hurried on to the Owl Woods hoping to catch a Saw-whet still roosting but it was getting dark quickly. There we met Kurt Hennige who kindly told us where to find a Long-eared owl and a Saw-whet but the dusk settled in and we got a quick look at the Long-eared and could not find the Saw-whet. We heard a Great Horned Owl hooting so that added another species to our tally. Kurt also said

that the bar was cold, windy and not very profitable so we gratefully crossed that site off our list. That can be one cold, miserable place to bird watch in when the winds are blowing.

At dark we broke up our group and headed for respective homes planning to meet again at 8 on Sunday morning. The overnight winds must have brought in the Rough-legged Hawks as every field along the Second Conc. gave us a raptor whether Northern Harrier, Red-tailed Hawk or Rough-legged Hawk. In total we saw 40 Rough-legged Hawks, 23 Red-tailed Hawks and 24 northern Harriers. It was an amazing day. On the Second in the woods near Keith and Shirley Miller's home we were able to see a Pileated Woodpecker and a Northern Flicker and Judy spotted a Northern Shrike in the opposite field. At Laura Gartner's a Red-bellied Woodpecker showed itself. We were thrilled.

In all we got to see 48 species of birds, had a lot of fun and fellowship and in a way helped Nature as our data is recorded for later bird study projects. When Lena and I attended the Pot Luck dinner following the Round-up we did not have the highest number of participants in our group or the greatest number of bird species but I bet we had the greatest amount of FUN!

Always enjoy what you do!

Great birding everyone,

## COUNCIL GLEANINGS

- Ian Murray

From Special Session 13 of Council, November 1:

"Councillor Hudacin advised that the Ministry of Canadian Heritage and Official Languages has approved a grant in the amount of \$171, 225 for War of 1812 Living Legacy Project to be held at the Fairfield-Gutzeit House in 2012. Funds need to be matched locally, including the Township."

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From 29<sup>th</sup> Regular Meeting of Council, November 22:  
Ameriks Scholarship Fund:

The base fund of \$14,350 has been increased by \$1000 from Gowan & Gowan Corporation and \$1500 from AIMS. The interest from the base fund for this year was \$117.30, less than 1% rate.

The funds interest was augmented by the following donations: \$2000 from South Shore Enterprises; \$500 from AIMS; and \$300 from the Amherst Island Women's Institute.

These students each received \$486.23 from the fund: Beth Albertan, Trent U.; David Albertan, St. Lawrence College; Caitlin McDonald, Georgian College; Geoffrey McDonald, Lakehead U.; Ashley McGinn, Queen's U.; and, William Reed, Queen's University.



**FALL ROUND-UP ON****AMHERST ISLAND - 2010****BIRD NUMBER ABBREVIATION**

American Goldfinch	66	AMGO
American Crow	8	AMCR
American Kestrel	4	MAKE
American Pipit	1	AMPI
American Robin	31	AMRO
American Tree Sparrow	40	ATSP
Black-Capped Chickadee	69	BCCH
Blue Jay	21	BLJA
Bonaparte Gull	1	BOGU
Bufflehead	78	BUFF
Canada Goose	401	CAGO
Common Grackle	10	COGR
Common Loon	1	COLO
Common Goldeneye	57	COGO
Cooper's Hawk	1	CIGA
Dark-Eyed Junco	4	DIJU
Downy Woodpecker	9	DOWO
European Starling	241	EUST
Goldfinch	66	COHA
Great Black-backed Gull	1	GBBG
Great Blue Heron	4	GBHE
Great Horned Owl	1	GHOW
Greater Yellowlegs	1	GRYE
Herring Gull	1	HEGU
Horned Grebe	4	HOGH
House Sparrow	33	
Long-Eared Owl	1	LEOW
Long-Tailed Duck	2	LTDU
Mallard	10	MALL
Mourning Dove	95	MODO
Mute Swan	1	MUSW
Northern Harrier	24	NOHA
Northern Flicker	1	NOFL
Northern Shrike	1	NOSH
Pileated Woodpecker	1	PIWO
Red-Bellied Woodpecker	1	RBWO
Red Breasted Merganser	157	REME
Red-Tailed Hawk	23	RTHA
Red-Winged Blackbird	1	RWBL
Ring-Billed Gull	46	RBGU
Ring-Necked Pheasant	3	RINP
Rock Pigeon	16	ROPI
Rough-Legged Hawk	40	RLHA
Scaup	320	
Short-Eared Owl	12	SEOW
Snow Bunting	24	SNBU
Tundra Swan	6	TUSW
White-Breasted Nuthatch	7	WBNU

**Christmas Bird Count Amherst Island - December 2010**

Bird	Number	Abbreviation
Black-Capped Chickadee	145	BCCH
White-Breasted Nuthatch	12	WBNU
Carolina Wren	1	CAWR
American Robin	4	AMRO
European Starling	862	EUST
American Tree Sparrow	62	ATSP
White-Throated Sparrow	2	WTSP
Dark-Eyed Junco	2	DEJU
Northern Cardinal	6	NOCA
House Finch	36	HOFI
Common Redpoll	50	CORE
American Goldfinch	57	AMGO
House Sparrow	232	HOSP
Common Loon	2	COLO
Canada Goose	4,461	CAGO
Mute Swan	11	MUSW
Tundra Swan	46	TUSW
Gadwall	7	GADW
American Black Duck	114	ABDU
Mallard	2,198	MALL
Long-Tailed Duck	1	LTDU
Bufflehead	36	BUFF
Common Goldeneye	321	COGO
Common Merganser	33	COME
Red-Breasted Merganser	21	REME
Bald Eagle	6 (3 imm.)	BAEA
Northern Harrier	17	NOHA
Sharp-Shinned Hawk	1	SSHA
Cooper's Hawk	1	COHA
Red-Tailed Hawk	39	RTHA
Rough-Legged Hawk	65	RLHA
American Kestrel	10	MAKE
Merlin	1	MERL
Ring-Necked Pheasant	1	RINP
Ring-Billed Gull	38	RBGU
Herring Gull	9	HEGU
Great Black-Backed Gull	1	GBBG
Rock Pigeon	60	ROPI
Mourning Dove	75	MODO
Great Horned Owl	1	GHOW
Snowy Owl	1	SNOW
Barred Owl	1	BAOW
Short-Eared Owl	4	SEOW
Boreal Owl	1	BOOW
Northern Saw-Whet Owl	6	NSWO
Red-Bellied Woodpecker	3	RBWO
Downy Woodpecker	13	DOWO
Hairy Woodpecker	7	HAWO
Pileated Woodpecker	2	PIWO
Northern Shrike	2	NOSH
Blue Jay	100	BLJA
American Crow	3	AMCR
Common Raven	2	CORA
Red-Winged Blackbird	7	RWBL
American Woodcock	1	AMWO
Belted Kingfisher	1	BEKI
Snow Bunting	7	SNBU

**AIMS BREAKFAST MEETING ON****NOVEMBER 11**

- Hugh Jenney

Twenty men sat down to a delicious full breakfast prepared by Janet Scott and Cindy Marshall with student help from Kira Richmond and Mitchell Morgan-Bursay.



Greg Latiak entitled his talk, "Coping with Time of Use Hydro, a personal approach."

Roughly 30% of Ontario electric power is used by residences. Of that, 60% is used in space heating. Time of Use billing is an attempt by Hydro to encourage residences to shift their power use to low demand periods – outside of the weekday 7am to 9pm period.

You may have noticed that 38% of your bill is for actual usage. Delivery charges are on the actual wattage used. Greg's prior residence in Toronto was a pilot project for TOU. As he used gas in that house he found that he saved very little with this system. He found that his all-electric 1984 house on the Island was very drafty and expensive to heat.

He did extensive upgrading and has managed to lower his consumption quite a bit. He recommends using an infrared thermometer to find cold spots. Windows, doors and poorly sealed outside outlets can be a bad source of drafts – use a candle to identify these.

When comparing all the sources of space heat he found that there wasn't much difference in terms of cost of heat delivered into living spaces. Since the house had no ductwork the existing baseboard heaters were actually pretty good. A heat-pump provides space heating most of the time, the baseboard heaters are used below -10C. Go to [weatherlink.com](http://weatherlink.com) to find Island temperatures at his house. AI is 2C cooler in the summer and 2C warmer in the winter than Kingston thanks to our surrounding body of water. Zone control is the best practice for energy use optimization – this is easy with baseboards and radiators but tough with central heating. It is the way houses used to be heated – put the heat where the people are and leave the rest colder.

Reducing electricity costs is really all about knowing where power is being used and why – then reducing anything unnecessary. A power meter called 'Kill-a-watt' helped measure how much things like refrigerators and the TV used. Greg found that his old fridge was using a tremendous amount of electricity this way. His newer fridge paid for itself in just three years. Putting an insulated wrapping around his hot water tank and pipes allowed the power to be cut off all day when power is expensive without sacrificing hot water needs.

Greg recommends using inverter technology for large loads to reduce overall power cost, startup spikes and more

even load application. His water pump and heat-pumps work this way. Using a dual mattress heater pad under your sheets helps keep the heat down in the house at night. The pre-heat cycle is an added luxury.

Living with time of use metering is all about lifestyle changes – 'workends' rather than weekends to do laundry in the cheap periods, using a clothesline rather than the drier, running the dishwasher after 9pm. He and Ann are now using 65% of their electricity needs during the off peak period and only 30% of their electricity is now used for space heating. They have learned to love sweaters.

John Harrison asked about the estimations on the Hydro bill which are too high when compared to the actual consumption. This puts a person into a higher cost per kilowatt category. If you call Hydro they will adjust this for you – and you can report your meter readings to them to avoid the problem of bad estimates.

These Time of Use meters will turn on automatically. The isolated western end of the Island will be turned on early next year according to a conversation that Kevin Archibald had with Hydro One.

Gary McDonald warned us that the technology is not perfect and that the US electrical consumers have problems with their bills. The meters need a stable power source to function properly and they do not get it on this Island where our voltage fluctuates a lot. Plus we have old wires which cause resistance problems especially when cold.

Greg told us that country people run through a lot of light bulbs, small appliances and motors because of these fluctuations. The electronics in coffee pots failed regularly, finally he bought a Bunn pot that keeps water hot all the time but is not computerized – so should be more durable.

Marc Raymond recommended buying an eight outlet power bar with four sensitive outlets. He hooks up these four to his battery chargers so he always has his batteries charged.

Dayle advised that the best way to lower your electrical bill is to lower your consumption. Conservation is the best way to go.

Brian Grace asked about the minimum charge. Gary McDonald told us that it is \$35 whether you used any electricity or not. Gary also advised us to use an incense candle to find draughts.

Treasurer's Report: Paul Lauret said all was going well.

The AIMS' award for the best student is now called the Jim Whitton Award.

Brian Grace reported that 22 water sample bottles were taken to the Ministry of Health.

Peter Large has returned from China with lots of pictures which he may be induced to share with us for our February meeting.

## SITTING AT THE BACK OF THE CHURCH

-Zander of DUNN INN

There must be some law written somewhere that Presbyterians (and I suspect Anglicans, United Church folks etc.) cannot sit in the front pews of the church. I say that because I've never seen the front pews of our churches occupied, except for special occasions when people have to be almost forced to sit in the front seats.

Indeed, most Presbyterians prefer to sit at the back of the church. If they don't occupy the last pew, they are very close to it. Of course, others sit about mid-way because they have a hearing problem, but I don't think they would ever think of sitting at the front.

I remember at the early service at Knox church in Guelph an elderly man, sitting at the very back of the small chapel, shouted out that he couldn't hear me and told me to speak up. I invited him to come to the front where he could probably hear better. He replied that he sat only at the back and it was my job to make sure he heard what I had to say.

In Calvin Presbyterian Church, North Bay, we had a member who was old and deaf - especially in one ear. I watched him Sunday after Sunday sitting in different locations in the church, trying to figure out the best place to hear the sermon. I was surprised when he settled in the back pew with his good ear to the back wall. He claimed that he heard me best there because my voice bounced off the back wall into his good ear. He had an excellent reason for sitting in the back row.

I got to thinking about the back row of the church when Jim Whitton died. Jim and Lynann always sat near the aisle in the last pew on the south side of the church. I never thought to ask why. Perhaps it was because the minister had bad breath. Perhaps they wanted to be able to make a quick escape if necessary. Perhaps they wanted to be able to see everybody else in the congregation. (Indeed, we recruited Jim to count the attendance every Sunday and put it in our Sunday record book). Perhaps Jim and Lynann sat right at the back to get a feel for everything in the church; something you can't get if you sit at the front.

Perhaps people sit at the back of the church or the hall or the room or the theatre as an expression of their personality. They like space between them and the action at the front. Perhaps they can see and hear well and don't want to take the front seats from those who need them. Perhaps they are withdrawn in most things and like to take the long view of life and not get so close to "the big tree" at the front that they can't take in "the whole forest" before them and around them. ! Sometimes people sit where they do out of habit. Their parents and family sat in that pew so that's where they are going to sit. In "the good old days" when parishioners paid pew rent they always sat in the same pew (and nobody else could sit there).

There's a good story (probably apocryphal) about one winter when Prime Minister MacKenzie King attended

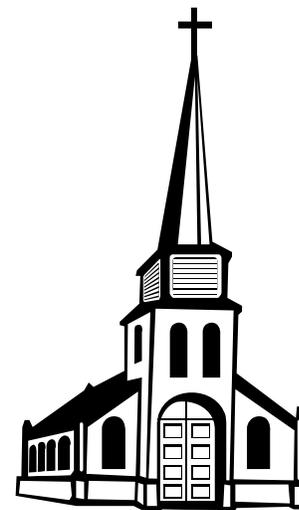
evening worship at St. Andrew's Presbyterian Church in Ottawa. He took off his overshoes, his hat, his coat, his gloves and his scarf and piled them all on a pew (except for his boots) and then sat down beside them. An elderly lady came up to him and politely asked him to move because he was sitting in her pew. He, the Prime Minister of Canada, knew his place. He complied quickly.

What does it matter where we sit in church? It doesn't matter. And the good news of the situation is simply this: God loves us all, wherever we sit and for whatever reasons we choose to sit in those seats.

Years ago members and adherents of St. Paul's Presbyterian Church knew they belonged to God's people in the church and knew they were always welcome there. They also found their favourite spots for worship and laid claim to them. The late Bruce Caughey always sat with his family in a pew three rows from the front on the south side. From there he seemed to give leadership to the church. Certainly his voice rose over all the rest during the Responsive Psalm. Now his son, Bruce, and his daughter-in-law, Susie, sit in the old family pew - where they belong.

I will miss Jim Whitton at the back of the church. He was one of the first ones out of the church at the end of the service and was nearly always the first to greet me when the service was over. He never made a negative remark about any sermon and he always smiled, as if to say, "You did well today." If he ever had a comment to make about the sermon or service it was always humorous and supportive.

Jim Whitton may have sat at the back of the church but he was at the front of the congregation in my estimation.



## ISLAND RADIO

### NEWS

– Terry Culbert

On April 1<sup>st</sup> 2011, CJAI 92.1 FM will be five years old.

For the first time in its history, the smallest radio station in Canada which is operated exclusively by volunteers, can boast five live

morning shows. In November of last year, Devin Stewart, a Kingston native and Loyalist College radio program graduate started “Thursday AM Matinee”, aired between 8 to 11am. Brian



Little left the Friday Morning Show last December to begin the “Breakfast with Brian Show” heard Wednesdays from 7 to 9am. On Tuesday, January 12, the 196<sup>th</sup> birthday of Sir John A. Macdonald, Islander Steve Kennedy debuted “Up Steve’s Sleeves”. This show airs between 6 and 7:50am. Leaving the station at ten to eight enables Steve to catch the Frontenac II for his mainland job as a school teacher.

The addition of these three new programs fills the weekday gap between Dayle Gowan’s “Udder Morning Show” heard Mondays from 6 to 9am and the “Friday Morning Show” from 6 to 9am with host Terry Culbert.

PHOTOS BY TERRY CULBERT



*The action figure of Sir John A. Macdonald was on Steve’s show.*



*Steve Kennedy of “Up Steve’s Sleeves” aired Tuesdays from 6—7:50am.*



*Devin Stewart, 8—11am on “Thursday AM Matinee”.*



*Brian Little of “Breakfast with Brian” Wednesdays 7 to 9 pm.*

## KEEPING CHRIST IN CHRISTMAS

-Zander of DUNN INN

It happens at this time every year. Somebody writes to the editor or phones up the minister or petitions the local government to “keep Christ in Christmas.”

That demand is usually prompted by somebody seeing “Xmas” rather than the full word, “Christmas” written or displayed somewhere.

Some Christians get very annoyed and upset when they see “Xmas” instead of “Christmas” and they demand that we keep Christ in Christmas.

In fact, big advertisements are put up demanding that we keep Christ in Christmas and casting aspersions on anybody who would celebrate “Xmas.”

I must confess I’ve never been able to get very excited about the issue, for two reasons.

First, I don’t believe Christ can be kept out of Christmas. Christ is what Christmas is all about. I know that some people feel Santa has pushed Christ out of Christmas, or the many parties we attend have pushed Christ out of Christmas, or the rush to buy gifts has pushed Christ out of Christmas.

None of that is true. Santa Claus is a Christian saint, like St. Nicholas, who comes to show love and give gifts to boys and girls. I know we can overplay Santa’s role and he can get most of the attention at Christmas but behind him is The Christ.

Jesus, The Christ, is God’s gift to us so it seems only right that we have somebody to continue the tradition of gift giving. The wise men in the Christmas story also brought gifts to Jesus when he was a child so the whole business of buying and giving gifts has its roots in the Bible.

As for the parties taking Christmas away from The Christ, that can’t be true either. We celebrate and have fun and enjoy good food and drink because God, in Jesus, came to be with us. That good news is worth a party. Yes, I know some parties can get carried away and lead to drunkenness but that need not be the case. Parties are the normal response to the good news of Christmas.

Even if you don’t think Santa or buying gifts or partying represent Christ, then consider that if Jesus is really as wonderful and good as we believe, we can’t keep him out of Christmas even if we tried. The love that comes with the season is an expression of the Christ, the Love of God. I don’t care if you “believe in” Christ as some statement of faith, but I do think it’s important to experience and enjoy the Christ in, around, over, above and behind all the good things of the Christmas season.

For example, we, at St. Paul’s enjoyed several expressions of Christ as the love of God this Christmas. We shared with members of other churches, or of no churches, on The Island the beginning of the Christmas season. Father Don Bailey and his parishioners at St. Alban’s joined us and we told the Christmas story and sang some of the

Christmas songs. Then, the members of Vicki Keith and John Munro’s Y swim team, Penguins Can Fly, came to visit the congregation. Although many of them are physically challenged they expressed Christ’s love to us by singing for us and to us. On December 19, we invited the whole Island to join us in singing Christmas carols. No sermon, no prayers, no Scripture readings, no offering. We didn’t need them because Christ was in every carol which, by the way, was either a prayer, a sermon or a Scripture story.

You can’t keep Christ out of Christmas.

Second, I don’t believe there is anything wrong with writing “Xmas” rather than “Christmas.” When I was a student I had many abbreviations or short forms for words I used frequently. For me, “X” stood for “Christ.” I wasn’t being disrespectful because “X” is the Greek “Chi Rho” or the first three letters of “Christ” - “Chr.” You can see the Chi Rho in many churches - on pulpit falls, on lectern markers, on banners, in pictures. So when people write “Xmas” they are simply using another form of “Christmas” and nobody should feel guilty for doing so.

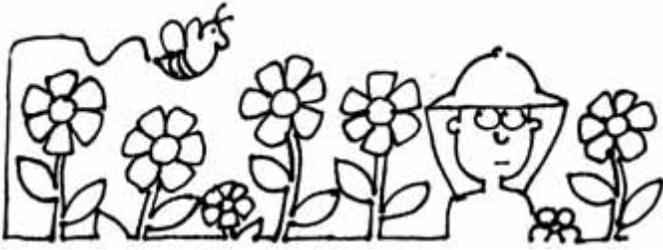
We don’t really need campaigns to keep Christ in Christmas and prevent Xmas from being used. Xmas is Christmas and Christ is alive in all the good we do, in all the parties we enjoy, in all the gifts we give. Christ will always be in Christmas, thank God.

[Janet Scott offered the following at the Silent Auction at the Tea and Sale where Diane Pierce was the lucky winner. What a great idea, to celebrate with what we have.]

### Local Dining

(Sustainable Eating or Going Green in the Kitchen)

Butternut Squash Soup  
 Topsy Farms’ Leg Of Lamb  
 Stonebrae Mint Jelly  
 Gavlas Potatoes  
 Gavlas Carrots  
 Amherst Island Pickles  
 Wilton Cheese  
 Homemade Biscuits  
 Homemade Apple Pie (made with Waupoos apples)  
 Pumpkin Cheese Cake  
 Prince Edward County Wines



## COEVOLUTION

-Dave Meikle, the Bumbling Bee Keeper

When we think about evolution we usually think about survival of the fittest as a contest red of tooth and claw. Creatures evolve to make themselves harder to get eaten. The creature trying to eat them evolves to get better at eating them. Most creatures are locked in deadly contests that have gone on for millions of years. But not all relationships in nature are adversarial. Bees and flowering plants have a very different history.

Bees started out millions of years ago as a tropical bug that specialized in feeding on only one food source. They fed on the nectar and pollen of flowering plants. This was a wise choice. Flowering plants had a vested interest in feeding bees. Bees, in the process of feeding, carried pollen from plant to plant, immensely improving the plant's success in fertilizing itself and making baby plants. This encouraged plants to reward the bees for feeding on them. Rather than having their food source constantly evolving to be harder to eat like most predators have, bees had their food source happily evolving to be more readily available. Plants that fed bees better got visited by more bees and got even better fertilization.

Bees were happy to reciprocate. In one of those breathtaking examples of the genius of interactive design so common in nature bees evolved a very efficient system of seeking out nectar rich flowers that also further enhanced plant fertilization.

In a bee colony a specialized group of bees work as scouts. Their job is to go out and find what is on the menu for the day. When they find the flowers that are producing nectar at that moment they scoot home and work their way to a specific area on the comb. There, a second special group of bees, the forager bees gather, waiting for the scouts. On arriving the scout gives as many of the foragers as possible a little taste of the nectar she has found. The richer the nectar the more bees she can share it with. These foragers can now use the flower's fragrance to track down that patch of flowers. The scout then performs a little dance that communicates to the foragers which direction the flowers are and roughly how far to fly to find those flowers. The richer the nectar, the more vigorously she dances, and the more foragers she can share the dance with. Each of these foragers now has clear directions on where the nectar is and which species of flowering plant to visit. One scout can send dozens of foragers out to harvest that nectar. If the foragers are successful they will come

back full of the same nectar, head to the same area of the comb, to do the same little taste test and dance routine for as many more foragers as they can. In a matter of minutes hundreds of foragers will be working flower to flower in that patch of nectar rich plants. This process is so efficient that a colony can quickly find and harvest a patch of nectar producing flowers anywhere in their 10 to 15 square mile territory.

This is the neat part though. The system of recruiting that the scout and later the foragers use means that when a forager flies out she is programmed to seek out one species of flower and one species only. This is very good for the bee. The forager doesn't waste her time checking flowers that are not producing nectar but can beeline straight to the best buffet. By sticking to that one type of flower she is assured of a good harvest. The bee colony is richly rewarded using this system. The bee colonies that do even a little better job at this will be able to survive better, and pass down their ability to do so to their children.

The thing is this is also very good for the plant too. This system of recruiting makes the forager an even more efficient vehicle for fertilization for that flowering plant. The bee programmed this way will only go from flower to flower of the same species of plant. None of the plant's pollen is wasted being taken to some other species of plant. Furthermore the plant is rewarded with better pollination for producing what is good for the bees - richer nectar. So the plants that do this a little better survive better and pass down their ability to their children.

To further compliment the bees one plant system for foraging plants have evolved to switch on and off their nectar flow to further encourage bees to stick to one species of plant. Some plants only put out nectar early morning, others in the late afternoon, some for the first week of May, some for late August. Plants are jockeying for position to be the most tempting target the scout bee. The bees in turn have evolved an efficient storage system to be able to scoop up as much nectar as possible when the plant turns it on and to bridge the times when the flowers are not producing nectar. Again this is good for both. The colony that can store more nectar will in the process of collecting it pollinate more plants.

Each of these adaptations elegantly aids both partners. Instead of bees and flowering plants being locked in a struggle to evolve a defense from each other these two mutually aid each other. Over a million plus years now these two creatures have danced, not brawled, their way though evolution.

**DREW MCGINN**

-Alicia Wolfreys

Our son Drew has Lyme disease. He has had it for about 1 ½ years, but has just now been diagnosed. For those of you who do not yet know, it is possible to contract Lyme disease in this area. Lyme disease is contracted through black-legged tick bites. The overwhelming varieties of signs and symptoms that may appear after the contraction of this disease resemble those of many other disorders. Because of this, doctors can misdiagnose a serious health risk. In the most serious cases if left untreated for a long period of time a person can be left with cardiac problems, neurological problems, sensory problems and arthritis.

We had a very difficult time getting help. After over a year and a half of trying to find out what was wrong with him, insisting to many doctors time and again that Lyme disease was a possibility, he was retested for Lyme and found to have been “exposed”. Luckily he is still in an early stage. I was convinced from day one that he had Lyme disease, but it seemed that every time I mentioned Lyme disease to a doctor they would randomly spill out another diagnosis that resembled some of the signs and symptoms he was presenting with. After his initial symptom, a “bull's eye” rash, also known as erythema migrans, I educated myself on Lyme disease, not just through the internet but also through textbooks and newspaper articles. Looking back at the fight that we had to have my son tested (twice!), I am proud of the fight I put up on his behalf, but angry that it was necessary.

He was first tested on July 29, 2009 when we saw the 'bull's eye' rash. He was two years old at the time. A few days later we went to the hospital as his legs and neck were stiff and sore. He could not stand let alone walk or run as he had been. The doctor assessed his legs and determined that he was having problems in his knees. After a few hours of waiting, despite my suggesting Lyme disease, the doctor stated “Your son does not have Lyme disease. His test results came back negative.” I had looked into this disease enough to know to respond with “Please, go look in your books. They all say that Lyme disease cannot be picked up by any test until the infected person's body has produced the antibodies against it - at least four weeks from the time of the exposure.” The look on this Doctors face was priceless. He left the room only to return over an hour later to tell me he had looked this up in several books and they all said exactly what I had told him. After five hours of sitting in the hospital we were sent home with an antibiotic to treat Lyme disease for one week.

Drew began to feel much better within a couple of days; back to himself by the end of his treatment. Within days of finishing his treatment his legs began to get stiff again. We went to see his family doctor right away. He informed me that the treatment for Lyme disease in an early stage should have been at least 2-3 weeks and he prescribed another two weeks worth of antibiotics.

After my son finished this treatment he was feeling excellent, though he started to experience skin rashes, one after another. The doctors told us that he had the chicken pox. After he had this rash three or more times we were told they were hives. Within a few months he was experiencing stiffness and pain in his knees again. I took him into the hospital a number of times seeking help. I told the doctors why I was convinced he had Lyme disease, and yet again my suggestion was brushed aside. Rheumatoid Arthritis was suggested but never tested for. After two more visits to the hospital with the same symptoms we were sent home with Children's Advil to treat the pain and swelling in his knees. (Not the disease that was causing these problems!) The doctors told us that if he came back with the same symptoms they would then test him for Rheumatoid Arthritis.

I had been pushed around too many times and finally took him back to his family doctor. I asked him to test again for Lyme disease, specifically the U.S. test (Western Blot) that is more accurate than that used in Canada (Elisa). I listed what my son had been through in the past year and a half, stating signs and symptoms along with a rough timeline that matched the Lyme disease brochure I had printed off of the Ontario health website. He agreed and stated he would test my son for Lyme disease to make me feel better and that he would also test him for Rheumatoid arthritis to make himself feel better. I think that he still did not believe Drew had Lyme disease. He did the test for Lyme disease to get me out of his hair again.

My persistence paid off. Two weeks later our doctor called our house in the evening, with the news that my son's test results showed that he had been exposed to Lyme disease, that he was still in an early stage and that a treatment at this stage would be a curative one. He called in a prescription for my son and it was started the following day. I asked the doctor whether this treatment was adequate, and how it was determined if one was in an early or late stage. I asked for a copy of my son's test for my own peace of mind.

I feel that we were pushed around the health care system and that the doctors that we encountered through this experience were not nearly knowledgeable enough specifically when it came to Lyme disease. I knew more about Lyme disease than most, if not all, of the doctors that we had seen. I think Lyme disease needs to be brought to doctors' attention! This disease is a serious one. Again Lyme disease can cause cardiac problems, neurological problems, arthritis, numbness and paralysis if left untreated. If Lyme disease is left too long it cannot be cured.

<p><b>Signs &amp; Symptoms</b>  <u>Early</u>                  -erythema migrans (bull's eye rash)                  -fever                  -chills                  -fatigue                  -joint pain                  -muscle pain                  -central nervous system disorders                  -partial facial paralysis                  -heart irregularity                  -headache                  -stiff neck</p>	<p><u>Late if left untreated</u>                  -migraines                  -weakness                  -multiple skin rashes                  -painful or stiff joints                  -cardiac abnormalities                  -extreme fatigue                  *If disease continues*                  -arthritis                  -neurological symptoms                  -headache                  -dizziness                  -numbness &amp; paralysis</p>
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**AIMS BREAKFAST MEETING ON NOVEMBER 13**

- Hugh Jenney

25 men enjoyed a delicious full breakfast served by the senior class. The following helpers did a wonderful job: Rosemary, Ciara and Barry Richmond; Janet Scott, Judy Bierma and Mitchell Morgan-Bursay. Greg Latiak thanked them all for their efforts.

Hugh Jenney introduced our guest speaker, professor Jerry Ackerman who has enjoyed a multifaceted career as a financial analyst, farmer, consultant, writer and speaker on public issues. He dabbled in politics as a candidate in our riding for the Canadian Action Party which promoted the use of our Bank of Canada in an attempt to save some of the \$60 billion that our governments are wasting in interest payments to the private banks.

Brian Little thanked Dr. Ackerman for his interesting talk and presented him with one of his owl pictures on behalf of AIMS.

Dayle Gowan, sitting in for Paul Lauret, reported that our banking was up-to-date and that we are doing well. He

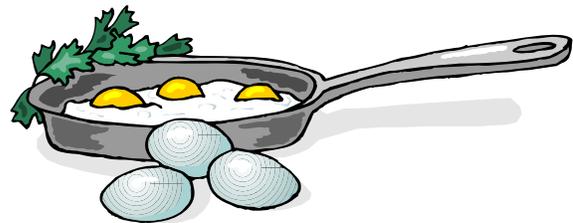
did suggest that because we are considered a sub-committee of Loyalist Township for insurance purposes that we should prepare a yearly report of our activities and send it to the Township.

It was agreed that AIMS would ask the Township for a grant for our hanging basket program for Stella.

Greg reported that Sue Murray told him that our contribution to the Halloween Party was sufficient and that no more money was required.

Greg reported that 180 tickets have been sold for our New Year's Eve Dinner & Dance. There are people on the waiting list so we will try to arrange the tables to seat another twenty people.

We are always looking for new members so please consider sharing a delicious full breakfast with us at our December 11<sup>th</sup> meeting to hear our own Greg Latiak talk about coping with the new Time of Use Hydro program. Recommendations for speakers and topics of interest are always welcome.



# THANK YOU



## THANK YOU

Season's greetings to all my Rawleigh customers. Thank you for buying so many of my products at the market and from our house. I really appreciate your support. I would also like to thank AIMS for sponsoring the Farmers' Market.

Marie Ward

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## THANK YOU.

I would like to thank all my friends, neighbours, and family for their kind thoughts, and gifts, also for dropping by – it really means a lot – when you get to be 85 years old and still be remembered so much. Again, thank you, and Happy Holidays to one and all.

Barb Filson

THANK YOU to our neighbours and friends for supporting the Wool Shed and the lamb and salmon and egg sales. We are very glad when you bring your visitors to meet us.

We'll continue to remain open year 'round, mornings and by appointment and whenever you find us home.

Happy Holidays from Ian, Sally, Don, Christopher, Dianne, Sue, Jacob, Kyle, Nathan and Michael

## 100<sup>th</sup> BIRTHDAY

The family of Vera Hogeboom would like you to join them in celebration of her 100<sup>th</sup> birthday.

This very special event will take place with a birthday luncheon at The Lodge – 320 McDonald's Lane, on Sunday February 20<sup>th</sup>.

Best wishes only, please.

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## NEW YEAR'S WISHES FROM THE LODGE ON AMHERST ISLAND...

Happy New Year to each and every one of you! Last year was a fantastic year at the Lodge.

We saw more Island faces in the Lodge than we had ever seen. You gathered to celebrate friends who had passed, you gathered to celebrate families, birthdays and achievements. And then you gathered at Pub Nights for just plain, old fashioned fun! Thanks for your support and generous spirit.

We plan to make 2011 the best year ever at the Lodge.

In planning the Pub Nights for 2011, we gave the dates a lot of thought. We want the Pub Nights to be available to everyone including all the ferry crews.

So save the dates!

January 22<sup>nd</sup>

February 12<sup>th</sup>

March 5<sup>th</sup>

March 26<sup>th</sup>

Doors open at 7:30 - Close at Midnight

\$7.00 Cover - New Menu at great prices

Cash Bar by the Amherst Island Recreation Association

Games and frivolity for sure...details to follow

Come one, Come All!

## AIMS BREAKFAST MEETING ON DECEMBER 11

- Hugh Jenney

Twenty men sat down to a delicious full breakfast prepared by Janet Scott and Cindy Marshall with student help from Kira Richmond and Mitchell Morgan-Bursay.



Greg Latiak entitled his talk, “Coping with Time of Use Hydro, a personal approach.”

Roughly 30% of Ontario electric power is used by residences. Of that, 60% is used in space heating. Time of Use billing is an attempt by Hydro to encourage residences to shift their power use to low demand periods – outside of the weekday 7am to 9pm period.

You may have noticed that 38% of your bill is for actual usage. Delivery charges are on the actual wattage used. Greg’s prior residence in Toronto was a pilot project for TOU. As he used gas in that house he found that he saved very little with this system. He found that his all- electric 1984 house on the Island was very drafty and expensive to heat.

He did extensive upgrading and has managed to lower his consumption quite a bit. He recommends using an infrared thermometer to find cold spots. Windows, doors and poorly sealed outside outlets can be a bad source of drafts – use a candle to identify these.

When comparing all the sources of space heat he found that there wasn’t much difference in terms of cost of heat delivered into living spaces. Since the house had no ductwork the existing baseboard heaters were actually pretty good. A heat-pump provides space heating most of the time, the baseboard heaters are used below -10C. Go to [weatherlink.com](http://weatherlink.com) to find Island temperatures at his house. AI is 2C cooler in the summer and 2C warmer in the winter than Kingston thanks to our surrounding body of water. Zone control is the best practice for energy use optimization – this is easy with baseboards and radiators but tough with central heating. It is the way houses used to be heated – put the heat where the people are and leave the rest colder.

Reducing electricity costs is really all about knowing where power is being used and why – then reducing anything unnecessary. A power meter called ‘Kill-a-watt’ helped measure how much things like refrigerators and the TV used. Greg found that his old fridge was using a tremendous amount of electricity this way. His newer fridge paid for itself in just three years. Putting an insulated wrapping around his hot water tank and pipes allowed the power to be cut off all day when power is expensive without sacrificing hot water

needs.

Greg recommends using inverter technology for large loads to reduce overall power cost, startup spikes and more even load application. His water pump and heat-pumps work this way. Using a dual mattress heater pad under your sheets helps keep the heat down in the house at night. The pre-heat cycle is an added luxury.

Living with time of use metering is all about lifestyle changes – ‘workends’ rather than weekends to do laundry in the cheap periods, using a clothesline rather than the drier, running the dishwasher after 9pm. He and Ann are now using 65% of their electricity needs during the off peak period and only 30% of their electricity is now used for space heating. They have learned to love sweaters.

John Harrison asked about the estimations on the Hydro bill which are too high when compared to the actual consumption. This puts a person into a higher cost per kilowatt category. If you call Hydro they will adjust this for you – and you can report your meter readings to them to avoid the problem of bad estimates.

These Time of Use meters will turn on automatically. The isolated western end of the Island will be turned on early next year according to a conversation that Kevin Archibald had with Hydro One.

Gary McDonald warned us that the technology is not perfect and that the US electrical consumers have problems with their bills. The meters need a stable power source to function properly and they do not get it on this Island where our voltage fluctuates a lot. Plus we have old wires which cause resistance problems especially when cold.

Greg told us that country people run through a lot of light bulbs, small appliances and motors because of these fluctuations. The electronics in coffee pots failed regularly, finally he bought a Bunn pot that keeps water hot all the time but is not computerized – so should be more durable.

Marc Raymond recommended buying an eight outlet power bar with four sensitive outlets. He hooks up these four to his battery chargers so he always has his batteries charged.

Dayle advised that the best way to lower your electrical bill is to lower your consumption. Conservation is the best way to go.

Brian Grace asked about the minimum charge. Gary McDonald told us that it is \$35 whether you used any electricity or not. Gary also advised us to use an incense candle to find draughts.

Treasurer’s Report: Paul Lauret said all was going well.

The AIMS’ award for the best student is now called the Jim Whitton Award.

Brian Grace reported that 22 water sample bottles were taken to the Ministry of Health.

Peter Large has returned from China with lots of pictures which he may be induced to share with us for our February meeting.



*Janet Kennedy, mother of Christopher Kennedy was a well-known face on Amherst Island thanks to her frequent visits, and her willingness to take part in farm activities whenever she visited.*

PHOTO PROVIDED BY CHRISTOPHER KENNEDY