

# History of the Christmas tree

By Bill Graham

Today there are few things more closely associated with Christmas than the Christmas tree. Despite this the Christmas tree is relatively recent in the English-speaking world. Its wide spread use is maybe 100 to 130 years—four or five generations. However, the antecedents of the Christmas tree go back into mythic history.

It is no accident that Christmas falls so close to the winter solstice. While Christmas is specifically a Christian holiday, Winter Solstice celebrations under other names were popular throughout ancient Europe long before the birth of Jesus Christ even occurred. The Winter Solstice has always been a time to celebrate and revel; in the northern hemisphere it takes place on December 21 and its purpose is to celebrate that the worst part of the year was behind them. It was at that point that the days became longer and that there was increasing light in people's lives.

The early Christian church marked Christ's birthday at the same time as pagan festivals of light and renewal as the birth of the true light of the world.

Many of the symbols used in pagan rites survived the onslaught of Christianity such as the holly, ivy and mistletoe from Druid traditions, which are prominent in English Christmas traditions. It is said that Saint Boniface of Crediton (in Devonshire), who was an English missionary in Germany during the eighth century, chopped down a sacred oak beneath which human sacrifice had been made. The story goes that when the oak fell, a young fir tree sprang up in its place. Overwhelmed by the symbolism, the saint suggested that the fir tree as an emblem of the new faith.

Legend also has it that he used the triangular shape of the Fir tree to describe the Holy Trinity of God the Father, God the Son and God the Holy Spirit. The converted people began to revere the Fir tree as God's tree as they had previously revered the Oak.

*continued on page 3*



## The 'Imagine Matawatchan' project moves forward

By Bill Graham

In the October Highlander I wrote about various heritage projects being proposed in Greater Madawaska. One of these projects was centred in Matawatchan and was characterised as a heritage / cultural centre. It proposed establishing an attractive, stand-alone facility, properly equipped, usable year long and with access to high speed internet.

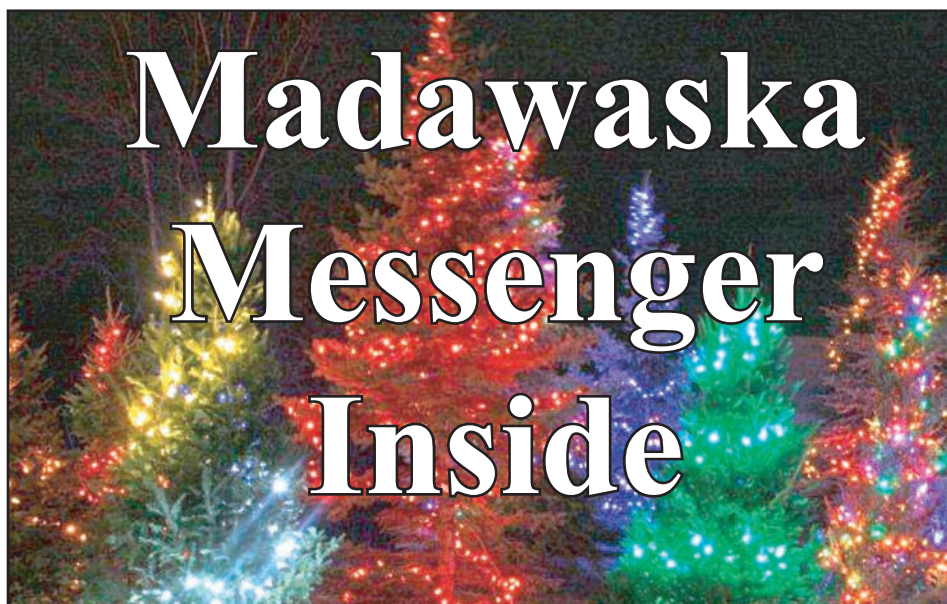
The building would house three centres: first a heritage centre that combines a secure climate controlled, library, museum and archive, which would provide a repository to gather, preserve and make available to residents and outside researchers the local history of the area through books, photographs, genealogical and historical collections, audio visual materials and artefacts relating to the community. Second, a learning centre equipped

with audio/visual, projection, recording and other appropriate equipment needed to give courses, seminars and workshops on a variety of subjects including the transfer of knowledge and skills pertaining to previous generations, as well as courses on visual and performing arts and other subjects of common interest. It could also be a drop off point for books from the Calabogie Library

Third, a drop-in and wellness centre where residents and guests can informally gather to share information, share a meal and socialize. There could be courses and activities related to maintaining a healthy lifestyle for residents and a healthy community. The centre could also share a role with the Community Hall as a site for a properly equipped Emergency Centre.

During the autumn a number of the initiatives that make up the 'Imagine Matawatchan' project have been mar-

*continued on page 3*



**country caretaker**

True Property Management

[www.thecountrycaretaker.ca](http://www.thecountrycaretaker.ca)

613-868-0383

Serving The Calabogie Area

*Wishing You and Your Family  
 A Joyful Christmas*

Country Estates - Country Homes - Cottages  
 Rental Cottages - Project Management

# DON'T HIBERNATE!



**CALABOGIE.COM**  
**1-800-669-4861**



**GO FROM SKATE BOARD TO SNOWBOARD  
AND SKATES TO SKIS AT CALABOGIE PEAKS**

Ranked by the Ottawa Citizen as "one of five worth the drive", Calabogie Peaks Resort and Conference Centre boasts outstanding value, terrain for everyone, learn to ski/board and holiday programs, freestyle and racing clubs, and terrain and freestyle parks!

With the best snowmaking in the area – The Peaks is the best place to be!

From Our Guests: "Absolutely the best skiing!" and "I'm bringing my family.... let it snow, snow, snow!"

**OPENING DAY**

**DEC 15<sup>TH</sup>**

**BUY TICKETS  
ONLINE**

**SAVE 10%**



Skiing & Snowboarding



Lessons & Holiday Camps



Tubing is Exhilarating!

## The Healing Tree

### TAMARACK (Larix)

By Rob Anderman

Tamarack (Larch, Hackmatack) is truly a tree of the North and Northeast. It grows quickly where it can get lots of sunlight. Tamarack is commonly found in cold, wet, boggy soils, but it grows best in moist, well-drained soil, where it can reach 70 to 80 feet in height, and a diameter of two feet. It is only in warm climates and favourable soil conditions that the tree reaches full size. Tamarack is found at the very limit of the tree line in the Arctic, but there some twenty year old trees may be only two or three feet tall.

The Larch family is unique as a conifer which loses its leaves in winter. It has needles like the conifers, but the foliage turns brilliant yellow-gold in the autumn, and then falls to brighten the carpet of the forest floor, leaving the tree bare for the winter months. Spring brings buds of lemoney pale green tender needles.

Tamarack is also unusual in having two arrangements of needles on one tree. Flexible needles grow singly on twiglets on the new growth at the ends of branches, and grow in clusters of 10 to 20 on dwarfed spur shoots along the branches of older growth.

Tamarack is an interesting tree to the eye, it grows in some incredible shapes.

The inner bark is the part of the Tamarack most commonly used in Popular Medicine. This inner bark is recognized as being a nervine, diuretic diaphoretic, cathartic, laxative, vulnerary, a tonic for digestion and an alterative

*continued on page 18*

## Creatures of Comfort... and Joy

at **bittersweet**  
FINE CRAFT & ART

### Holiday Season Hours

Wed to Sun: 11 to 5  
Everyday: Dec 10 to 23  
Dec 24: 11 to 3  
Closed Dec 25, 26 & 31  
Open Dec 27 to 30: 11 to 5

Thereafter for Winter  
Every weekend 11 to 5  
and also by chance  
or appointment

5 Leckie Lane • Burnstown  
**613.432.5254**  
[www.burnstown.ca/bittersweet](http://www.burnstown.ca/bittersweet)



Raku by Barb Sachs





## Open House & Employer Appreciation

Please join us on  
**Wed. Dec. 19th**  
anytime between 2:00 & 6:00 p.m.

Christmas treats, coffee, tea  
and information on our  
Programs and Services

- ❄️ Second Career
- ❄️ Self-Employment
- ❄️ Job Search Resources

- ❄️ Employer Services
- ❄️ Wage Incentives
- ❄️ Apprenticeship Info

.....

 Like Us On  from Dec. 6 to Dec. 18 for a chance to win a turkey

.....

### DROP IN FOR A CHANCE TO WIN A CHRISTMAS BASKET!



**Kenwood Corporate Centre**  
16 Edward St. S., Suite 120  
Arnprior ON  
613 - 623 - 4680





This Employment Ontario program is funded in part by the Government of Canada



## Christmas tree (cont)

By the 12<sup>th</sup> century Fir trees were hung up-side-down from the ceiling during the Christmas period in Central Europe as a symbol of Christianity. It is said that the first decorated tree appeared in Riga Latvia in 1510 and that Martin Luther decorated a small Christmas tree with candles in the early 16<sup>th</sup> century.

The Christmas tree was a popular part of Christmas in Germany and with German immigrants long before it was common in the English-speaking world. In 1846, the popular Royals, Queen Victoria and her German Prince, Albert, were illustrated in the Illustrated London News. They were standing with their children around a Christmas tree. Unlike the previous Royal family, Victoria was very popular with her subjects and what was done at Court immediately became fashionable—not only in Britain but with fashion-conscious east coast American society.

### The First Christmas tree in Canada

The first Christmas tree in Canada was set up in Sorel, Quebec in 1781 by Baron Friederick von Riedesel. The baron, who was born in Germany, selected a handsome balsam fir from the forests that surrounded his home and decorated it with white candles. The next recorded use of a Christmas tree appears in Halifax in 1846, when William Pryor, a local merchant, cut down an evergreen and decorated it with glass ornaments imported from Germany to please his German wife. After that, the custom spread quickly as German and British pioneers settled throughout the growing nation.

### Christmas in the Provinces

Christmas in Canada, in the 19<sup>th</sup> Century, was often a rough and ready affair: In Newfoundland, a new twist had been added to the custom of bringing in a huge Yule Log that would burn for the twelve days of Christmas; the New-

foundlanders threw a piece of the flaming log over the roof of their homes in the belief that this would protect the inhabitants from fire during the coming year.

In Quebec, children hung stockings beside the tree on Christmas Eve in the belief that they would be filled by the Christ child; until well into this century, French-Canadian children waited until New Year's Day to receive the rest of their presents.

In Ontario, Christmas was observed in the manner of Victorian England. Carol singers roamed from house to house, brilliantly coloured Christmas cards were exchanged, and banquet tables were laden with roast beef, plum pudding, and boar's head. In 1882, the Toronto newspaper, The Globe, reported that nearly a million Christmas gifts had been sold that year in the city.

In the newly settled Prairie Provinces, Christmas dinner was like nothing ever seen in Europe. Fish browned in

buffalo marrow, boiled buffalo hump, beaver tail and buffalo veal were just as likely to be the centrepieces of a Christmas feast as roast turkey. After supper, young people would put on their "steels" to go skating on a pond or nearby frozen river.

In British Columbia, in the week before Christmas, loggers came down from the mountains, where they had worked for months cutting down the gigantic Douglas firs, to settlements along the coast where they would gather to celebrate the holiday.

Of course the Christmas tree was front and centre throughout Canada during Christmas and is today the most prominent symbol for Christmas gift-giving in many non-Christian countries where the secular aspects of the Christmas tradition are celebrated.

*End*

## Imagine Matawatchan (Cont)

ket tested. First, the drop-in centre idea was tested over a period of six weeks with great success. For three hours every Thursday afternoon residents got together for lunch followed by either an organized activity or unstructured activities such as cards. A part of the Matawatchan Hall was outfitted with easy chairs, book cases and carpets to create a very comfortable setting for people to gather. Unfortunately, the Matawatchan Hall will be closing down for the winter because of the prohibitive cost of heating the largely uninsulated building—just one of the reasons that a new building is required.

Another market test was the public meeting on October 21. Input from residents about the project was essential. Advertisements in the Highlander and a flyer in the mail invited residents to meet and 'Imagine Matawatchan'. The meeting was highly successful with 63 residents attending. That is a very respectable number; especially off-season when cottagers are no longer in residence. The meeting featured displays of photos and local artefacts; a video of the Matawatchan Picnic in the 1980s with snippets of recent video interviews with a few village elders; presentations of the project and the invitation for comments and questions. Everyone attending received a survey questionnaire that asked their opinion about interest in different kinds of activities both educational and cultural; whether they would like to become involved in realizing the project and their opinion about building options. Thirty-five survey questionnaires were

received back and others were promised. The results are mixed, as usual, but generally positive and supportive of the project. Project organizers would really like to receive any survey questionnaires not yet completed.

The heritage group is moving forward. The group has an extensive list of elders whose memories they want to capture. Mark and Lois Thomson are professional videographers who are luckily also members of the organizing group. Already five interviews have been videotaped. Meeting with the more senior of the local elders is particularly important for obvious reasons.

In early November the Regional Advisor for Renfrew County was given a tour of Greater Madawaska and met with the three groups in the Township who have heritage projects.

These are the folks that introduce government programs and grants to rural jurisdictions like ours. The building sub-committee has already met with the architect on two occasions. At this stage it is difficult to have concrete planning until a decision is made on which building option will go forward. However, some possible floor plans have been developed and the building sub-group is working on a site plan for the whole property.

During the winter the Matawatchan Centre will be incorporated and then will go after acquiring "charitable sta-

tus" under the Income Tax Act. This is an essential step for raising future funds. The winter months will also provide time to draw up objectives and bylaws for the Matawatchan Centre.

While things are definitely moving forward, the project really needs more input from residents and cottagers who will be the future users of the Matawatchan Centre. If you haven't had an opportunity to complete a survey questionnaire, the Highlander can email one to you. Simply send an email to [highlander\\_editor@xplornet.ca](mailto:highlander_editor@xplornet.ca) and put survey in the subject line. The more input from readers supporting the project, the more likely that the "Imagine Matawatchan" project will be realized.

*End*



### The Madawaska Highlander

#### Co-publisher and Editor

Bill Graham 613-333-1694

#### Co-publisher and Advertising / Design Manager

Adam Copeland 613-333-1841

#### Mailing Address:

#### The Madawaska Highlander

C/o Bill Graham

1837 Frontenac Rd

RR#3 Griffith

Matawatchan, ON K0J 2R0

#### Email:

[highlander\\_editor@xplornet.ca](mailto:highlander_editor@xplornet.ca)

#### Advertising and Design:

Adam Copeland 613-333-1841

[madawaskahighlander@gmail.com](mailto:madawaskahighlander@gmail.com)

#### Contributors

Garry Ferguson

Mary-Joan Hale

Wes Bomhower

Antonia Chatson

Robbie Anderman

Susan Veale

Lois Thomson

Pete Chess

Roma Standefer

Howard Popkie

Ole Hendrickson

Geoffrey Cudmore

#### Published in Matawatchan

## Reducing needless Regulations: Current efforts and issues

By Roma Standefer

On the first of October this year, Tony Clement, President of the Treasury Board, presented the "Red Tape Reduction Action Plan," the federal government's response to the "Recommendations Report" of the Red Tape Reduction Commission which was released in January, 2012.

The federal government's response and the "Recommendations Report" were the culmination of a series of efforts to reduce red tape that had started at the provincial level in the 1990s, and began to include federal efforts during the past decade that have continued to the present.

This process has been well documented by the Canadian Federation of Independent Business in two studies. The first, "Rated 'R': Prosperity Restricted by Red Tape," appeared in 2005. It described the results of a survey of 7300 Canadian business owners on the impact of regulations on their businesses. It also reviewed the effort (or more often the lack of effort,) to reduce regulations province by province across Canada

By the 1990s it had become clear that Canadian businesses, and in particular small businesses, had become overly burdened by excess regulation. The authors of the CFIB study describe the scope of what they term this "regulatory burden":

"In addition to the difficulty of complying with onerous and confusing rules around tax requirements including GST, PST, payroll taxes (CPP and QPP, EI,) income taxes, and property taxes, Canadian businesses also face mandatory Statistics Canada surveys, records of employment forms, business registration, workers' compensation, privacy rules, employment standards, sign-by-laws, and a host of other specific federal, provincial and municipal rules."

Not only do these many onerous requirements exist, but according to the business owners interviewed for the study, the regulations they have to follow keep increasing. Sometimes new regulations were the results of lobbying on the part of special interest groups or others who may have had quite worthwhile objectives but even when the objectives are worthwhile, the authors of the CFIB report state that any "growth in the aggregate burden of regulation" is not desirable.

We will add that like medicine that may be used to cure an ailment but at the cost of detrimental side effects, regulations can also have detrimental side effects. Here the side effect may be an administrative overload that consumes time, energy and money in unproduc-

tive activities at the expense of time that could be spent in making the business more profitable, or, in some cases, simply profitable.

Many small and micro business owners in Eastern Ontario are constantly on edge because they never know when a government inspector is going to turn up on their doorstep to issue a regulatory order that could cost them an unplanned and unbudgeted expenditure of several thousand dollars that they may not have.

Even mail is approached with trepidation because there could be a new demand from one or another government agency asking for more information from the owner, or demanding that he (or she) fill out yet another form, or respond to yet another mandatory survey by a certain date, even though it may be the busiest time of year for the owner, there may be a shortage of staff, or the owner may just be truly fed up by yet another time-consuming demand to record in ever greater detail the intricacies of the business for no apparent productive reason.

In a publication by a committee of the US Congress, "The Burden That Needless Regulations and Lack of Common Sense in Enforcement of Regulations Place Upon Small Business" (1999) there are many descriptions of what could be labeled "needless regulations." One congressman stated: "Small business owners often fear that they will inadvertently fail to comply with some obscure rule, and that a government inspector will show up, close down the business, and drive them into bankruptcy."

Many Canadian small business owners have a similar fear.

In asking, "Why is the regulatory burden increasing?" the authors of the CFIB report give another answer in addition to the one referring to the pressure from special interest groups: "there is an absence of checks to curb regulatory growth." This, however, is a rather simplistic answer to what is a very complex situation. There are many other explanations in the literature on regulation as well as explanations expressed verbally by Canadian business owners. There is a strong feeling in some quarters that it is in the interests of some large companies to have regulations that will force small, competitive businesses to be overwhelmed by government requirements that the larger companies can easily handle because of their size.

Whatever the reasons for the growth of regulations, at some point, it came to be recognized that this growth had to stop. The CFIB study states:

"...over the past decade, numerous task forces, working groups and committees in nearly every jurisdiction across Canada have tried to tackle red tape, paper burden and regulatory reform. Yet the evidence indicates most efforts have made little difference. For the most part, the missing ingredient has been ongoing vigilance and accountability due to a lack of political will."

Fortunately, however, an increasing number of government officials and politicians came to recognize that the time had come for a concentrated effort to reduce regulations. By 2005, the authors of the CFIB report were able to point out that a number of reforms were in progress. They felt that a regulatory reform program that had started in British Columbia in 2001 was "arguably one of the most promising in Canadian history." A number of different ingredients contributed to the success of this program and by 2005 B.C. had managed to cut close to 40% of their regulations "without harming public health, safety or environmental objectives."

What were the ingredients that made the difference?

"The few jurisdictions that have recently made significant gains on wrestling the red tape monster such as British Columbia and the Netherlands, share an ongoing political leadership for meaningful reform. The key success factors of these efforts have included:

- Demonstrated political leadership and commitment
- Baseline counting of regulatory requirements
- Targeted reduction objectives
- Regular reporting of reductions"

Taking as simple a step as counting the number of provincial government regulations led to an astonishing discovery, "The first count revealed a staggering 382,139 regulatory requirements on the books in BC." The BC government decided in 2001 to set "A target to re-

duce regulatory requirements by 1/3 in three years." This target was achieved. They then set "a new target for no net increase through 2007." The authors of the study note that Quebec and Newfoundland and Labrador had also set targets for the reduction of regulations. In 2005, however, B.C. was the only Canadian province that had counted and publicly reported on the number of regulations on its books.

The authors of the CFIB report outlined a ten point plan for effective regulatory reform. The first step is to "Measure the Regulatory Burden" on the principle that "without measurement there can be no true accountability."

While space does not permit a listing of each of these 10 points in this paper, it is worth mentioning the eighth point, "Keep compliance flexible and provide basic examples and guidelines for what constitutes compliance and noncompliance."

It is encouraging to find the authors making the point that "special consideration" should be given to determining how regulations will affect small businesses given "the disproportionate impact regulations have on small businesses."

In this context, the authors of the study cite an interesting comparative example from the United States to show how the American government has tried to deal with the special situation of small businesses:

"The U.S. government passed a Small Business and Regulatory Fairness Act in 1996, which allows special provisions for small businesses."

Three years after the publication of this Act, the United States Congress House of Representatives Committee on Small Business, Subcommittee on Government Programs and Oversight held hearings on "The Burden That Needless Regulations and Lack of Common Sense in Enforcement of Regulations Place upon Small Business." In calling the Subcommittee to order at its first

*continued on page 5*



**CALABOGIE  
HOME  
CHECK**

*Providing personalized care for your home  
when you can't be there.  
Serving Calabogie and the surrounding area.*

**JANE HUNTER Tel. 613-752-2208  
E-mail: jane.hunter@acn.net**

# GRIFFITH BUILDING SUPPLIES INC.

All Your Building Supply Materials & Hardware



Clear Bags Available

Blown in Insulation Machine  
Free to use, with  
insulation purchase.

Monday to Friday  
8:00 a.m. to 4 p.m.  
Saturday 8:00 a.m. to 12 p.m.  
Closed Sundays  
Closed from Dec 24 - Jan 7

Special  
Plumbing  
Anti freeze  
\$3.49



Merry Christmas and Happy New Year



- ◆ Steel Roofing
- ◆ Lumber
- ◆ Insulation
- ◆ Windows & Doors

Top Soil, Black Earth  
Peat - Moss, Mulch, Manure  
**Phone: 613-333-5596**

- ◆ Vinyl Siding
- ◆ Fascia Material
- ◆ Shingles
- ◆ Trusses

Fax: 613-333-1121

Highway 41 Griffith, Ontario K0J 2R0

griffithbuilding@xplornet.com

meeting on Tuesday, July 27, 1999, the Chairman of the Committee stated:

"This hearing...provides a national forum for small businesses to express their views on whether present federal regulatory programs are stimulating or deterring job growth and economic development.

"Another and equally important focus of the hearing is the fairness with which regulations are enforced by Federal and State entities. Have regulatory agencies in the enforcement of regulations lost sight of the need to be fair and to use common sense? Is there a double standard applied in the enforcement of regulations when the violation is caused by the government itself?"

Much the same questions could be asked about the enforcement of Canadian government regulations which were studied by the Canadian Federation of Independent Business in 2005 and again in 2010. Five years after the initial 2005 study, the CFIB conducted a follow-up study. "Prosperity Restricted by Red Tape," Second Edition, which showed a much higher rate of provincial participation in what was to become a regulation measurement and reduction exercise. By 2010 three more provinces were publicly reporting measures of regulations. These were Quebec, Nova Scotia, and Newfoundland and Labrador. Ontario set a 25% reduction target to be met in 2011.

By 2010, the Federal Government was also getting into the act. In its 2007

budget, "the government made a commitment to reduce its paperwork burden on small businesses by 20 percent by November 2008". The process was started when "13 key departments and agencies" were required "to compile an inventory of all regulatory requirements affecting businesses." This inventory "was completed in October 2007. At the time, 13 departments were found to administer over 400,000 business-related requirements." They were required to reduce these requirements "by 20 percent" a target reached "on March 20, 2009."

By 2011 the Federal Government took even more significant steps in reducing regulations. A Red Tape Reduction Commission was formed to:

- "Identify the irritants to business that stem from federal regulatory requirements or
- Identify how these requirements are administered in areas where reform is most needed to reduce the burden of compliance on businesses, especially small businesses."

The Commission held hearings throughout Canada in the spring of 2011 and also encouraged small business owners to write in to the Commission to express their concerns. "What We Heard," a report on the hearings and submissions, was published in the fall of 2011. The final "Recommendations Report" was published in January

2012. Next, as mentioned earlier, the federal government recently produced its response to this report in the form of "Red Tape Action Plan."

Hopefully, the work of the Red Tape Reduction Commission, the federal government's "Action Plan," and provincial efforts to reduce regulations, will lead to the elimination of many of the regulations that have hampered the growth and development of small Canadian businesses. This could certainly help a number of micro-businesses in small villages whose survival has been seriously threatened, survive.

In reviewing all of these reports, however, I have kept asking, is there anything in these reports that indicates that the concerns of small and micro-business owners in Eastern Ontario villages and towns have really been addressed? Did any of the owners of small and micro-businesses in this area write in to the Commission? Had any of them even heard of the Red Tape Reduction Commission? Did any of them know that the Government of Ontario was making a concerted effort to reduce regulations? Did any federal or provincial officials come to visit any of these villages to talk to small and micro-business owners, local leaders, or residents to find out their concerns about regulations that they considered to be having a negative impact on their businesses and quality of life? "Did a single government official ever ask them, "What regulations would you like to see us eliminate?"

How wonderful it would be if the provincial government sent representatives to Eastern Ontario villages asking them to choose one or two of the most disliked regulations and offer to eliminate them as long as this would not be detrimental to human health, safety or the environment. In fact, what is most lacking in the effort to reduce regulations is the involvement of people in the communities. Government regulations affect human beings well beyond the owners of businesses. Their voices should also be heard. Their suggestions should be added to those of government officials and business owners and seriously considered for adoption. That would be a form of "red tape reduction" the residents of Eastern Ontario would be extremely happy to see.

**Note by documentary film director Mary Sheridan:** Dr. Standefer's research was done for Highland Village Productions. Our documentary films address these problems. Titles include: "Out of Gas", "Regulated to Death", "The Hills are Alive....."

**Editor's note:** The author would welcome letters from you, our readers, about any regulations affecting local businesses or other activities that you would like to see changed or eliminated. You can send your letter via email to highlander\_editor@xplornet.ca and put Regulation in the Subject Line.



“Read cover to cover”

## The end of another year

This Christmas issue of the Madawaska Highlander is the last one of the 2012 publishing year. Our experience over the years shows that the winter months are very lean. Without our seasonal residents business activity drops considerably and advertisers have understandable reluctance to place an ad. This is very evident in this issue of the paper that has only 20 pages and much less advertising than usual. All this to say is that the Highlander will be taking a break for a few months. The next Madawaska Highlander will resume its publishing schedule in May of 2013.

The past year has been an interesting one. We have two new contributors in the persons of Lois Thomson and Roma Standefer who have provided some very interesting issue-driven articles. Another new contributor, Peter Chess, has added depth to the paper with his music column called Behind the Tunes. The other notable addition to the Highlander is our collaboration with the Township of Greater Mada-

waska in publishing the Madawaska Messenger.

Thank you to all of our advertisers. There wouldn't be a paper without them. They pay the bills.

No paper can exist without you, the reader, and readers have responded with interest, encouragement and with attention to our advertising as many of our advertisers have said.

Finally, thank you to our contributors; especially Garry Ferguson, Wes Bomhower, Elmer Strong, Ernie Jukes, Antonia (Tony) Chatson Mary Joan Hale, John Roxon, Sharon Shalla, Howard Popkie, Susan Veale, Christi Landrie, Ole Hendrickson, Peter Chess, Lois Thomson and Roma Standefer plus other occasional contributors. They are really the heart and soul of the paper.

Our core production group, Adam, Jamie and I (Bill) wish you all a happy Christmas and the very best in the coming year.

## People of the Highlands and People of the Shallows Drawing a line around the Madawaska Highlands

By Lois Thompson

Long before there were lines on maps, the beautiful, rugged Madawaska Highlands area was inhabited by bands of Algonquin people or Omàmiwinini. Madawaska gets its name from a band called “Matouweskariini”, meaning “people of the shallows”. For thousands of years, they moved with the seasons, through the highlands and along the

lakes and rapids of the Madawaska River to hunt, fish, pick berries, grow food, and cool off in the area's many lakes and streams. Today, seasonal residents of all origins come here for many of the same reasons, outnumbering permanent residents by far and making tourism an important economic resource.

Relatively recently, after map lines

### Madawaska Highlander Voluntary Subscriptions

Many thanks to the following readers for their support with a \$10 voluntary subscription.

Jan Patenaude, Jeff Balderson, Brian Moran, Dianne Moran, Kendra Smith, Lila LeClair, Dianne Isaacs, Paul Isaacs, David Guest, Jane & Rick Baxter, J.P. DeGrandmont, Kate McLaren, Richard Marquardt, Mark Tomlin, Mike Gorman, Ralph & Elaine Cole, Marie Kennery, Norman Peterson and Iona McLaren. Bill & Diane Shipley, James & Maureen Horner, Barney & Rosemary O'Connor, John & Marlene Muff, Grace & Kit Pullen and Yvonne & Donald Barclay, Phil and Heather Egan.

You too can become a Highlander Supporter. Buy a Voluntary Subscription for \$10. A voluntary subscription is a donation to the efforts of the Highlander and not a mailing subscription to the paper.

Payable to the Madawaska Highlander. Mail to: The Madawaska Highlander 1837 Frontenac Rd, RR#3 Griffith ON, KOJ 2R0

## Looking Back...



Matwatchan Cheese Factory - 1918

were drawn, redrawn and drawn again, the Madawaska Highlands area was cut into many geo-political pieces. Algonquin Park in Nippissing County, the northern parts of Lennox and Frontenac counties, the north-eastern part of Lanark and the southern part of Renfrew County all have their toes in the Madawaska Highlands. And although the perimeter of the area is vague, the center is certain – the meandering Madawaska River. The jagged southern border of Renfrew County follows just south of the path of the Madawaska River as the river flows from Source Lake in Algonquin Park, tumbles through the Madawaska Highlands and winds through our collective histories, our cultures and our imaginations, before quietly joining the Ottawa River at Arnprior.

But no matter how fragmented the Madawaska Highlands seem on the map; no matter how many county and township lines we cross to visit our neighbours, we all know where we are and who we are. We're in the Madawaska Highlands, the place many call “God's country”. We have a strong sense of place, a strong connection to the land, the people and the culture of this place, no matter what our backgrounds. It must be the terrain itself that makes this area seem so remote, even though we are within a couple of hours drive of major metropolitan centers. But this remoteness has made the people of the area very self-reliant and socially cohesive. The only fragmentation is in map lines that most of us haven't paid much mind to.

running through the Highlands make it difficult for us to act as one community, because we have to deal with five different counties and several townships to make our voices heard. Or maybe it just means that in order to have a strong economic future in this region, we might have to draw some lines of our own. Do we have enough interested community leaders to create a Madawaska Highlands economic zone? Should we create a Madawaska Highlands Tourism Region? Will we be able to add up our population, businesses, farms and tourist numbers to show we are a community with buying power and economic potential?

This August, the Province of Ontario announced that every municipality that requests provincial infrastructure funding must have an inventory of assets to show how projects fit within a comprehensive asset management plan. Infrastructure assets include everything from bridges and roads to access to health care, education, cultural facilities and affordable housing and it makes sense that each municipality would need to show what it already has, before getting funds for what it needs for the benefit of local economies and way of life.

Can we do an asset inventory for The Madawaska Highlands as an economic region?

Anyone who lives in the area knows it's extremely under served. We're at the sparsely populated, far end of so many townships, that we almost don't exist.

Unfortunately, though, all the lines

*continued on page 10*

# CALABOGIE PIZZERIA

Check out our new  
Gluten-Free items

**Merry Christmas to Everyone**

Sun-Thurs : 11 am - 9 pm

Fri-Sat : 11 am - 10 pm

4983 Calabogie Road  
Open 7 days a week

## 613-752-1777

**We Deliver to Griffith**

Call for details

Refill Your  
Propane  
Tank Here

## Truck and Trailers

## for rent

## U-HAUL

## 613-752-3364

# GROCERY & STORE

4983 Calabogie Rd.

613-752-1955

Open Sun. - Thurs. 6 am - 9 pm

Open Fri.- Sat. 6 am - 10 pm

**Wide selection of Meats,  
Fresh Fruits and Vegetables**



# Bogie Beat

By Skippy Hale

On August 23, the Seniors dedicated a Memorial Garden at Barnet Park. Two floral gardens surround either side of the entrance gates, built several years ago by the Seniors' Club, and 16 shrubs were planted in honour of deceased members.

Do not tell me that youth of today are selfish! Two young people from Calabogie left for adventures abroad. Tyrell Kearns joined other young people as Teen Missionaries to Zambia. They worked hard helping villagers. Tyrell's heart went out to the children who did not have shoes to wear. When he came home, he decided to collect shoes for them. If you have children's shoes in good condition, please save them. Contact Tyrell or his mother Linda to arrange a drop-off. Another student, Krista Mahusky left for Warsaw at the end of August. Krista is on a year-long Rotary exchange.

The parishioners from Most Precious Blood Church remembered family and friends at a Memorial Liturgy at the Parish Cemetery every September. A dedication is made to those who have died since the previous year. This year, Margaret Ann LeClaire, James Allen Brydges, Gordon Culhane, Jonathan Charbonneau, Bernard McNulty, Michael McNulty, Gilbert Murray, Gregory Boudens and Olive Rees were honoured at noon on Sunday September 16. I welcomed the visitors and called for a moment of silence. Father Pat Blake shared the Opening Prayer followed by 'Amazing Grace' sung by all. Kathy Lemenchik offered two readings from the Holy Bible followed by the singing of "The 23<sup>rd</sup> Psalm". The Gospel and presentation of the Homily by Father Pat, were followed by Prayers of the Faithful and the Lord's Prayer. As we sang, "Yahweh, I know you are

near", family members of the deceased presented a wreath in front of the cross. Music was provided by Linda Kearns accompanying us on guitar. I am always touched by this service because family and friends linger before and after, sharing memories as they place mementos and flowers on the graves.

Nothing says Schaly, like flowers! On Sunday September 16, I was delighted to join about 75 folks at Henny and Hank Schaly's 'Open House' in Calabogie. They have downsized and built a lovely home here set atop a hill surrounded by gardens only they could produce. The floral colours and whimsical garden art are out of this world. While wandering through the gardens, I spied a Monarch Butterfly flitting from blossom to blossom collecting nectar from a Mexican Sunflower in preparation for its trip south. In spite of losing ten large trees during the Macro-burst and the terrible drought this past summer, their hills are alive with thousands of perennials, bushes and annuals. No Schaly property is complete without a Tea House constructed with wood from the property and a fire-pit around which the large family and friends gather to pray, sing and enjoy Hot Chocolate and Hot dogs. The hill and large trees in the back form a natural amphitheatre or cathedral. In keeping with their deep Christian Faith, they dedicated the house and gardens to the Lord. Hank sang "Bless this house O Lord we pray" accompanied by his niece Angela Huyer on violin.

Pastor Bill Griffith sent me the following report: "On September 2nd, Calabogie Bible Fellowship had a send-off for our Youth Pastor, Joel Hardy, who has enrolled at Emmanuel Bible College in Kitchener to begin work on his Bachelor's degree. Joel began with CBF in 2009 and was subsequently

credentialed with the Congregational Christian Churches in Canada [4C's] in 2010. Aside from his work with the Friday Night Lights youth ministry Joel was part of the regular teaching and preaching schedule at CBF. He will be missed, but the Board and Pastoral Staff wish him well. Joel received a bursary from CBF to help him with his education." Joel follows a family tradition going back to pioneer times in the US North Midwest whereby his forbears would travel by horseback and visit remote communities doing pastoral work.

In these uncertain economic times, we are blessed to have a Food Bank here. It is housed in the Calabogie Bible Fellowship Church on Mill Street with participation by St. Andrew's United and Most Precious Blood Roman Catholic Churches in the village. With Thanksgiving coming, the Food Bank will be filling boxes for families on the morning of October 4th. Pastor Bill and his wife Diane would welcome help filling these boxes, so please call Pastor Bill or Diane at 613-752-2201. Pastor Bill says, "Thanksgiving, Christmas and Easter are special times of need but the balance of the year is also important. Thanks to all who contribute weekly or monthly through their local parish / congregation and to those in the wider community who forward donations throughout the year. All contributions

are gratefully accepted." I spoke with our new Librarian, Sharon Shalla, and there is a drop box there as well, so borrow some books and fill the bin! This summer was not an eventful one for the work at St. Gabriel's in Springtown. The weather, employment responsibilities and vacations interrupted the progress. We have had a quote to do the re-grading and repairs to the foundation and substructure which is \$65,000, and we will need to raise about another \$1,000 or more to deal with other work around the property. Needless to say, the committee does not have that kind of money. We are exploring funding, but as a former county employee once said, "Grant doesn't live here anymore." We are in need of someone to help develop a funding strategy. We have been fortunate to have volunteer work so far, but the next stage requires a different expertise.

Some good news is that our lovely Valley historian Carol Bennett McCuaig has written a book on the families of St. Gabriel's Church. It is well researched as are all her books and includes memories of former parishioners and their families. We expect to have a launch in time for Christmas gifts, so keep an eye out for specific dates.

Contact me with local news and events: (613) 752-9944 or bogiebeat@gmail.com . *End*

**Snider Tent and Trailer Park & Variety Store**  
 271 Aird's Lake Rd

*Gas & Oil*  
*Propane exchange*  
*Groceries, Giftware, Ice*  
*Worms and Fishing Tackle*

613-333-5551

**What Is Christmas?**

It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.

**Merry Christmas**

To: Our Valued Customers

**M & R** Feeds and Farm Supply (RENFREW)

"We're more than a feed store"

400 Raglan St. S., Renfrew, Ontario, K7V 1R8  
 613-432-8886



# Community Calendar

## CHURCH SERVICE SCHEDULE

### GRIFFITH AND MATAWATCHAN

#### St. Andrew's United Church

Aug to Jan. Sunday Worship 11:30 a.m.  
Feb. to July Sunday Worship 8:30 a.m.  
Christmas Eve - 7:00 p.m.

#### Our Lady of Holy Rosary Catholic Church

Sunday Mass 11:00 a.m.

#### Hilltop Tabernacle

Sunday School 10:00 a.m.  
Morning Worship 11:00 a.m.  
Evening Service 6:00 p.m.

### DENBIGH AND VENNACHAR

#### Vennachar Free Methodist Church

424 Matawatchan Road 613-333-2318  
Sunday Worship 10am  
Sunday worship will return to 11 a.m. starting on Sunday, September 9th.

**Candle Light service on Christmas Eve** at 7pm. Everyone is welcome to join in the celebrations.

#### Vennachar Free Methodist Church

Annual Christmas concert on Sunday, December 9th at 11 am, with skits and music  
Presented by the Sunday School classes.

#### St. Luke's United Church

Sunday Worship 10:00 a.m.  
Sunday School 10:00 a.m.  
Christmas Eve - 4:00 p.m.

#### St. Paul's Lutheran Church

Sunday School 9:00 a.m.  
Sunday Worship 9:30 a.m.

#### The New Apostolic Church

Sunday School 9:00 a.m.  
Sunday Worship 10:30 a.m.  
Wednesdays 8:00 p.m.

#### Shutte

#### Emanuel United Church

Christmas Eve - 9 p.m.

### Burnstown

#### St. Andrew's United Church

Sundays at 10:15 a.m.

### CALABOGIE

#### The Calabogie Bible Fellowship Congregational Church

The Mill Street Chapel at 538 Mill St.,  
Regular service – Sundays 10:30 a.m.  
Information: 613-752-2201

#### Most Precious Blood Catholic Church

504 Mill St., Rev. Father Pat Blake  
Sundays 10:30 a.m.

#### St. Patrick's Catholic Church

Mount St. Patrick  
Sundays at 9:00 a.m.

#### Calabogie St. Andrews United Church

1044 Madawaska Dr. (on the waterfront)  
Church Services Sunday Mornings at 8:45 a.m. Communion  
1<sup>st</sup> Sunday of every month.

## COMMUNITY EVENTS

### Calabogie

**Pre-school Program: Storytime** is held every Thursday from 10am to 11am at the Library. It is aimed at children from 0-6.

#### Calabogie Seniors' Dinner & Meeting,

last Thursday of each month, 5 pm  
Community Hall. from Oct. to April.  
Barnet Park from May to Sept.  
All seniors 55+ welcome. 752-2853

**Calabogie Women's Institute** meets usually second Thursday monthly, 7:30 pm. at Calabogie Home Support Office next to Pinky's Bar & Grill at 5056 Calabogie Rd.; April meeting is 3<sup>rd</sup> Thursday at 6:30 pm including pizza dinner. New members welcome. 613-752-2598

#### Calabogie Arts and Crafts

Every 2<sup>nd</sup> Monday (if holiday, then 3<sup>rd</sup> Monday), 10:00 am – 1:00 pm,  
Community Hall, prospective members most welcome (\$15 per year), 752-1324

**Lion's Club Bingo** every Wednesday, 7:15 pm, Calabogie Community Hall, 752-0234. Christmas Bingo on December 12 at 7:15 pm

#### The Calabogie and Area Ministerial Food Bank

538 Mill Street,  
2nd and 4th Thursdays of the month  
9:00 am to 10:00 a.m.  
For emergency situations, please call 752-2201

### Dacre

**Christmas Bingo:** December 9 @ 7:00 pm. At DACA Centre

Heart Wise Walking Program:  
Mondays and Wednesdays 9:30 am to 10:30 am beginning Nov. 5, 2012 and continuing until Spring.

Tai Chi Program:  
Beginning November 20, 2012

### Griffith & Matawatchan

#### Matawatchan Christmas Tree Lighting

Saturday December 15 @ 7 p.m.  
Downtown Matawatchan  
Santa & carols at the Hall following

#### Denbigh – Griffith Lion's Club Bingo

Monster Bingo Dec. 11 @ 7:30 pm

Christmas Carolling at 1:00 p.m Dec. 10.

#### Christmas Children Party 1:00 – 3:00

Dec. 16.

#### New Year's Eve Party – 9:00 – 1:00 a.m.

\$20.00 per person. Disc.Jockey, Hats & Favours, Snacks, Midnight Buffet, Champagne Toast and Spot Dances. Tickets available from Griffith Bldg. Supplies, Griffith General Store and from Lions members. Dec. 31.

#### The Pickled Chicken String Band

Every Monday from 5 pm to 7 pm  
At the Pine Valley in Griffith

#### Bert's Music Jam

Every Thursdays 5 to 7:30 p.m.  
Pine Valley Restaurant

#### “Northern Lights” Seniors

**Fellowship Lunch at noon**  
Denbigh – Griffith Lion's Club  
Meet the third Wednesday of each month  
Northern Lights Seniors meeting to follow at 1:15 p.m.  
General Wellness assessment by local Paramedics available at each lunch.  
Diabetes Outreach Program every 3 months  
contact Lois Robbins at 333-1082.  
All Seniors Welcome

#### Northern Lights Seniors:

**Euchre at Lions Hall** – Hwy. #41 @ 7:00 p.m. Dec. 7

#### Christmas Party Dec 10, 12:00 p.m. at

Lions Hall –  
Hwy # 41. Turkey Dinner, Prizes, Live entertainment.  
Non members welcome. Tickets and Prices available from executive.

**Euchre** -first & third Friday of each month at 7:00 p.m. at Lions Hall. Jan. – June

### Denbigh

#### Music in the Hall

Every second Sunday 1 to 3 pm  
at the Denbigh Heritage Park

#### The Mississippi Madawaska Land Trust

**Conservancy** has rescheduled the **Caring for Your Land Workshop** for Tuesday, December 11th, 7pm at the Denbigh Hall. An MNR representative will be on hand, learn more about the Rose Hill Reserve and species at risk. For more information visit [www.mmltc.ca](http://www.mmltc.ca) or contact 613-278-2939.

#### Diners Club

Dinners are held the first Monday of the month at the Denbigh Community Hall at 12 noon. Full Course Meal \$6.00. Contact Faye Mieske at 333-2784 or Irene at 333-2202 for information.

**St. Luke's United Church**, Denbigh Exercise Group - Tuesdays 9:30 a.m.

### HEALTH CARE

#### FOOTCARE CLINICS

Sylvia's Foot Care  
Every 6 weeks in Denbigh For information or appointment  
Please call—Sylvia McMenemy RPN 613-335-2940  
Home visits can be arranged

## Floyd Enterprises

Utility and Custom made Trailers

**Thank you to our Customers, Friends and Family**

**Have a Merry Christmas  
and a  
Happy New Year**

**Floyd & Marie Kauffeldt**

**Phone or fax 613-333-2753**

Visa and Interac accepted

# Christmas 1939

By Howard Popkie

When my Uncle Mark Stubinski had all of the trimming done on the Christmas tree, he put little tin candle holders all over the tree with Christmas candles in each holder and he lit them all. It was a good way to burn down the house.

My cousin Bert Stubinski got a steam engine for Christmas that year. It was one that he put water in the boiler and fire in the fire box and when it got up a head of steam it ran just like a bid engine. His sister who was my cousin Ruth got an iron wood stove and made a fire in it to boil water in a play pot which boiled on her stove. These were toys that would not only burn down the house but also burn the children.

My mother's sister Augie Skiptchulich always made Christmas cake that was a dark fruit cake with white ic-

ing in three layers, so I always got to eat Christmas cake when I went there.

My mother decorated our tree with her mother's trimmings from the 1800s and told me stories that Santa Claus would come in the sky with his sleigh and reindeer. She said he would land on our roof and come down the chimney into our house.

I would go to bed very early and look out at the stars to see if I could spot Santa. I was only five years old and my mother also told me that there were little fairies about four inches tall and that they slept under toad stools. So, when I walked through the bush I always had an eye out for them.

All through my childhood I always slept through Christmas Eve night and missed seeing Santa Claus, and to this day I am yet to see the fairies that that woman talked about.

End

# Christmas Eve 1948

By Howard Popkie

My Mom wanted my father to make a candle holder from a birch block of wood with two holes drilled in it with a 3/4 inch drill bit to hold two candles. It was to be decorated with spruce bows and red ribbon.

Dad didn't have a brace and bit but he knew that Bob Backer had one. It was dark out so I went with Dad to Bob Backer's camp, which was about a mile and a half down the road. When we opened his door, black smoke and a black spaniel dog came rushing out. We went in a Bob was lying on the floor in a bed of coals where the floor was burning.

Apparently he was putting coal oil in his lamp after dark with the wick still lit everything caught fire including him and he must have fainted. We picked

him up and put him on his bed and put out the fire. He was badly burned with his skin falling off his hands and face.

Dad and I went to Black Donald which was about a mile or more away. We were walking in those days as few people had cars. There was a phone at Jack Wilson's store so we phoned the police in Renfrew and waited at the store for them to come since we needed to show them the way to Bob's camp.

When we got to his camp, the two police officers carried him out to the police car wrapped in the blanket from his bed and took him to the hospital in Renfrew where he died in the spring. I think he was about sixty years old.

I often wonder if the Lord played a part in saving his life that Christmas Eve.

End

# People of the Highlands (Cont)

But if you draw a line around all those sparsely populated areas in numerous townships, the numbers add up. If we could get an accurate picture of population, residences, businesses, farms, seasonal and weekend visitors, and people travelling through the area, we should be able to put forward a strong business case to get more services, including grocery stores, gas stations and government funding for infrastructure, such as community halls and affordable senior's housing.

I don't have the answers, I'm just posing some questions. But one thing I do know is that the people of the Highlands and the People of the Shallows are a strong community, here for each other, no matter what the lines on the map might say.

Merry Christmas, Joyeux Noël, wesolych Swait, Happy Chanukah, Meegwetch and G'day

End

# First Annual Terry Fox Run in Griffith – September 16, 2012

By Geoffrey Cudmore

I ran with Terry Fox on July 12<sup>th</sup>, 1980. He was making his way along HWY 2 between Toronto and Hamilton, and I was out for a training run. It was one of those happy accidents in life that changed me forever. I jogged over to him and asked if I could join him, explaining that at that time my father was battling cancer. He said "yes", and added that on that day he would "run for my dad". I lost my dad to cancer before the year was out, and I have been running for Terry since. I have only missed one Terry Fox Run in the 32 years, and from 1996 to 2002 was Run Director and Chair of the Abu Dhabi (UAE) Terry Fox Runs. Over those 6 years, the runs grew from 250 participants to over 4,000, and today is one of the largest international Terry Fox Runs.

As our two sons and their families live in the Ottawa area, we have joined them for Runs in Orleans for the past number of years, however since building a cottage on Airs Lake we have tried to spend most weekends together there... so how to do both?

With three weeks to go until the run date, my daughter-in-law Paula, and I decided to organize a run in Griffith. An "out and back" route along Flying Club

Road was chosen, the good people at Griffith Building Supplies volunteered their parking lot and facilities for our gathering and registration point, and the run site was registered. Terry Fox Run's Ontario Director, Martha McClew, wrote, "We are thrilled to have you host a Run for your cottage community in Griffith - what a wonderful idea." The run was listed on the Terry Fox Run website, posters were distributed, and the Denbigh-Griffith Lions Club came on board to provide volunteers to help marshal the route.

September 16<sup>th</sup> was a frosty morning, and while we only had 13 participants for this first event, everyone enjoyed the morning, and we raised over \$2,300 for cancer research. Scott MacDonald at Griffith Building Supplies was our top fundraiser, raising \$655.00 from customers and friends. The youngest participant was grandson Gregory Cudmore who had just turned 5, and was participating in his 5<sup>th</sup> Terry Fox Run, while the oldest participant was 75 year old, Teresita Godin who was participating in her 30<sup>th</sup> run. Teresita had been going to Renfrew to do runs for the past number of years and was thrilled to be able to do this run this year "in her own back yard".

The "second annual" Griffith/Denbigh - Terry Fox Run will be held Sunday, September 17<sup>th</sup>, 2013... so watch for details in the coming months.

End

**Griffith General Store**  
 AUTHORIZED AGENT FOR:  
**LCBO**      **The Beer Store**  
APPROVED RETAIL PARTNER & AUTHORIZED EMPTY BOTTLE DEALER  
**Stinson Self Serve Gas**  
 Sun- Thurs. 8am - 8pm  
 Fri. - Sat. 8am - 9pm  
 Sunday LCBO and Beer Store Open 11am - 6pm  
 613-333-1553      Fax 613-333-1554  
 Merry Christmas from the Lennie Family  
 Duane, Linda, Danny, Ryan, Justin and  
 Jennifer & Staff

# Reconnecting with Nature - the great work of the 21st century

By Ole Hendrickson

On a cool, showery Saturday afternoon, Richard Louv, author of the best-selling "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder," gave an outdoor talk at the launch of the latest phase of Petawawa's "Emerald Necklace Trail System."

Petawawa Mayor and Renfrew County Warden Bob Sweet introduced Mr. Louv, who is in high demand as a speaker. Louv commended Mayor Sweet for his leadership in providing access to green space in a place already rich in nature.

Louv began his talk by presenting highlights from many studies that show how contact with nature improves children's physical and mental health. For example, children with symptoms of Attention Deficit Hyperactivity Disorder are better able to concentrate after contact with nature. In fact this increase in ability to concentrate after time in nature is pretty universal, affecting people of all ages. Other benefits to kids of contact with nature are improved self-discipline, motor coordination, balance, agility and immune function. Language skills, reasoning, awareness and positive social interactions are also increased.

Time spent outdoors also allows children to develop hidden powers of perception passed down from our ancestors. As an example, aimed specifically at his Petawawa audience, Louv noted that really skilled soldiers - the ones who can detect danger lurking down an alley, or sense where a roadside bomb may be buried - either grew up hunting and fishing in rural areas, or grew up in the inner city, where they had to be constantly on the alert.

Louv recalled when a woman grabbed him forcefully by the lapels after one of his talks about children and nature. She almost shouted at him: "You know adults suffer from nature-deficit disorder too."

In his new book, "The Nature Principle: Reconnecting with Life in a Virtual Age," Louv talks about benefits of nature for adults - not just the physical benefits of "green exercise," but mental sharpness and creativity, the ability to focus, to solve problems. Researchers at the University of Michigan, showed that, after just an hour interacting with nature, memory and attention spans improved by 20 percent. In workplaces designed with nature in mind, employees are more productive and take less sick time. And, he emphasizes, the real benefit of contact with nature goes beyond the health statistics: it is the ability to feel fully alive.

Much of our life is a struggle to block out the senses. We spend our working days trying to concentrate on one task in the face of endless distractions - flashing computer messages, buzzing Blackberries, overhead conversations of co-workers.

Louv asserts that "The more high-tech we become, the more nature we need." Time spent in nature allows us to relax, unwind, and let all our senses work fully again: immerse ourselves in the sights, sounds, and scents of the natural world.

Experiments with blind-folded individuals demonstrate that we can readily follow a scent trail. While we may not ever perform as well as bloodhounds, our tracking abilities are as good as many other animals, and can improve with practice. Louv also cites research that humans are skilled in echolocation. Like bats, or dolphins, we have the ability to sense objects around us without seeing them, by interpreting how sounds rebound from them.

Local communities can do many things to make nature more accessible. Teachers can take their students outdoors, or create school gardens. Libraries can become hubs of regional biodiversity knowledge. Or several families can meet in a park or other natural setting and let the kids play with each other. This simple idea has led to the formation of hundreds of Family Nature Clubs in the United States. Louv observed, "You don't have to wait for government money to start one of these."

Nature, not technology, is what we really need to have full, rich, meaningful lives. Louv concluded his Petawawa talk with a quote from Thomas Berry: "The great work of the 21st century will be to heal and create a new relationship between humans and the natural world."

Ole Hendrickson is the president of the Ottawa River Institute ([www.ottawariverinstitute.ca](http://www.ottawariverinstitute.ca)), a non-profit charitable organization based in the Ottawa Valley.

End

## NOTICE

The person who removed the regulator valve from the propane tank behind the Matawatchan Community Hall may be a very needy person.

That person may wish to also remove the 100 lbs propane tank left behind without which the regulator valve is useless.

# The Gifts of Christmas

By Susan Veale

For this edition of the Highlander, I wish to share a few words from a new book, "For Love of God - An Intimate Journey" ISBN 978-1-926962-23-8. In the text below, a man named David asked his friend to explain Christmas. This time in this part of your world for your people in terms of your society and in other parts of the world, your civilization, you are entering into your time of celebration of Christ and the offerings that He has bestowed upon your people.

Celebration is not just a day; preparation is part of the celebration; the anticipation of events is part of the celebration and the joy. The giving of one's life; the birth of the baby; the offering of the beginning of a lifetime of GOD's energy into human for acknowledgement and understanding; the gift that GOD gave at that time and continues to give in the understanding of giving to each other as you have through your civilizations evolved into gift-giving as an expression, and it has come into wants . . . needs . . . instead of offerings.

Yes, the meaning has been lost in your world of objects, as the gift has turned into that of desires of the receiver as opposed to offerings of the giver. The original gifts; the songs; the music;

the presents--as in not gift presents but presence as in the being there; the standing in awe of the love of that life as it progressed through boyhood and manhood and as He continued to have a following through His teachings; as He was met with adversities and misrepresentations and disbelief; obstacles of obstruction round all corners; His faith in humanity and His offering of hope for all people continued.

This season, David, your Christmas season, is a representation only of an offering of the giving of gifts; the gift being that of the understanding of GOD's energy of love; the light; the calling; the connection; the remembering of that connection. And truly you experience it when your people come together in a joyous event; and David, each individual feels that and feels that connection each in their own way.

The above is from a wonderful story about love. Copies available at my clinic.

To each of you and your family, may you have a Heartfelt Christmas and Prosperous New Year.

Susan Veale BSc.  
Natural Health Practitioner  
Wellness Natural Health Centre  
613-752-1540  
[www.wellnessnaturalhealthcentre.com](http://www.wellnessnaturalhealthcentre.com)

End

**We are back** [www.ourpizzafarm.com](http://www.ourpizzafarm.com)  
It was a great (hot) summer in Eganville, but we miss making pizzas

**Pizza Farm**  
Farm Raised Food ...For you  
Wood Fired Pizza  
Pastured Pork Grass Fed Beef  
Seasonal Produce  
Wood Fired Bagels  
visit us at [ourpizzafarm.com](http://ourpizzafarm.com)

Wood Fired...Flash Frozen...Vacuum Sealed  
Ready to eat  
Our pizza's are now available through the  
Ottawa Valley Food Coop  
at  
<http://www.ottawavalleyfood.org>

# BEING GREEN

**Editor's note:** This little gem was given to me by a Matawatchan resident who found it on the Internet. He said, maybe ironically, that since the Highlander was a paper noted for green issues, maybe we should print it. After reading it, I thoroughly agree.

Checking out at the store, the young cashier suggested to the older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized and explained, "We didn't have this green thing back in my earlier days." The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the green thing in its day. Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were truly recycled. But we didn't have the green thing back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable be-

sides household garbage bags, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags. But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Mon-

tana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and

we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

## DSL High Speed comes to Matawatchan

By Bill Graham

DSL high speed Internet access arrived in Matawatchan recently. Over the summer fibre optic cable was strung and a DSL switching box was installed at the corner of Centennial Lake Road and Matawatchan Road. Residents who are within a five kilometre range of the switch can receive DSL service from Bell Canada now.

You can check to see if there's service to your phone number, here: [http://www.bell.ca/Bell\\_Internet/Internet\\_access](http://www.bell.ca/Bell_Internet/Internet_access). The Village of Matawatchan proper will not receive the service until the spring of 2013. The same is true of Griffith. EORN (Eastern Ontario Regional Network) has a search function that allows you to plug in your address to see what kind of service will be available to you and when. It can be accessed at: <http://www.eorn.ca/address-search/>

DSL (Digital Service Line) delivers high speed Internet access through fi-

bre optic lines to your telephone. It allows you to have access to both the Internet and your telephone simultaneously. It is much faster than the satellite access that many in our area have and it is half the price.

The base service, which will be available provides up to five megabytes of download and up to one megabyte of upload speeds. This is enough to have reasonable VOIP (Voice Over Internet Protocol) telephone access. The base service provides five gigabytes of downloads for a month but you can buy extra download capacity very inexpensively. For example, for \$5.00 you can buy 25 additional gigabytes and for \$10 an additional 50 gigabytes.

The only downside to this development is that existing satellite customers will need to buy out their contract to get DSL. The buyout is not cheap but after doing the math it might be worth it.

A Matawatchan resident had DSL installed last weekend and had this to say: "Bell high speed puts satellite to shame -- at half the price!"

### Pine Valley Restaurant & Variety

Merry Christmas From Bert, Carol & Staff

**Music Night Monday & Thursday**  
Full Service during power outages



Home cooked Meals	 <p><b>-552</b> <b>333-5523</b></p> <p>Hwy 41 in Griffith</p> <p>Winter Hours Mon-Thurs 6 am - 7 pm Fri, Sat 7 am-8 pm Sun 8 am-7 pm</p>	Giftware Ice Gas & Diesel Groceries
Lotto Machine		
Movie Rentals		
<b>Post Office - OLG Lottery</b>		

### Pickled Chicken String Band

Available to provide live music for festive occasions.  
Contact Mike at 333-1449 or Pete at 318-8308



Mike Malcolm,  
Joe Grant,  
Pete Chess  
& Mark Rowe  
(Emmy-Sue Fraser absent)

# "The Only Place to Go" Smitty's Warehouse Operation For NEW or GOOD USED Appliances

Smitty has been keeping customers

happy for 40 years in the appliance business.

This proves Smitty has the **BEST PRICE, SELECTION,**

**GUARANTEE, QUALITY & SERVICE,** plus same

day delivery, seven days a week. We sell gas

refrigerators. Smitty plans to be around for

another 20 years. Now he has in-house

financing at **NO INTEREST.** These are just

a few of the many reasons to visit Smitty's for

your new or used appliance purchase.

**BEST  
GUARANTEE**

**BEST  
SELECTION**

**BEST  
SERVICE**



## SMITTY'S "KING OF APPLIANCES"

**(613) 969-0287**

Open Evenings & Seven Days a Week -

River Road-Corbyville, Just North of Corby's

## Our first Christmas in Calabogie

By Skippy Hale

In 1999 we moved here to be closer to our children. Rich got a job in Renfrew in June and I set to work preparing the house for sale. I had decided that house or not, we would spend Christmas in Renfrew where Rich had a temporary apartment.

On moving day, one of our five cats decided to stay in our back bush. We dropped off the others with our daughter Taben in Kingston. (The lone survivor moved in with our former neighbours and I made daily visits.) We drove to the new (old) house and I could not unpack anything since the house had four-footed squeaky squatters.

Taben and our youngest son, Devin arrived from Kingston by bus the night before my last day of school. After my farewell staff party, we squeezed into my little Cavalier with all our belongings and Christmas presents to go pick up the cat that, stressed as he was, promptly moved his innards. It was a very smelly, cold ride to Kingston where we met Rich and picked up the rest of the cats.

We arrived here about 3:00 am to a house packed wall-to-wall with boxes

piled to the ceiling. It was dark and cold. We slept on towels, curtains sleeping bags. The next morning as I was making toast I heard a weird bell ringing. There was a mouse thing plugged into the wall and thought the mouse alarm was going off! It was my first friend here, Phyllis Matthews with sticky buns and chocolate chip cookies.

Mike and Julie came down from Ottawa and we went out to the Rainbow restaurant for 'Christmas Eve Dinner'. Knowing of our plight, the Guilmettes stayed open to make our supper.

On the way to Mass, we took a wrong turn and arrived at the Peaks...definitely too far! To city folk, this is the darkest place in the world. In this darkness, we found a side road into... 'the church parking lot'! We could have walked.

We ate cold meat sandwiches on Christmas day and our tree was a fir tree candle that one of my grade ones gave me. I have yet to burn it. We had our first Christmas in our new home as we exchanged gifts and the cats hid from the mice.

Merry Christmas all!!

## THE GREATER MADAWASKA SENIORS HOUSING CORPORATION is relentless in its efforts to build housing for seniors in our wonderful township!

The Board of Directors has named their new executive: President, Bill Griffiths; Vice-president, Bill Beacham; Treasurer, Pat Holleran and Secretary, Juliette LeGal. The entire executive are founding members of the Corporation. The sign has gone up on the proposed site on Eastern Avenue - a great site in Griffith that will constitute Phase I construction. Engineers are planning to do soil tests before the winter. The business plan has been revised given the current void in government funding programs. However it is anticipated new program opportunities will be announced and additional lands will be secured in the Calabogie area for future development.

Many of you have highly supported the Corporations' efforts to obtain funding from the Aviva Community Fund and we thank you for this!

At least 10 women are busy knitting or crocheting items to be sold for fundraising using their own yarn or yarn donated for the cause! We want to thank Terry Goddard for donating all proceeds of a lunch she organized. Special thanks go out to Carol Ann Kelley, Hazel Warren and Carol Ferguson for their specific contributions to the knit-

ting /crocheting efforts and the Christmas Fairs! Another special thanks goes out to Sandy Downs for her ongoing promotion of our cause! The last thanks go out to all our members and the community who attend the Corporations' events and support the cause. What community spirit!

A series of fundraising activities are in the works for the coming year! Keep your eye on the "Toss a Toonie Jars" in a variety of businesses in the Township and give generously! Prepare yourself for some old time dancing! Build your appetite for delicious meals! Compete for precious items in silent auctions! Keep some money in your budget for special raffles! A calendar of fundraising events will be forwarded to you soon.

Anyone interested in helping with the organization of one or more of these events please call Pat Holleran at 333-1229 or Juliette LeGal at 333-1352. We are also open to new, creative ideas for fundraising.

A COMMUNITY THAT WORKS TOGETHER CAN.....BUILD HOUSING FOR ITS SENIORS!!!

**JIM MUNRO** *RE/MAX* [www.jamesmunro.ca](http://www.jamesmunro.ca)  
613-623-3665 Toll Free: 888-623-3665 Email: [jim@jamesmunro.ca](mailto:jim@jamesmunro.ca)

*Affordable living on Centennial Lake*

# Merry Christmas and Happy New year

## Thanks for all your support and have a great holiday.

*I live, play and work in the community*  
**Jim Munro Remax Realty Solutions Ltd**  
*Call me 613-333-9500*



# Kelly Homes Inc

I would like to thank all our customers for another great year of work. We look forward to serving you in 2013.

Merry Christmas and Happy New Year from Jody, Ellen, Rick, John, Norm and Steve.

Let Kelly Homes build your next project with the quality workmanship we have been providing the Valley for over 13 years.

call 613 433 1035  
www.kellyhomesinc.ca



## Behind the tunes

### “White Christmas....a brief history”

By Peter Chess

He was born Israel Baline in 1888 in a small village in Russia and grew up in Brooklyn NY, then a thriving community of Jewish immigrants from all over Europe. The world would come to know him as Irving Berlin, a song-writing genius who produced a virtual soundtrack of popular culture for most of the 20<sup>th</sup> century in America.

A lifelong insomniac, Berlin would stay up all night composing and writing lyrics, usually with an assistant to take down notes as he came up with ideas. Accounts vary as to where the song was composed, but it is generally accepted he wrote the song while staying at La Quinta Hotel in La Quinta California in 1940.

He was in California to write music for the movie “Holiday Inn”, starring Bing Crosby, Fred Astaire and Marjorie Reynolds. “Holiday Inn” was a musical based on an idea by Irving Berlin. Since the movie was about a hotel that only opened on public holidays, Berlin’s task was to write a song about every major holiday. He found writing about Christmas particularly challenging, in part, perhaps because he had lost his eldest son, Irving Jr., on Christmas eve in 1928. This situation highlights a great irony about the song; that an eastern European Jewish immigrant wrote the biggest selling Christmas classic of all time. In any event, Berlin was clearly up to the task.

Upon completing the song to his satisfaction he said to his secretary “Take down these lyrics...this is the best song I ever wrote....heck...it’s the best song anybody ever wrote.” Indeed. Bing Crosby was reported to have quipped “A Jackdaw with a cleft palate could



have sung it successfully”. Although the movie was not a great smash, the song won an Academy award for best original song in 1942.

The first public performance of the song was by Bing Crosby on NBC Radio’s “The Kraft Music Hall”, Christmas Day 1941. He subsequently recorded the song in May 1942 for Decca Records. By the end of October 1942 it was #1 on “Your Hit Parade” and stayed there for well into the New Year. The original version also topped “The Harlem Hit Parade “ for 3 weeks,

the first ever appearance by Crosby on the black oriented chart. Rereleased by Decca, it became a #1 hit in 1945 and 1946, becoming the only single to ever be #1 in three different years. It appeared on the charts for 20 years before Billboard created a separate category for Christmas music.

It has been noted that the mix of melancholy “just like the ones I used to know” and images of home “where the treetops glisten”, resonated strongly with listeners during WW2, both at home and overseas, where the Armed

## CABA Corner

CABA general meeting will take place on Monday Dec. 3<sup>rd</sup> at 7:00 at Calabogie Peaks Resort and Conference Center. The annual CABA online silent auction will start Dec.7<sup>th</sup>. Check the website [www.calabogie.org](http://www.calabogie.org) for details of items to bid on and how to submit a bid. Funds raised are used for “Festival of the Senses” and other community projects. For membership information please contact Byron Hermann, president through the website or 752-1585. Remember to support your local businesses during this holiday season. Merry Christmas and Happy New Year

End

forces Network was flooded regularly with requests for the song.

Because the 1942 master was damaged from overuse, Crosby rerecorded the song in 1947, with every effort made to reproduce the original version, including the same Harry Trotter Orchestra and back up singers. This is the version most commonly broadcast and sold today. It is estimated the Bing Crosby version, as a single, has sold over 50 million copies to date. Irving Berlin lived to be 101 years old and died peacefully in 1989, never to be forgotten.

End

[www.matawatchan.ca](http://www.matawatchan.ca)

The address of a portal on the Internet

A connection to all things Matawatchan

A source of back issues from the Madawaska Highlander

Look for it in mid-February

# UP THE LINE

By Wes Bomhower

## ST. VITUS DANCE & CHRISTMAS TIME

“Grab your socks, It’s five o’clock & daylight in the swamp” ,someone shouted, but it was not daylight by any means. It was early December, 1947, and the big push was on to complete this job between Timagami and Crystal Falls by Christmas time. The daylight hours were much shorter but we arose each morning at 5:00 a.m., washed up and had breakfast and were boarding the trucks for work before 6:30. We were driven perhaps 7 to 8 miles ,then walked another 2 miles through the forest to reach the tower line right of way. It would be breaking daylight by the time we had the bulldozer running and were ready to begin clamping in the miles of conductor we had strung out on the towers. We did this seven days a week, not leaving the job until darkness fell in the evening, and the weather, though we had plenty of snow, was fairly pleasant.

We were sharing the camp and a cook with Charlie Sword’s tower footing and tower erecting crews and the huge tent we slept in held at least twenty men, with other smaller tents scattered around. One evening we heard female voices outside and on closer inspection we discovered that there were females indeed; university students selling subscriptions to Redbook and other magazines as a means of earning extra money for tuition expenses. Those girls were certainly brave, to say the least, as they entered the tents amongst all us men, and they did sell many subscriptions that night. My mother was pleasantly surprised to begin receiving a five year subscription to a popular magazine in the following month.

Our clerk, or timekeeper, was a tall, rangy, officious looking man by name of Jack Mills and it was rumoured that he hit the bottle now and then. He also suffered from a terrible affliction known as St.Vitus Dance,( the technical term for the disease fails me at this moment,) and whether his drinking aggravated the disease or not is debatable, but the severe jerking motions which were an indicator of the affliction, seemed to bother him not at all. Sometimes, as he walked across the yard, he would get a fit of jerking and spin right around, then continue on his way as nonchalantly as could be. Occasionally, we would see him splitting kindling wood for the office fire and we wondered what would happen if he took a jerking fit just as the axe was coming down. Would he cut his foot off perhaps? Anyway, it looked pretty dangerous, but fortunately nothing of the sort ever happened.

A few new men were hired, one being a young lad from down Cobourg way and I really think he lied about his age just to obtain a job with Hydro. His first night in camp, we made our way up to the dining area for supper and the young lad was seated beside Jack Mills,( the man who suffered with St.Vitus Dance,) and just across the table from me. Three times during the meal, Jack’s head snapped around to the right as though something there was bothering him, and each time the young fellow jerked his head around also to see what seemed to be bothering Jack. Back in our tent later ,the perplexed boy questioned me. “What did that old guy think was behind us at the supper table anyway”? I tried to explain to him about Jack’s affliction, but some of the men who had witnessed the whole performance at the table thought it was hilarious. Poor Jack was the butt of a lot of jokes it seemed.

We did finish the job on the 21st day of December and left for our respective homes for Christmas the following morning after my brother had loaded the bulldozer on a flat-bed bound for some other project. Everett now owned a 1938 Plymouth coupe and we loaded up our gear for the trek home to the old farm on the First Concession. It was a cold morning, about minus 30 Fahrenheit and the car ran well for some miles then suddenly chugged to a halt. My brother managed to get it onto the wide shoulder of the highway before it quit and we raised the hood to inspect the problem. Everett was a first class heavy equipment operator but he knew little about cars and I knew even less so we closed the hood and discussed our options. We were on an isolated stretch of highway, common to the north country, but Everett had been down this way before and he recalled that a certain lodge was within walking distance where he could phone a tow truck in North Bay. He struck off in that direction and I climbed the snow banks to forage in the forest for some firewood. I soon found a large, dry pine stump and broke off some pieces ,brought them out near the car and had a roaring good fire going in no time just off the shoulder of the road.

Everett was gone over an hour and the local O.P.P. stopped to ask what my problem was with the car. I told them the situation and they wished me luck, not seeming too worried about my wood fire, but of course it was some distance from the forest and was causing very little smoke to obstruct traffic. Everett finally returned and a tow truck from North Bay arrived a half hour later, towed the car into a garage where they informed us that two frost plugs were blown. Anyway, by the time repairs were made, it was 4:00 p.m., so we had supper at a restaurant and decided to spend the night at a hotel. Next morning we headed down the highway bright and early and covered the miles to the old farm in eastern Ontario. We had

# Colton Creek Property Maintenance

Serving Ottawa Valley and surrounding areas

Joey Rosenblath (613) 334 – 8010  
Matawatchan, ON  
coltoncreekpm@hotmail.com

Snow removal	Cottage checkup
Landscaping	Pressure washing
Lawn Maintenance	Staining & painting
Tree & stump removal	Dock install / removal
Garbage & recycling removal	Fall & Spring cleanup
Fully Insured	General Maintenance and repair

Call for a free estimate (613) 334-8010

The "Honey Do This Company"

**RESIDENTIAL & COTTAGE PROPERTY MANAGEMENT**

- Insurance Security and Storm Checks
- Interior and Exterior
- Emailed Inspection Reports with Photos
- Check List Customized to your Personal Needs
- Equipped and Trained for any Repairs
- Discounted Rate Provided for Neighbourhood Clusters

**PROFESSIONAL HANDYMAN SERVICES**

- Creative Solutions Reasonable Rates Meticulous Work
- Carpentry Repairs Interior Painting Plumbing Repairs

References Available Insured Flexible Scheduling  
30 years Experience

**HAVE A VERY MERRY CHRISTMAS  
THANK YOU TO ALL MY CUSTOMERS  
FOR SUPPORTING MY SMALL, LOCAL BUSINESS  
BEST OF HEALTH AND HAPPINESS IN THE NEW YEAR**

BILL WEISS - 613 570 1488  
weissmaintenance@gmail.com

LET ME EMPTY YOUR "HONEY DO THIS" JOB JAR

a wonderful Christmas with the family and returned to work a few days later in downtown Toronto once more, though we were now billeted in Scarborough at a big hydro station on the corner of Lawrence Avenue and Kennedy Road. Those were the days! Next: Working in the city!

End



# MARY'S MUSINGS

By Antonia Chatson

I was one of five girls in our family - the eldest. Our father was a sheep farmer and we lived on the outskirts of Nazareth. Now as you can imagine, five girls in the family would not have been a farmer's first choice for a family. He would have preferred a couple of boys to help with the sheep but we girls surprised him pleasantly with all the chores that we did to help him. Our life was hard: we were never wealthy, no one is who is a farmer but our lives were fulfilled and we looked forward with joy to each new day and the blessings that the Lord would bestow on us. The only cloud on our and everyone else's horizon was that of the Roman occupation, their constant presence and their exorbitant taxation. We, as did others, often wondered if we would be able to continue our existence with so much of our income going out to them. But we always recalled the verse from Psalm 34, where it says, "Fear the Lord you His saints for those who fear Him lack nothing." This always assured us that God would never see us lacking anything.

Our life was a good one. I would not have changed it for the world. And my life in particular was made even better when a young man from the village began to court me. Truth be told I had had a crush on him for years but it was only recently that he had begun to notice me. And.... he finally asked me to marry him. I thought that my cup was surely running over, but then things started to happen that put me in such a turmoil that I didn't know what to think. Apart from being re-assured by the Angel Gabriel that all would be well, I relied on another verse in Ps 34. "Taste and see that the Lord is good, blessed is the man who takes refuge in Him." My faith had always been strong but I knew now that it had to be stronger yet to see through what really was a wonderful thing happening to me.

When Gabriel first appeared to me I was so disquieted by the news that he gave me. He said that I was to have a child who would be called Son of the Most High. I could not fathom what he was saying about His having the throne of His father David or that He would reign over the house of Jacob forever and that His kingdom would never end. I was in such a state of shock and had an awful time remembering all that he had said. But long after Gabriel had left, it all came back to me. At first I could not understand how I could have a child when I was not even married to Joseph, but then Gabriel explained how the power of the Most High would overshadow me, I thought I understood. As if this was not enough, Gabriel also informed me that my cousin Elizabeth was also going to have a baby and she was now in her sixth month. Had it been that long since I had written to her?

Well, after Gabriel left, my first duty was to tell all of this wonderful news to Joseph. I thought that he would be thrilled with the news, but when I told him in the quiet of his carpentry shop, he was most upset. It was not until a few days later that I found out that he was planning to divorce me. When I confronted him about this, he said that he did not want to embarrass me or put me to shame in the eyes of the public. My wonderful world was starting to fall apart.

I could not seem to get through to Joseph. I spent several sorrowful and tearful nights in prayer. Shortly after this, I was surprised by Joseph's appearance in our house one morning when I was kneading bread. He did not normally call until the evening when his work and my chores were completed. He lovingly put his arms around me while I, of course, cried in perplexity. He told me that an angel had visited him telling him that the child conceived in his Mary was of the Holy Spirit and that

their son was to be called Jesus, which means 'Jehovah saves'. After another little cry and with Joseph's protective arms and those of God wrapped around me, I knew that all things would work together for those who loved the Lord. My fears vanished and my world suddenly pulled together again.

Now I felt that I could also discuss Elizabeth's good fortune with Joseph and we both agreed that I should go and stay with her for a while and help her. Elizabeth and I spent a wonderful three months together and found joy in each other's company and solace in our daily routines that we did together. I insisted on drawing the water from the well and shopping at the market, leaving her free to make the bread and the curds from goat's milk. We always praised the Lord for his blessings that He had conferred on us, but often wondered why He had chosen us, such humble servants for His great purpose.

I left Elizabeth just before her baby was due and returned to my family and Joseph and began to prepare my layette. I was fast approaching my time and my sisters and parents were so looking forward to a new baby in the household, when that odious Quirinius put forth an edict that yet another census had to be taken and that we were all to return to the place of our husband's birth. How many censuses do those Romans need? They just had one two years ago. The Romans are so money hungry that they have to tally every head to make sure they are getting all the tax that is owing to them. It would really be nice if all the provinces under Roman rule would

amalgamate, then there would be no need for all of this needless travel, or in my case - travail.

The journey to Bethlehem was awful. It was in mid summer and the heat during the day was horrific. Joseph insisted that I always ride the donkey and he walked alongside. Often I would get so faint from the heat that he would have to support me. We slept at nights, mostly in homes along the way and rested during the heat of the day, partaking of the food that we had brought with us. The worst was yet to come - for when we did reach Bethlehem it was late at night, and there was not a room to be had, not even at the large caravansary at the outskirts of town. Joseph even asked at private homes but every room was filled. He finally returned to the small inn where he had left me and the inn-keeper told us that we could bed down in the stable behind the inn. Thankfully we had a soft place for the night, but then little did I know what kind of a night I was to have!

The rest is history and I think you know our story. What a time we had of it after our Jesus was born, our flight into Egypt and our stay there for three years. I never did like cosmopolitan living' And how grateful and thankful we were to finally return to Nazareth and finally settle down to a normal life.

Little then did I know the whole story - but Joseph and I would do it all over again. And sometimes - I just miss our little boy.

## Summer Camp

End

A continuing series by W.W. (Bill) Jukes

Then there was the time Rob and I decided to get up early one Sunday morning to collect beer bottles at the hall. Buff, (Ernie) was still too young to participate and Judy and our late sister Ellie had no interest in boy stuff. This was summer and there was a dance at the hall every Saturday night. We had to get there before Dave Carswell had a chance to collect all the bottles. After all they were worth a penny a piece. For two young boys under ten, this was our chance to make some real money. Tossing a bushel basket into the steel wheeled wooden wheelbarrow, off we went to collect our treasures. The road at the time was still dirt and we made quite a clatter as we headed to the hall. It was not unusual for us to collect thirty to forty empty bottles in less than an hour. Not bad money in 1955. The empty whiskey bottles would be used for target practice with my Red Ryder BB gun, when Nan wasn't looking.

Heading back to camp, which in those days was called Jukes Camp, the bottles clinked and the wheel clunked on

every bump. We hoped no one was still sleeping at camp, because once we got closer, everyone would hear the noise and be awake. Sure enough, we were greeted by a not too happy grandmother, shouting out the upstairs window, wondering who was making so much noise at such an early hour. Finding a place to store the empties became another challenge. Once Nan had settled down, she agreed to let us store the bottles in the wood shed, but we would have to move the pile of wood at the far end and pile that wood closer to the door. But, don't mix the kindling with the nubbins. Nubbins are what we called the cut ends that we collected from Billy Thompson's saw mill down by the river. We used this wood for everyday cooking throughout the summer. Remember, hydro had not yet come to Matawatchan. Another chore, while we were in the wood shed was to fill the Coleman lanterns and the coal oil lamps. And don't put naphtha in the silver can, that's for coal oil only. Nan used the coal oil to start the wood cook stove every morning. Without a ready supply of newspaper, this was just the

continued on next page



**The Calabogie Rustic Furniture Company**  
BUILT TO STAND THE TEST OF TIME

Our rustic furniture is built to stand the test of time - built from select trees and logs harvested from our 100 acre Ottawa Valley forest then handcrafted into furniture in our onsite work shop. Every piece of wood is unique resulting in one-of-a-kind furniture. We invite you to tell us what you need and the look & feel you require - we love doing custom projects.

613-752-1150 • [www.calabogierusticfurniture.com](http://www.calabogierusticfurniture.com)  
5258 Murphy Road, Calabogie, Ontario



# Griffith / Matawatchan News

By Garry Ferguson

The Matawatchan Hall Board has added another position to its executive: J.P. DeGrandmont is the first (that I know of) to become a property manager for the board. I imagine that he'll now wish to be addressed by his proper(ly?) title, "Property Manager DeGrandmont." All hall rentals are now administered by David Guest (613 333 2285) but I'm sure he'll wish to remain "David:" "Rental Administrator Guest" is a little awkward. Board President, Mark Tomlin, requested that Adam Copeland and Al Pennock be publicly thanked for their long service to the board; Adam for serving as president over the past years and Al as a director in the latest of his many stints (and many positions) over the past decades. The community is indeed grateful to them and to all who, year after year, give of their time and energy to keep the hall open for the benefit of all.

For you seniors out there, a little nudge to remind you to haul out the glad rags for the Northern Lights Christmas party at noon (12 bells) on December 11 and to spread the news of the every-second-Friday, seven-o'clock Seniors' Euchre (December 07) at the Griffith Hall. The Lights have already elected a shiny (well at least the faces are pretty shiny) new executive for 2013. Sandy

Sutcliffe is the new president and Betty Bass the new vice president. Sandy Downs and Terrie Grant will again serve as secretary and treasurer respectively.

The annual Apostolic Church Hymn Sing is on again this year at 6:30 p.m. on Sunday December 09, 2012. Look for the posters. Taking part in the singing is always a great way to get into the Holiday Spirit without having to get into the holiday spirits.

The organizers of the Matawatchan Christmas Market were certainly in the holiday spirit. The Market's 'Community Appreciation potluck Lunch' raised \$373 and two boxes of non-perishable food for the Denbigh Food Bank. Thanks should go out to David Guest and Linda Wease for the supply and cooking of the turkeys and to others who donated food for the lunch.

As in years past, the hard-working Denbigh Griffith Lions people have already raised a goodly amount of that real spirit among themselves with plans for a Monster Bingo starting at 7:30 p.m. on December 11, a kids' Christmas Party from 1 to 3 p.m. on December 16 and its annual New Years Bash to get under way at 9 p.m. on the big night. See the Community Calendar section of this issue for the details.

Juliette LeGal and the committee(s) exploring the feasibility of a museum/cultural centre in Matawatchan are still toiling away attempting to sort out the nuts and bolts of rules, regulations and sources of funds for such an endeavor. The public meeting on Sunday October 21 drew 60 interested/curious/hungry (where even two come together in Matawatchan, there will be food) people who made for an interesting session because of their participation. On display were museum-quality artifacts, local art, old photos and literature; much of it pertaining to old times and even older old timers. An excellent video, created by Mark Thomson who, years ago captured footage showing some of those old timers, triggered a lot of emotions among the audience. Questionnaires, designed to provide public input helpful as a guide to the committee, were distributed. A good number were taken away to be completed in homes and returned to

Juliette. Evidently many are still out there; so if you happen to have one kicking around, Juliette would be most grateful to have you send it to her. Just put it in her mail box if you someday pass the Juniper Hill Farm driveway.

Thanks to weigh stations at the Griffith General Store and Eagles Rest along with all the other businesses that supported the Fish and Game Club by selling tickets, the Club's activities were able to add some high-calibre competitive spice to the hunt. Harrison Madigan took home a \$250 weigh-in prize for the biggest buck, Darcy Norris another for the biggest doe. Jamie Keller and J. Kirkham each snagged one of those new, see-through, plastic \$50 notes for the 190 pound mystery weight. The 45-70 Marlin rifle was won by Marc Pichette of Toronto. Lack of hard data prevents any editorial comment on the merits of hunting with a 45-70 in downtown Toronto.

## HOGMANAY SHORTBREAD

**Hogmanay is the Scottish New Year's Eve and the serving of shortbread to those who go visiting from house to house has long been a custom among Canadians of Scottish descent.**

*3 cups all-purpose flour*

*½ cup sugar*

*2 sticks unsalted butter, very cold (½ lb)*

*1 or 2 tablespoons cold milk*

Preheat oven to 275°F

Sift the butter and sugar together. Cut the butter into small pieces and rub butter into the flour-sugar mixture until the mixture resembles a coarse meal. Alternatively, place the flour-sugar mixture into the bowl of a food processor and add the butter, cut into small pieces. Process the mixture until it resembles a coarse meal.

Knead with your hands for about five minutes until the mixture forms a ball. Divide in two and shape each piece into a flat round cake 1 inch thick. Place in two-9-inch metal pie plates and press out to form cakes about ½ inch thick. Pinch the edges and prick all over with the tines of a fork. Bake cakes at 275°F for 1 hour or until the cake is lightly browned.

Remove from oven and leave in pie plate until shortbread is completely cooled. Serve in pieces broken off from cooled cake or cut into wedges while still hot. Store in a tightly covered tin or plastic box in a cool dry place.

## Summer Camp (Cont)

way it had to be done. After all, the Eaton's' catalogue was of more use in the outhouse. I am still feeling the sting of Nan's early morning scolding. So, I decide not to put naphtha in the silver can. That, I will leave for another day! Today it's my turn to pop the bubble of food colouring in the bag of margarine. I don't want to get in trouble now. You would not believe how five kids can fight over who gets to do this! Nan settled the dispute by ages. Judy did the last one, I will do this one and then, Rob, Ellie and Buff (Ernie). Kids can have fun without a TV or computer.

But we do have a battery powered radio that we can turn on for a short time each night. Batteries are too expensive to waste, so don't forget to turn it off! When I have made enough money from the beer bottles, I am going to buy myself a new Sony portable radio and plenty of batteries. With the margarine now fully mixed and my hands tired, there must be something else I can do, let's see, "Hey Rob wanna go to the store?.....Continued in the next issue.

End

## McDONALD FUELS

**Furnace & Stove oil**

**No-Lead Gas, Ethanol**

**Coloured and Clear Diesel**

**Complete Line of Lubricants**

**Lease to own Hot water Tanks**

**Jane Street, Eganville**

**613-628-3173**

**613-628-3677**

## Healing tree (Cont)

for internal glands. Tamarack has been used for bleeding (e.g., bloody sputum, bleeding haemorrhoids, heavy menstruation) for easing melancholy and jaundice due to liver obstruction, or an enlarged and hardened spleen, for colic, diarrhea, rheumatism, asthma, urinary passage diseases, and painful menses.

The internal dosage would be 1 heaping teaspoon to a cup of boiling water, steeped for 30 minutes and drunk by the half cup four to five times a day.

Externally, the inner bark has been chewed or boiled to make a poultice for burns and wounds (renewed twice daily), headaches, open sores, and for poi-

sonous insect bites. It is known to drive out inflammation and to generate heat. Larch inner bark tea is used as a wash for gangrene, old running sores (ulcers) and inflamed eyes. The lukewarm tea can be placed in the ear for earache. When it is made very strong, the tea helps overcome the 'itch,' and to kill nits and lice (several treatments may be necessary to kill them all). It is also used as a sitz bath for haemorrhoids. The inner bark can be boiled in oil or fat to make a helpful salve for haemorrhoids.

The Micmac and Malecite peoples of Canada's Maritimes used the inner bark of Tamarack for wounds, colds, gonorrhoea, consumption

*continued on next page*

## A year in Poland



Krista Mahusky

By Skippy Hale

Krista is spending this year in Poland on a Rotary Exchange. She left Canada on August 8 and arrived in Warsaw the next day and spent two weeks in a small village near Krakow at a lan-

guage camp. After classes, they went to visit local attractions. She still has some problem in the classes where only Polish is spoken. Technically she studies History, Geography, Chemistry, Physics, Math, Biology, French, English, Polish, Religion and Latin, but English, French and Polish which she takes with other exchange students are the classes which she attends until her Polish language skills improve.

I asked if she understands the students and teachers. Most students and some of the teachers understand English. Two exchange students speak English, but she said that the others only speak Spanish or Portuguese. She is very delighted with her host family. "I don't think I could have chosen a better one myself. I really got lucky in that aspect", she said. There are two daughters in the family, but one of the girls is on exchange in Long Island now.

Besides Krakow and Warsaw, she visited Mazury, Poland's Lake District with 20 other exchange students and they toured Wolf's Lair, Hitler's military headquarters during WW 2. During a recent visit to Berlin, she went to the Staatliche Museen Zu Berlin, and the Holocaust Memorial. She said that '(it was built in 2005 as a memorial to the murdered Jews of Europe). It was like no other memorial or monument that I have seen before.'

Krista is a very lovely girl and was a model for the younger altar servers at Most Precious Blood Church in Calabogie. The parish was pleased to award her a bursary when she graduated from Renfrew's St. Joseph High School. I will be giving updates during her year in Poland.

*End*

# GARY GARAGE DOOR

*Can We A-Door You?*



**Commercial Doors  
Residential Doors  
Electric Openers**

**613-432-7766 ~ 1-888-256-4793**

### Pura Vida Nutrition Store

267 Stewart Street, Renfrew, Ontario K7V 1X9

**NanoSRT - Laser enhanced stress reduction therapy**

Tarot Card Reading - Donna Kinniburgh

- Vitamins • Herbals • Teas • Homeopathy • Aroma therapy
- Smoothies • Gourmet coffee • Diet & Sport Supplements
- Gluten-Free Products

Hours:  
Mon.-Tues-Wed 9:30 am - 6:00pm  
Thurs. to Fri. 9:30 - 8:00 pm  
Saturday - 9:30 - 6:00pm  
Sunday - 10:00 - 5:00 pm

Tel. (613) 433-9437 Fax (613) 433-9959  
email: puravidanutrition@bellnet.ca



### CALABOGIE HOME HARDWARE

YOUR LOCAL SOURCE FOR ALL YOUR HARDWARE NEEDS

**Seasons Greetings from the staff  
at Calabogie Home Hardware**

MON- THURS 8 AM - 5:30 PM  
FRI 8 AM - 6 PM  
SAT 8 AM - 5 PM  
SUN CLOSED

Holiday hours Dec. 24: 8-3, Dec. 25: Closed, Dec. 26: Closed, Dec. 27: 8-5:30

COME IN AND PICK UP YOUR COMPLEMENTARY CATALOGUE  
BOX 115 636 MILL STREET CALABOGIE  
ONTARIO K0J 1H0  
613-752-2102

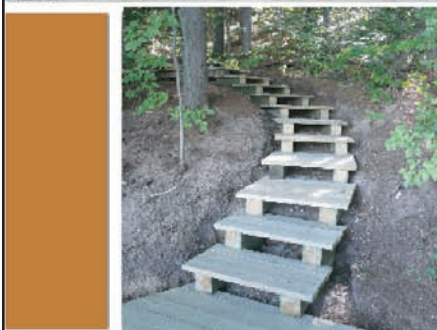
# Harris Construction

Setting  
a higher standard  
of excellence since 1996

(613) 433-9118 (H)

(613) 639-6309 (C)

[harrisbuilt@gmail.com](mailto:harrisbuilt@gmail.com)



If you have been negatively affected by the storm, we can work with you or your insurance company to get your home or cottage looking the way you want it.

# PILATES PLUS

Wishes you Happy Holidays

New pilates classes starting January 14th

Beginners  
Immediate  
Advanced

St. Andrew's Church  
Calabogie ON



Register by  
January 9th

To join call Susan at  
613-752-1540

Also offered  
"Stretch & Breath"  
classes for all ages

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

## Healing tree (Cont)

and general physical weakness.

Tamarack twigs and chips have been known to make a nourishing soup. Interestingly, one can make a big brew of the needles and shoots, pour it into a big tub and hop right in for a healthful and stimulating bath.

A tea made of the young branches is known to be laxative and cathartic for the intestinal tract.

The gum and/or the leaves make an astringent and vulnerary brew that heals wounds and desperate bruises. The gum has been described as having a good chewing flavour.

This vulnerary principle in Tamarack carries even into the ashes of the tree, which can be mixed with boiling water to make a paste that is healing to burns and wounds.

The root bark has been used in a poultice for inflammations, and in a tea that's given to horses suffering with distemper.

Either the leaves or the inner bark can be boiled in water and the resultant steam inhaled to help a headache. This steam has also been recommended as a fumigator.

Larch tincture is used in healing bronchitis and urinary passage inflammation.

Boring into the tree releases a resin known as 'Venice Turpentine.' Use it with CAUTION, as it can cause kidney damage and blisters on the skin. Internally, no more than eight drops mixed with honey will help to expel

tapeworms, heal bloody diarrhea and restore the flow of suppressed menstruation. Externally, a hot damp cloth can be moistened with the resin and applied to sores, wounds, and skin problems. Remove it after half an hour, and do not repeat for 24 hours. For a milder external application use one part Venice Turpentine dissolved in three parts of 80% alcohol.

Many wild creatures are fond of the seeds, needles, and inner bark of Tamarack. These include grouse, snowshoe hare, red squirrel, porcupine and deer. The moderately hard, heavy, and somewhat oily wood of Tamarack is resistant to decay. It is used for telegraph poles, fence posts (reported to last for 20 years), railroad ties and boat building. As firewood Tamarack is not as dense as harder woods, but its oily resin makes it a HOT wood that has been reported locally to have warped and melted some cookstove plates and liners.



Tamarack

## Somethin' Special Gift Shop



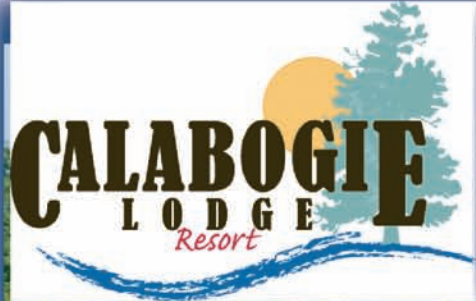
Wishing you a Merry Christmas  
and Happy New Year

Burnstown

(613) 432-0670

The best of the season to everyone!  
From all of us at the Madawaska Highlander





www.calabogielodge.com

729 Mill Street  
Tel. (613) 752-2676



Vacation Ownership

Visit our website for a reservation request form.



Wishing you  
Happy Holidays



J. LACOURSE  
CARPENTRY  
& SON Inc.

613.333.1042

Wishing you a  
Merry Christmas  
And  
Happy New Year

Over 20 years of quality work



# J. SCOTT MacDONALD GENERAL CONTRACTING INC.



Commercial  
Septic Installation,  
General Carpentry,

A heart-felt wish for a Merry Christmas  
and a Happy & Prosperous New Year  
to all of my friends and clients

Residential,  
Renovations,  
Soffit and Fascia,  
Additions, Roofing,  
Siding



Home: 333-5207 Business: 333-5596  
Fax: 333-1121  
jsmacdonaldcontracting@hotmail.com