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See page 7 for more details.

## Catching The Spirit of Tyrone

by Charles Taws

CLARINGTON MUSEUMS  
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The year the Village of Tyrone was founded is now lost to time, but records indicate it must have been about 1828-1830. Pioneers had been settling in that area for about a decade. With Bowmanville a full day's journey away a settlement to serve the needs of the increasing population was needed. Like Bowmanville, Tyrone's place on the map was selected because of its natural site to erect a mill and take advantage of the abundant supply of water power.

Many of the earliest settlers came from Ireland. In the 1840's Englishmen established themselves in the area particularly at the eastern edge of the growing village. The western or Irish side was known as Tyrone and the eastern or English side was called Mount Hope. To decide what the growing village should be called a cricket match between the two sides was held in 1840. The western side won and it has been exclusively known as Tyrone ever since.

Tyrone and Bowmanville have always shared strong ties. Many of Tyrone's early settlers went on to greater prosperity in Bowmanville. James McFeeters who built the Tyrone Mill went on to become Bowmanville's first mayor. Barrel maker Abraham Younie was Bowmanville's mayor for 1888-89. The Grays, Hughes, McClungs and McLaughlins all did well in both communities. Perhaps the most suc-



Tyrone Blacksmith Shop - This unique structure is one of the architectural gems of Clarington. Built in 1860 for blacksmith George Emmerson, it is best remembered for his apprentice, Robert McCullough, who ran the shop from 1895 to 1950.



Above: Byam's General Store: Byam's store was a Tyrone landmark for 117 years. The building itself was built as a hotel in 1835 during the area's pioneer lumbering days. Frederick Byam started his store in 1887 and moved to this location in 1894. Right: Lionel and Cliff Byam - Frederick's son, Lionel, took over the store after his return from World War One. His son, Clifford, took over in 1965 and operated the business until January 2004. When Lionel died in 1982 many local people remembered that if it wasn't for his kindness and generosity their families would not have survived the Great Depression of the 1930's.



Continued on Page 6

Inside This Issue

*Happy Mother's Day!*  
Sunday, May 8th  
The Home Promoter wishes every Mom in Clarington a very happy Mother's Day!

**The Art of Relaxation**  
Find out the best kept secret to de-stressing  
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## Understanding Homeownership Cost And Risks



by Sharon Vanderduim

**THE VANDERDUIM MORTGAGE TEAM**

[www.sharonvmortgages.com](http://www.sharonvmortgages.com)

Foundations for Homeownership are built on knowing your Financial Risk Tolerance and common sense.

Realistic goals and understanding homeownership costs will assist you with acquiring the home that you will enjoy and can afford. Stressing over expenses is not a healthy way to live. This applies to any homeowner, First

Time Purchasers, move up buyers or even right sizing after your family needs change.

Homeownership is the biggest financial investment and obligation one will ever make. This commitment to Homeownership will be shaped and determined by researching basic pros and cons.

A budget is a great habit to manage the understanding of where your money is being spent and how much you can afford to spend on your home. Mortgage, taxes, insurance and utilities are just the beginning, but when properly budgeted this information will effectively assist you. Buyers doing research will have a good grasp on the costs after the home is purchased. Some money in the bank for an emergency fund is a good thing to have but

always isn't there. Purchasing and living within your budget is extremely important. Budgets change and need to be revamped with a monthly and as needs arise and change.

Your net worth is a great place to begin. Determining the cash on hand in accounts, equity in your existing home, registered retirement savings plans, tax free savings accounts, possible gifts from family and subtracting vehicle loans, student loans, and credit card debt is a great way to assist you to determine if you are ready for Homeownership or if you can afford a change in your current lifestyle.

With your Mortgage Planner, (Accredited Mortgage Professional), arrange to personally review your situation.

The meeting will allow you to gain understanding and knowledge to determine how much of a mortgage you can afford to carry.

Your monthly payment amount depends on the amortization period, (how many years the mortgage will be paid off in full), the term, (the period of time that your interest rate will be guaranteed), rate type, (fixed or variable), your payment schedule, (bi weekly, weekly, accelerated etc.) and the amount of down payment you have for your new purchase.

Interest rates are at historic lows. In recent weeks the fixed rates have risen and fallen slightly. However, the Prime Interest rate (variable) has not changed as of yet. Rates will likely start to

climb in July 2011 as the Bank of Canada is expected to start to raise the rates charged to the Banks. Our Government inflation target is 2 per cent. Higher energy and food costs increased inflation to 3.3 per cent in March. Many consumers will change their spending habits to overcome these increased prices.

Core inflation is currently within the Bank of Canada's comfort zone. However, if total inflation continues to

climb upward, the Bank of Canada will increase interest rates to reduce inflation. This is how the Bank of Canada has been controlling inflation for many decades. So expect to see increases in mortgage rates sometime in July, if not sooner.

Remember to take the time to review your current mortgage with your Mortgage Specialist and Real Estate Broker. Always plan ahead so you know where you stand.



Understanding your Financial Risk Tolerance will help determine which mortgage product is right for you.



### VanderDuim MORTGAGE TEAM

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# An Overwhelming Response



by **Jim Abernethy**, Editor  
[www.jimabernethy.ca](http://www.jimabernethy.ca)

Based on the overwhelming response we received from every corner of Clarington, I think it is fair to say that the first edition of the *Home Promoter* was a great success. Thanks to everyone who participated and we hope that you enjoy this edition even more.

Cathy and I would like to thank you for your feedback and encourage you to con-

tinue sending us your comments.

The "Home Cooking with Cathy" column was the most popular. You will be pleased to know that this month Cathy features Asparagus and Maple Glazed Ontario Salmon.

These are two very appropriate dishes - considering asparagus is one of the first vegetables of spring and the time when thousands of salmon and trout make the annual journey to the upper reaches of the many creeks and streams that begin to the north, high in the Oak Ridges Morain.

Maple Syrup is the theme Saturday, May 7th when the downtown streets of Bowmanville will be closed and crowded with people celebrating the Annual Maple Festival & All That Jazz. Plan to join in

the fun - taste and buy locally grown products with a group of your family and friends.

By the way, Mother's Day is fast approaching - Sunday, May 8th. Check out the gift ideas presented throughout this edition for your Mother.

Our local real estate market continues to gain strength. The recently announced OPG Darlington Refurbishment Project will certainly boost our local economy as it moves into full swing.

The first step is well underway with the installation of municipal water services being provided by the Region of Durham to a 60 acre OPG site on South Service Road at Osborne Road. Plans are underway to construct up to 250,000 sq. ft. of education, training and office centre space to support the multi-billion dol-

lar Darlington Refurbishment Project and future Darlington Nuclear station operations.

Again, thanks to the many editorial contributors and advertisers who help to make the *Home Promoter* a success.

Canada Post guarantees delivery of the *Home Promoter* to every house, business, farm and apartment in Clarington. Your community or corporate message can be delivered each month in the 31,000 copies of the *Home Promoter* - for as low as 1/2 cent per copy.

Non-profit, registered community service organizations should call 905-261-7788 to have your events listed at no charge on our new Community Events Calendar beginning next edition.

**Jim Abernethy is a registered Real Estate Broker/Salesperson since 1977. Visit his website at [www.jimabernethy.ca](http://www.jimabernethy.ca)**




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# Managing Cash Flow For Business



by **Peter Hobb**

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Last issue I wrote a about businesses reviewing their business model. Once you feel you have the right business model there are a number of operational aspects that need to be looked after to maximize profits. One of these is cash management. If you can't pay your bills, no matter how profitable you are, you will crash and burn. There are many tactics that can improve cash flow. Some of these are short term and one-off measures. However to avoid a cash crisis you must have the right Valuable Formulae and you must operate the business sensibly. You can only squeeze the lemon once, but if you work on growing a healthy lemon tree there is a sustainable availability of lemon juice,

hence the need for the right strategy and operations.

### Getting Your Balance Sheet Right

Many businesses have a poorly structured balance sheet and pay the price for it. Assets are financed from both debt and equity and the right balance is needed. If things get tight, try and move your balance sheet to having more equity and less debt, as this reduces risk, and also reduces the servicing costs. Equity is more expensive as it carries a risk and hence demands a higher return but it is more forgiving in terms of servicing in the short term.

### Financing Capital Expenditure

Assets should be funded within the lifespan of the asset, in particular those with short life spans. There is nothing worse than still paying off a loan relating to an asset that has worn out. It is important to match the asset life to the funding cycle. Conversely paying off assets quickly may draw too much from free cash flow and restrict other business development activities. A lot of businesses pay for assets out of cash flow, e.g. computers, and over time there can be a lot of working capital tied up

in capital assets.

### Manage Sales Lead-To-Cash Cycle Time

Sales lead-to-cash cycle is the time it takes from marketing a product to receipt of cash. Put simply, it's the number of days from initial investment (marketing) to payment in full. This is often quite a long time, much longer than you realize. Consider carefully before launching a marketing campaign that will take a long time to have cash deposited into your bank account. It might be better from a cash flow point of view to do something with an existing campaign.

The part of this cycle that should be a focus is credit management. Review your credit policy and adherence to your policy. Compliance with your credit policy is vital. Some businesses expend a great deal of energy focusing on sales at the expense of getting the cash in the door. Look for signs that customers are in trouble. You should review the accounts of slower payers to see if you should be tightening the terms and maybe going "cash on delivery". Also, watch for customers who don't comply

with payment terms they have agreed to.

### Implement Supply Chain Management

Improvement in cash flow management can be achieved by reviewing your supply chain management. There are three primary areas where you can find improvements:

- Supplier management, i.e. your relationship and terms of trade with suppliers
- Inventory management, i.e. look closely at inventory turnover by product lines, consignment stock, Just-in-Time ordering systems
- Workflow management, i.e. bringing greater efficiency into your production processes

### Other ways to Manage Cash

Implement spending policies and controls by setting authority levels and making it clear who can order items.

Lower operating expenses by reviewing suppliers e.g. power, telecoms, freight, travel.

Adopt a culture of cash preservation and cost control and as a fish smells from the top down, this has to start with the boss i.e., the boss must lead by example.



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# “Will My Walls Still Be There?”



by Dirk Woudstra

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So its spring time, the snow is gone, and you decide to look out your sliding glass door and survey your back yard. You are shocked to see that part of what used to be your lawn has washed into the ravine below! You say to yourself that this problem can only be solved with a retaining wall.

Here are some basic principles that you should keep in mind:

Your footing should be excavated to at least 300mm below the finished grade at the front of your wall.

Excavate wide enough to provide a suitable width behind the wall for reinforcing and backfill. Walls over 3 feet high may need geogrid for reinforcement.

The sub grade must be firm native soil. Compact granular A or equivalent crushed materials in 3 to 4 inch thick layers.

Install 100mm wide perforated drain pipe with a sock sleeve at the rear of the footing and daylight the pipe at the end or through the face of the wall for drainage.

Use geotextile fabric behind the wall and backfill wall with 3/4 clear stone.

Finally the wall coping caps should be glued down with concrete adhesive.

If you don't have the time



Beautiful retaining walls add curb appeal as well as function when properly constructed. Be sure to follow basic guidelines to create a lasting project.

or equipment needed to complete this project on your own, hire a professional landscape contractor. Don't be afraid to ask questions about how the installation will be completed. Remember to ask yourself one simple question when hiring

a contractor. Will the smile on my face (put there because of a cheap price) still be there two years down the road as my wall starts to fall over? Hiring a professional may cost a little more, but will be worth the investment in the long run.

## Gathering For Grannies

is having their 6th Annual  
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### What is Gathering For Grannies?

Established in 2006, the Gathering Grannies of Clarington, Ontario, is part of a larger 'Granny' network across Canada that raises awareness and funds for the Stephen Lewis Foundation, Canada. This foundation supports over 140 grassroots projects in 15 Sub-Saharan African countries with the aim to assist 12.4 million children orphaned by Aids. Canadian grandmothers and 'grandmother wannabe's', work collectively to liaison with African grandmothers who are raising their own and often other orphaned grandchildren, through sustained programs which include; retraining for women, micro-credit loans, school fees and uniforms for the children, and provision of food and health services.

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# “Thy Will Be Done” - Correctly



by Michael F. Boland

**MICHAEL F. BOLAND**  
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Uncle Albert has died in Tickle Cove, Newfoundland, leaving his entire estate to a distant relative who recently has drifted back into his life. Until his death, none of the other family members knew that he had drafted a new Will and were concerned about the disposition. What should have been done at the time of making the Will and what can be done now to correct perceived injustice?

A person making a Will is referred to as the “Testator”. There are several formalities for a Will to be valid. It must be written, not verbal, dated and signed by the testator and two witnesses, present at the same time. Neither a beneficiary nor his spouse should be a witness. An exception to having witnesses is a “holograph” Will, which is entirely in

the handwriting of the testator. Until relatively recently under Ontario Law only mariners at sea or members of the armed forces on active duty could do a holograph Will.

Next, the key is whether he or she was mentally able to understand what they were doing at the time the Will was made. The legal term is “testamentary capacity”. Two related concepts are “undue influence” and “suspicious circumstances”.

Some people are obviously unable to do the Will because of mental infirmity. Also fraud would be a bar. The trickier cases are those where the testator may have capacity sometimes but not others or where he or she is put in a position where they feel pressured to do something that would not have otherwise been their true wish.

“Undue influence” might be present where a beneficiary has a degree of control over the testator.

“Suspicious circumstances” can exist in numerous ways including, but not confined to, the following:

- 1) a serious mental or physical illness of the testator;
- 2) over medication or, the reverse, a lack of essential medication;

3) undue haste in the preparation and execution of the Will;

4) unusual disposition(s) given the nature of the family;

5) drafting by a new lawyer;

6) reversal of a previous Will or wishes as expressed to others;

7) presence of the beneficiary at the time of the giving of instructions and/or the signing;

8) confusion by the testator at the time of execution;

9) skimpy, edited or non-existent notes made by the solicitor regarding the reason for the disposition and whether the testator understood the extent of his or her assets.

Two actual illustrations come to mind. The first was an elderly gentleman who arrived in my office wishing to do a Will. He looked like a hobo and constantly pulled pieces of paper out the pockets of his knee length jacket, but spoke in clear and educated French. He lived with a brother in in the French River area and had numerous brothers and sisters in Quebec. I was surprised when he said that he wished to leave everything to his family doctor, recently arrived from Ireland. I questioned him in detail as to the reason and he said his brother didn't need

anything and his Quebec siblings never paid any attention to him. In contrast, his doctor genuinely cared for him.

He died a few months later and, as expected, the family challenged the Will by filing a “Caveat” (Caution) with the Court in North Bay. I sent my notes to the other solicitor and that was the end of the case. In administering the estate I met with the family doctor who was courteous, kind and surprised by the disposition; I was not!

The second was years later when I was approached by a young woman, unknown to me, on behalf of her Uncle to draft his Will. The Uncle was Polish speaking and in an Oshawa hospital. The niece was in a rush due to her Uncle's poor health. When I attended at the hospital, it was her intention to be the translator and sole beneficiary. Needless to say, I refused to proceed and insisted on the presence of an independent Polish speaking translator and for the niece to be outside the room. These arrangements were made on another occasion, I was satisfied that he had testamentary capacity and the Will was signed.

In attacking a Will or even just questioning it, those interested would have to obtain details of the testator's family and obvious potential beneficiaries, medical history including recent hospital admissions, the notes and records of the family doctor and the notes of the lawyer who drafted the Will.

Estate litigation may be interesting for lawyers, but not for the Uncle Alberts of this world or the next.

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\*See club for details.

## Lions Club Environmental Project

Members of the Newcastle Lions Club encourage all homeowners to use rain barrels to collect rainwater for use in the garden.

Rain barrels collect chlorine-free and fluoride-free water which is ideal for your flowers, vegetables, lawns, shrubs and trees. Rain barrels also divert clean water from storm sewer systems and provide cost savings for homeowners by reducing water bills.

Newcastle Lions Club has developed a win-win-win opportunity for you, our environment and our community with the “Rain Barrel - Truckload Sale.”

Your purchase of a rain barrel will help the Newcastle Lions Club continue with their financial support of community projects like the Clarington East Food Bank, Walk-for Guide-Dogs, local minor sports, Bowmanville Hospital Foundation and the No-Child-Without Program.

These rain barrels are completely refurbished and previously contained only fruit, vegetables and other food grade items. These rain barrels are the most environmentally friendly available and although considered the “greenest” they are available in terracotta. Standard features include a top filter basket, top-side overflow and barrel to barrel connector, overflow hose and a bottom-side spigot with garden hose thread. All barrels have a capacity of approximately 220 litres and are approximately 1 metre tall and .6 metre in diameter.

You can place your order today ! The truckload sale orders are now being taken for a Saturday, May 28th, 2011 pickup date. Distribution will be from 9am – 1pm at IMSinkspot front yard, 410 Toronto St, Newcastle ON, down the street from the RONA hardware store. No household limits and no residency requirements are imposed however, only barrels ordered in advance are guaranteed to be available.

Order your barrel online by going to [rainbarrel.ca/newcastlelions](http://rainbarrel.ca/newcastlelions)

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# Tyrone's Tasty Offerings Are Legendary

Continued from Page 1

Successful Tyrone pioneer was John McLaughlin. His son Robert constructed a horse drawn sleigh in a small shop on their Tyrone farm property. This led to the establishment of the McLaughlin Carriage Company, first in Enniskillen and then in Oshawa, eventually becoming General Motors of Canada. Robert's son, Sam (Robert Samuel or R.S. for short), eventually took over General Motors, but his oldest son John also achieved success. He went to school in Toronto and became a chemist. He started a business known as The J.J. McLaughlin Company, Manufacturers of Hygeia Beverages. This would evolve into the very popular "Champagne of Ginger Ales - Canada Dry".

Tyrone has many notable historic buildings still standing. The stone blacksmith shop is especially notable. It was built for George Emerson in 1860. It was purchased and operated for many years by his apprentice Robert McCullough. Despite a 1946 fire the building is well preserved and is one of the gems of Clarington. The stone work, done by Richard Trenouth, can be seen in other stone structures in the northern Clarington area. At one time Andrew Morrow, in the village of Kirby, had

a blacksmith shop that was identical to the Tyrone one. Unfortunately, it was taken down when the highway was widened.

No history of Tyrone is complete without mentioning the famous Tyrone Mill. What other community in Ontario can boast a fully functioning, commercially viable, water powered saw and grist mill that has been operating since 1846. Many visitors to Clarington marvel at this anachronism of days gone by. Bob Shafer has owned the mill since 1979 and is kept busy supplying lumber and flour to his customers. The mill has a shop where he sells doughnuts, specialty jams, spices, cheese and other food items. It's a great place to stop while on a country tour.



The Tyrone Mill's picturesque pond continues to be the power source for the Tyrone Mill which began in 1846. Today the mill is operated by owner Bob Shafer who continues to produce custom lumber to order.



Pictured above is Colin Shafer (son of Tyrone Mills owner, Bob Shafer) who demonstrates ironwork at the blacksmith shop at Tyrone Mills.

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# Massey-Ferguson Family Links Ste. Anne's Spa to the Town of Newcastle in Early 1900's

excerpt from *The History of Ste. Anne's Spa* | Written by Patricia Sullivan

Daniel Massey, born in 1766, was of the sixth generation of Masseys in America. Descendants of the first settlers, Jeffrey and Ellen, had moved out into many of the states. Daniel had lived in New Hampshire, Vermont, and New York State before coming to Canada. Some historians speculate Daniel's move to Canada may have been motivated by support for the Loyalist cause. It is more likely that he came to Canada, as did so many Americans at the time, for the opportunity to purchase cheap land. (By 1812, when the border was closed to Americans, the population of Upper Canada had grown to 100,000. Eighty percent were American, yet only 20,000 were Loyalists or their descendants.) Land in the eastern states was becoming less available and cost 2 dollars an acre on average. The price was about half that in Canada. More importantly, land was still readily available, and Daniel and Rebecca may have been planning ahead for their sons' future. Daniel and Rebecca left Sackett's Harbour, New York with their daughter and three sons in 1802. They crossed Lake Ontario by schooner and most likely landed at a harbour near Grafton, which was then a small settlement called Grover's Tavern. They were among the first settlers in the area. By 1803, the population of Haldimand Township was only 312. Where Daniel and his family spent the first few years is not



1917 - The original Massey Home, built in 1856, that is the heart of Ste. Anne's Spa today.

certain. They may have rented, or been making farmshare payments, on the 110 acres they later purchased—the south portion of Lot 23 in the third concession (across the road from the present-day loca-

***He began to import farm machinery, went on to building machinery in Newcastle and, with his son, Hart Massey, founded the Massey Manufacturing Company.***

tion of Ste. Anne's). Surveys of the district were not completed until a few years later and, although some of the southern concession lots were ready and granted, the lot Daniel eventually purchased was not officially registered as a Crown grant to its first owner, Daniel Honeywell, until 1809. Nevertheless, an 1808 census listed the Massey family in that area. Daniel, age forty-two, held property val-

ued at 82 pounds, with 30 acres under cultivation. He owned three horses, four oxen, and two milk cows. The family, which by then included three sons and three daughters, lived in a house of round logs. Daniel Massey's purchase from Daniel Honeywell was not registered until 1812. The north portion of the lot was registered to Moses Hinman Jr. at the same time. It was common practice then for land sales to be conducted on slips of paper which were not formally registered for years. Daniel may have been prompted to formalize his title when he did because of the War of 1812. Daniel, forty-six, and his two eldest sons, Samuel, twenty-two and Jonathan, twenty, had been called to serve in the war. Not only was there a possibility that he and two of his heirs could be killed, it was prudent to have clear title in case of an American victory. The Americans wanted to gain control of the fur trade and annex the remainder of British-held territories. Throughout the war, there was ongoing fear

in Upper Canada about where the American raids would strike. Rebecca Massey and her children, left at home in the backwoods of Haldimand, no doubt heard frightening stories about the American invasion of York from wounded British soldiers who were making their way back to Kingston. In May 1813, just after the invasion of York, Daniel and Rebecca's eldest son, Samuel, died at age twenty-three. He was buried near the family homestead, in what came to be known as the Academy Hill Cemetery. The cause of his death is not recorded, but he was possibly one of the victims of the war. When his father and two older brothers were called to defend their new homeland, Daniel Jr., just fourteen years old, was left in charge of the farm and family. Records show that he managed very well. The family's horses had been taken for the army, so he broke in two young steers to take their place. He hired farmhands to help with the harvest, took grain to market

and settled accounts. Perhaps this early taste of independence and responsibility accounts for Daniel Massey Jr.'s decision to leave home at age nineteen. It must have been a difficult decision, and it was surely opposed by his father. Daniel Jr. struck out on his own in 1817. For the first few years he employed teams of men who were hired out to clear land for other farmers. When he eventually settled down to farming, he owned over a thousand acres and built a fine home a few miles west of his family's homestead in an area known as the Gully. He began to import farm machinery, went on to building machinery in

Newcastle and, with his son, Hart Massey, founded the Massey Manufacturing Company. However, leaving home at nineteen was not considered proper. At that time, sons were required to work on their father's farm until they were twenty-one years old. A young man who did not fulfill that obligation forfeited his right to inherit family property. Daniel Sr. took decisive action to ensure that his namesake would forfeit his inheritance. In 1818, he sold the family homestead to his eldest surviving son, Jonathan, for 150 pounds. Daniel, Rebecca and at least one of their daughters apparently continued to live on the homestead.

## STE. ANNE'S SPA TODAY

by Anita Draycott

Located in the rolling hills of Grafton, Ste. Anne's Spa at first glance seems more like a misplaced Scottish castle than a spa. One enters the rambling 19th century fieldstone estate via a charming walled perennial garden.

Owned and masterminded by Jim Corcoran, Ste. Anne's may not be your typical spa but they certainly know how to please their guests who return year after year for some pampering of mind, body and soul. Where else can you check in, snuggle into your bathrobe and make it your uniform during your entire stay—whether en route to one of your treatments, while sipping afternoon tea or enjoying a four-course dinner?

Ste. Anne's Spa also offers "the Stress Express." Instead of fighting traffic, enjoy round-trip transportation on VIA Rail with limousine transfers to and from the spa.

The range of treatments is body boggling and includes all sorts of massages, wraps and scrubs. The Golden Moor hot mud bath, a mixture of ancient therapeutic mud and Saskatchewan clay promotes improved circulation and detoxification. A ten-minute wallow in a deep tub will leave you as relaxed as a strand of overcooked linguine. Ste. Anne's also offers a variety of indoor and outdoor fitness activities from daily hikes to yoga and meditation in their Wellness Pavilion.

Indulge without guilt is the food philosophy of executive chef Christopher Ennew. So you won't be getting three celery sticks and a grape for dinner, but you can still eat healthy and local. Many of the herbs and veggies are picked from Ste. Anne's own gardens and they raise their own organic beef. Ste. Anne's doesn't have a liquor license, so bring your own wine; there's no corkage fee and you're close to several wineries in Prince Edward County. Feel free to wear your bathrobe to dinner—it's all part of the master plan to send guests home refreshed and de-stressed.

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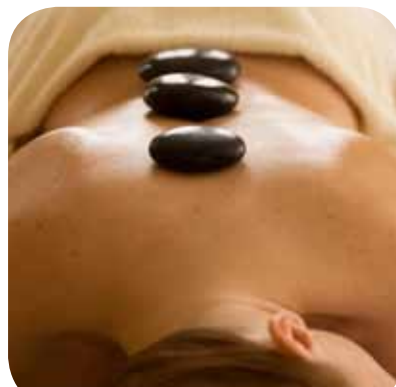


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# HOME COOKING

*with Cathy*



by Cathy Abernethy

HOME PROMOTER  
CONTRIBUTOR

[www.jimabernethy.com](http://www.jimabernethy.com)



Fresh Ontario Asparagus is an amazing spring treat!

The month of May certainly brings forward some wonderful things to look forward to. The birds have started to sing, the days are getting longer, the bulbs are starting to appear. We are so fortunate in Ontario to have so many items in the early spring to look forward to in the garden and for the more adventuresome-in the forest.

A few of them include fiddleheads, sorrel, rhubarb and of course asparagus. Did you know that for centuries, asparagus was considered a luxury and praised for its distinctive flavour by such famous figures as Julius Caesar and Lois XIV.

No one is quite sure of its origin, although some believe it derived from a wild plant that grew thousands of years ago in sandy soil across northern Europe and Britain.

Today, I share with you two of my favourite recipes – a tasty seasonal asparagus dish and a salmon recipe which brings back fond memories for Jim and I.

We discovered it during a family holiday in Ireland when our boys were younger. It originates in a tiny picturesque fishing village on the west coast of Ireland named Kilkee. Maple syrup was added to reflect our Irish-Canadian roots.

I hope you enjoy!!!

## Asparagus with Lemon Vinaigrette

*This refreshing vinaigrette works equally well with green beans, baby carrots and wilted spinach after asparagus season is over. You can make the vinaigrette in advance, refrigerate and bring to room temperature before using.*

### Ingredients:

16-20 asparagus spears

### Lemon Vinaigrette

2 tablespoons fresh lemon juice (juice from 1 lemon)

½-1 teaspoon Dijon mustard

1 small clove garlic, finely minced

1-2 tablespoons extra-virgin olive oil

Salt and freshly ground pepper

### Preparation

Cut or break tough ends from asparagus. Discard end pieces. Rinse asparagus well under running water to remove any grit or sand.

Tie asparagus bundles together with kitchen twine. Remove basket from steamer and place asparagus bundle upright in basket. Add ½-to 1 - inch water to steamer pot; bring to a boil and add basket containing asparagus. Cover and cook about 5 minutes until just tender. (do not overcook). Remove basket from pan and immediately cool asparagus under cold water; drain and pat dry.

To serve, pour vinaigrette over cooked asparagus; turn to coat. Sprinkle with salt and pepper if desired. Makes 4 servings. Note: If you do not have a steamer, quick cook asparagus in large shallow pan in ½-inch water, covered, for 5 minutes.

## Irish Roasted Maple Glazed Salmon

*Salmon fillets marinated in Irish Whisky and Maple Syrup have a glazed look as well as a superb taste and texture. The Irish Whisky helps to add a slight peppery taste. Serve with asparagus and baby new potatoes.*

### Ingredients:

4 salmon fillets (5-6 oz. or 150-175 g each)

¼ cup maple syrup

¼ cup apple cider vinegar

¼ cup good Irish Whisky

2 teaspoons chopped fresh thyme

1 ½ teaspoon grated lemon zest

2 tablespoons vegetable oil

ground pepper and salt to taste

### Preparation

Mix together in a bowl - vinegar, whisky, maple syrup, oil, thyme, lemon zest, salt and pepper. Add salmon fillets to bowl and marinate for 1 hour at room temperature, or 4-8 hours in refrigerator. Preheat oven to 450 degrees F (230 degrees C). Remove salmon from marinade and place on rack over a roasting pan. Bake in preheated oven for 10-12 minutes, basting once every 3-6 minutes with the marinade or until golden and white juices are just beginning to appear. Serves 4

# B&B Garden & Artisan Tour Still Going Strong

by Corinne Van de Grootveen

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On that same day is the lovely Tyrone Community Gardens located just around the corner at 2702 Concession Road 7 in the Village of Tyrone. Call 905-263-4285

Then travel a few minutes

up the road to the Hayden Community Hall for a Plant & Artisan Sale. Join in on the luncheon anytime between 11:30 - 2 PM.

Be sure to check out the rural setting of the Hayden Community Hall and consider their very reasonable hall rental rates @ \$125 per event; ample parking and a fabulous furnished kitchen.

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Contact your Horticultural Societies for Garden Tour information:

Orono Horticultural Society: [ohadistrict17.50webs.com](http://ohadistrict17.50webs.com)

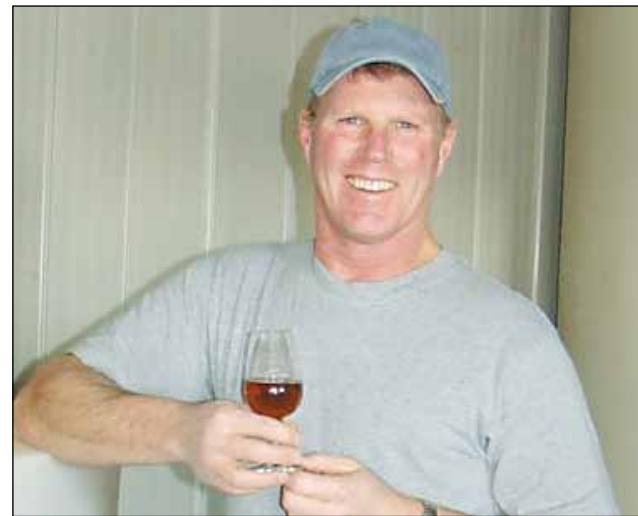
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# Ontario's Wine History

by Sandy Archibald

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Here's a question for wine enthusiasts? How old is the Ontario Wine Industry? 25... 50 years? Try 200 years! Urban legend has it that in 1811 Johann Schiller, planted a small vineyard – not in Niagara – but in Toronto Township, part of Mississauga! Ontario Wine Review, Newsletter 138 writes: "From this humble beginning, the Ontario wine industry took root. The subsequent story is convoluted, with periods of excitement, prosperity, political pressures, and virtual abandonment." There were a few attempts in the Niagara area – Barnes Winery in 1873 & Brights in 1874. Well after prohibition in 1927, we saw a wine revival with Andres in 1961 (remember Baby Duck, the best-selling Ontario wine in the 60's) & later Inniskillin in 1975. The success of Inniskillin and other 20th-century wine pioneers has fostered a lively industry in Ontario with over 160 licensed wineries ranging from traditional grape to fruit & mead.

Fred Archibald joins fellow Ontario Winemakers in celebrating this Bicen-

Fred Archibald is the grower & the wine maker at Archibald Orchards & Estate Winery. After 10 years of wine making "for the fun of it", his hobby became an important aspect of the family business.

ennial, as well as marking Archibald's 15th year with their winery. Making wine was a hobby for Fred that he came by honestly. His Dad, John Archibald, was Director of the Research Station in Vineland, Ontario where labs worked with new varieties of grapes to stimulate growth in the Ontario wine industry. Fruit wines were even a part of that research! Before that, John was a scientist at Brights Winery. The seed was planted. In 1997, Archibald's Winery opened with 8 different kinds of fruit wine. They now offer complimentary sampling from a wine list of 17 – something for every palate. Their walls boast of over 100 medals for

their wines also bearing the QC insignia – "Quality Certification". It's your assurance of quality & integrity. Just like VQA wines, Fruit Wines go through the same tasting panel & lab analysis before being offered for sale. Archibald's is one of approximately 25 Fruit Wineries in Ontario with an additional 25 scattered across Canada. Fred & Sandy invite you to celebrate Ontario's Bicentennial of Winemaking excellence. Have a party devoted solely to Ontario wines! For more information about Ontario's Wine Industry Milestones, check out: [www.ontariowinereview.com](http://www.ontariowinereview.com)



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# Asparagus Season Has Arrived



by Tom Coleman

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Spring is upon us, meaning Durham Farm Fresh products are sprouting and will soon be finding the way on to your dinner plate.

The true taste of spring can be found in locally grown asparagus, which is in prime season in May.

Asparagus is chalk-full of Vitamins A and C, making it a healthy choice for you and your family. Perhaps the best

part about asparagus is the dozens of different ways to prepare and enjoy it. Cathy's recipes on this page look delicious! I like my asparagus brushed with olive oil and barbecued alongside some Durham Farm Fresh beef!

In Clarington, you can find fresh asparagus at Links Greenhouses and Price's Country Market & Greenhouse in Bowmanville and Pingle's Farm Market in Hampton. Algoma's grocery market also carries local asparagus.

For those with a sweeter tooth, it has been a great year for maple syrup and downtown Bowmanville is gearing up for its annual Maple Syrup Festival on May 7. It's a great way to celebrate the season and the sweet product of our country's trademark tree.



Incredibly versatile and nutritious, asparagus is grown locally at variety of locations in Clarington.

Meanwhile, local farmers' markets will be opening early next month, providing delicious products that can't get any fresher.

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