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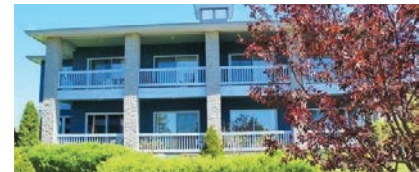


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The Madawaska Highlander

May 2016

FREE Vol.14 Issue 1
Next issue June 22, 2016

Celebrating Cottage and Country Life in Madawaska & Addington Highlands of Eastern Ontario

There is so much to do and explore in this beautiful land of lakes, water, forests, rock, and fresh air, including nothing at all. Embrace it!

Welcome!

...To those who went away for the Winter and to those who stayed to enjoy mild, but unpredictable weather. We have a lot to catch up on!



Welcome back to a pair of Trumpeter Swans seen in a quiet bay of the Madawaska River near Camel Chute in April. They haven't been seen in the area for a few years. - Photo Mark Thomson

Last year the Ontario Highlands Tourism Organization hoped we would find our Nowhere Moment. This year they invite us to Come Wander. The Madawaska Highlander is happy to help, with pictorial stories by Steve Manders, as he walks the old rail bed trails of the area and Survivor Guy, who shows us how a little walk in the woods can cure Nature Deficit Disorder, with safety preparation, of course.

A healthy body with strong bones helps you travel any path, so Susan Veale reveals the bone-building power of little known vitamin K2. And Ernie Jukes reminds us all to get out and do!



Locomotive built in Kingston for the CP Railway in 1913. The train station was built in 1884 for the K&P Line, now a 4-season hiking trail. - Photos and notes by Steve Manders

Pete Chess describes how the path one person takes can change the journey of many, in The Power of Song - Part 3 of the Pete Seeger Story.

So much happened in the last few months that 15 rural Mayors formed RMFEO, to git'er done. Garry Ferguson had so much to report, he chose the "picture = 1000 words approach, leaving space for whatever else was on his mind.

Sharon Shalla describes the Canada 150 Art project. Skippy covers everything from pickle ball to feral cats. We have historical stories of 1940's Girl Guides, the last Scottish Clan Chief in Canada, and barefoot paths in the snow. Antonia Chatson's story of Teeth, Ice cream and Splinters covers just about everything else.

Enjoy...



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madawaskahighlander.ca**

Message from the editor:

Check the Events Calendar for events in your area. We print what you send in, so if your event is missing or incorrect, be sure to email updates.

Check the ads right away for important information, hours of operation, specials and ideas about things to do in the area. Tell them you saw it in the Madawaska Highlander!

We also maintain the matawatchan.ca website, which has a handy community calendar that is updated whenever new information arrives. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of the web site. Also check out www.greatermadawaska.com for events and information in Greater Madawaska Township. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss.

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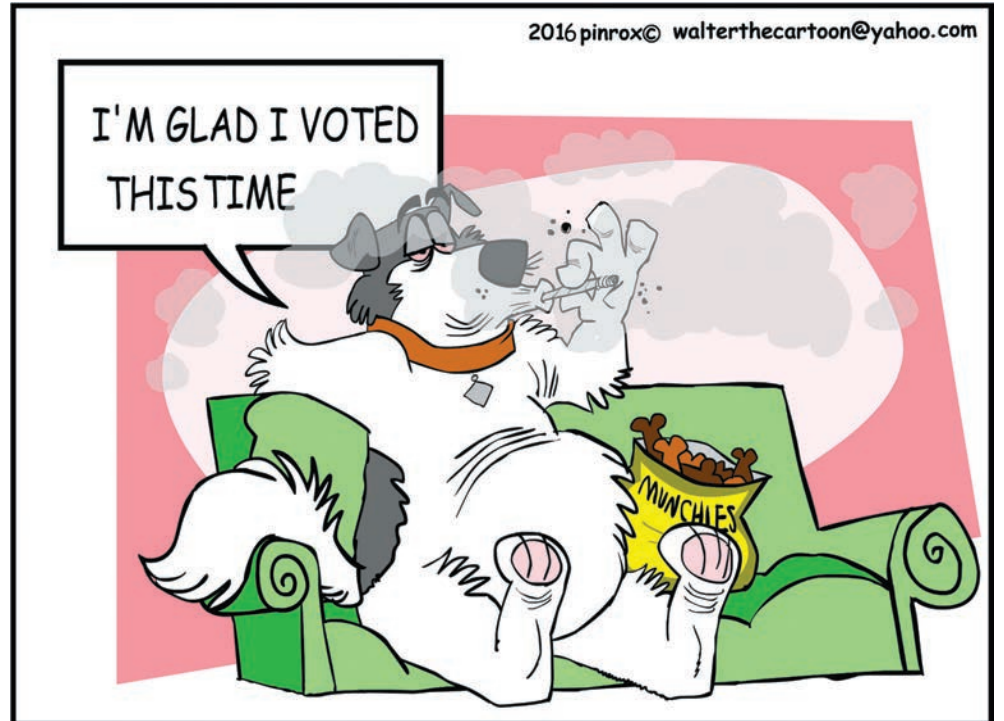
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| Skippy Hale | John Roxon | Susan Veale |
| Sharon Shalla | Jens Pindal | Jim Austin |
| Peter Chess | David Arama | Cheryl Babineau |



The Walter cartoon series premieres in The Madawaska Highlander and is a collaboration between Jens Pindal and contributor John Roxon. Jens attended Sheraton College in Oakville and has been an animator working in the industry for 25 years.

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By Garry Ferguson



Winter sneaked in on December 26 with a wimpy ice storm then with a butt-kicking snow storm a few days later. Thank Goodness local Holiday travellers had time to return to the roost before things got downright nasty. Winter came in like a wimp, got nasty, then wouldn't leave.



A good chunk of the local population gathered at the Pine Valley Restaurant in Griffith for a New Year's Eve buffet supper. Wilbert (Bert) Kaufeldt - at right with guitar - worked up a real sweat as he kept the music flowing - skillfully, it seemed, in sync with all the chewing in the room.



The host of seniors around this table are working hard to ensure that all the members of the Northern Lights Seniors Club have an interesting and active year. Standing is President Joan Jacques. Anyone who has reached the almost-ripe age of half a century and still has a heart beat is eligible to join.



Ladies and gentlemen: your 2016 Denbigh Griffith Lions Executive Team. These are the folks toiling hard behind the scenes to support everything from great global causes to feeding hungry locals, at noon, every third Wednesday of the month. Club President Gail Holtzhauer is seated front row second from left.



After 120 years the sanctuary of the Free Methodist Church near Vennachar is being torn down to be replaced by a newer version on the same site. In this photo, a work crew removes the contents.



Lion Erwood Reynolds did not win all three cash prizes from the Greater Madawaska Seniors Housing Corporation's big fund raiser drawn at the Lions' Christmas Craft Sale in Griffith on December 05, 2015. As consolation, Lion Erwood was allowed to hold the tickets for absentee winners Jean Visneskie, Shane Legree and Danielle Jacques.

Welcome once again to a world with the Madawaska Highlander in it and a "Happy First 2016 Issue." A picture is worth a thousand words I'm told, though I'm also told that, in my case, the word count saved would be considerably higher. So to avoid a lot of prattle in bringing our readers up to date on happenings over the past winter as well as the who's who in each of our vital local organizations, we've decided to inform by showing, not telling. Thus, the abundance of photos for this spring edition of our G and M News. A warning though for those who look only at the pictures; we hope to be back to normal by the next issue. Here's to a great summer!

There was some encouraging news announced for a good chunk of our province during this past winter. Tomatoes grown by Leamington Ontario farmers are being used in ketchup once again, more than a year after Heinz pulled its operation out of country for cheap-labourish, more-profitable climes. French's, most famous for its mustard, is producing ketchup and promises to use only tomatoes grown in the self-proclaimed tomato capital of Canada and other parts of South Western Ontario. Though Heinz will still have plants, processing other products in Ontario, we,

here at the Ferguson spread that is, will soon have used up our last, ever, bottle of Heinz ketchup. It has also come to our attention that Loblaw's has taken French's ketchup off their shelves even though it is in great demand. No logical reason given at this time of writing. Though they may have great products in a wide swath of the industry, I think I'll obey the old country song and "Walk on by," their ketchup aisles. Author's Note: Loblaw's eventually relented under public pressure and placed French's ketchup back on store shelves.

Somewhere in the depths of February when fall was a vague memory and spring seemed too far away to even dream of it, a couple sportscasters in the States helped to relieve our winter blues with some good old belly-flapping chuckles - though not on purpose. As I heard it, the two were covering a basketball game and commented on a player who happened to come from Saskatchewan. To fill some air time, they decided to describe the player's home province by remarking that it was flat, cold and had been named after Sasquatch. Don't be surprised if the sharp wits in the comedy industry jump all over that one and modify the province's name to Sasquatchewan.

Global warming is not funny but, accord-

ing to one account, Leonardo DiCaprio, during the Alberta filming of "The Revenant," brought a smile to a few Albertans - again not on purpose. It seems he thought a weather phenomenon, as old as the Rocky Mountains, was a manifestation of global warming.

During my frigid winters in Alberta, a bright arch in the evening sky meant that a Chinook would bring much-welcomed warm, Pacific air by next morning. Albertans loved to introduce us, the ignorant Easterners, to

the swift effects of this "big thaw" with a story. It concerned an early settler on his way to town when the winds of a Chinook overtook him. His horses were wading in snow up to their bellies, the wagon on which he rode, was up to the axles in mud and his dog was running along behind kicking up dust. A friend, who came from Calgary, told of going into a movie theatre on an evening when thermometers were registering thirty-below F. When he emerged a couple hours later, the temperature had risen enough

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Continued... By Garry Ferguson

to cause rivulets to run down the gutters. Given the trend of Hollywood people to do the "in thing," attach themselves to a cause and get some good camera on them while denouncing something or other, we can only hope that Leonardo checks with an Albertan before organizing a protest against Chinooks.

Along with the call of crows at first light and the rattle of woodpeckers' courting messages on sunny April afternoons, the first pot luck supper in the Matawatchan Hall is one of the true harbingers of spring. This year the first was bestowed on us on Saturday March 12. As always, there was enough grub to feed the workers at several old-time Matawatchan/Griffith threshings. (thrashin's for Matawatchaners) A thought for my fellow, and fellowette, pensioners out there: fasting for couple days prior to one of these dinners, tying on the feedbag in earnest and gorging to the point of an upchuck at the event, then coasting for the next few days could really cut down on those inflated grocery bills. Keep abreast of all Hall activities on Matawatchan.ca. If you do, you'll notice that a writers' group was launched back on April 15. They meet from 7 to 9 p.m. at the hall on every second Thursday of the month. If interested, contact Kelli at 613 333 9800. Perhaps

we'll soon see an influx of skilled, shiny new contributors to the "Highlander."

Guess I'm getting crotchety in my old age, but I'm having a lot trouble these days tolerating some media folks – even some politicians, doctors and lawyers – taking on a certain adolescent affectation that seems to have started – at least that's where I first heard it – in the States and has now, like an epidemic, infected the I-think-it's-so-cool-to-mimic-anything-happening-south-of-the-border denizens of our airwaves. The more discerning – those who speak in well-modulated tones I hope – have named this annoying mimicry "vocal frying" or "voice frazzle." One of my sons came up with the more appropriate name of "throat talking." These mimics drop their voices at the end of a thought or sentence down to a grating gargle or bull frog-type croak in their throats, though I have heard one side of whole interviews – from the States – croaked in this manner. We (meaning the royal we) have taken to switching away from news channels and adverts to avoid having to endure this annoyance. It's probably too much to hope that this will someday pass to be replaced by some other less-aggravating trend or that the World Health Organization will intervene. Perhaps a punitive swig of castor oil after such affronts to the art of the

spoken word might be a wake-up cure for bull-frogitis or whatever you'd like to call it. Profanity acceptable.

The centenary of an important event in Canadian history may have passed unnoticed by a few of our readers this past winter. A century ago, on February 03, 1916, fire destroyed the original Parliament Building in use from 1866. Iron doors separated the invaluable Library of Parliament from the main building so it was spared along with the nearby East and West Blocks. After the rubble was cleared, the new Centre Block rose in its place and opened in 1922 with the Peace Tower being completed in 1927. Because its profile has become a government trade mark on federal documentation, this is, without doubt, the most recognized building in the country – except for about six or seven NHL arenas that is.

Another largely un-noticed birthday came to pass in February; the twentieth of our toonie. On February 19th, 1996, this little, 6.92-gram chunk of plated nickel replaced the old brown piece of paper. Sometime during those 20 years, the makeup has been changed to include cheaper steel. The loonie, by the way, has been in circulation since 1987.

Some readers may vaguely recall an election way back in October. A dizzying tsunami of promises, from all directions, kept me so off balance that I barely remember any particular one from that cornucopia of proffered goodies. I do, however, remember hearing "Sunny," something or other – from the winners I think – so I concluded that it had to be a promise of better weather. If that was the case, the government came through in spades until that February cold snap that knocked its rating down to a "B+." (*) The February 16th storm, during which Ottawa set a new daily record for a snow fall, earned it – the Feds that is – only a "B." Guess the Minister for Weather (or whatever the person in charge is called) took his/her – not sure which – eye off the ball.

Crappy weather – snow, sleet and freezing rain – over the next couple weeks and the next big snowfall on March 02 finally resulted in a "C -." The last nasty swipe at us on March 24, the day before Good Friday, was a Colorado low so can be blamed on our Yank cousins looking for payback. They still blame us for that polar vortex thing. Over all though, it could have been much worse. We've had a few lately that would come in at a "J". Now I'm wondering if that was only a one-shot thing or if the promise was long-term – "Going forward," to use the repetitive and worn-out politicians' phrase. By the way, this is usually code for, "Sometime maybe, sometime maybe not, don't know when," or even "I'm being vague because you're bugging me with stupid questions."

(*) All ratings in accordance with the handy, all-purpose, A-plus-to-Z-minus Ferguson/Richter Universal Scale used to guesstimate quantity and quality of everything from pot-luck dinners in the Matawatchan Hall to tectonic plate movements.

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Garry Ferguson was born at Black Donald Mines. After graduating from the one-room Miller and Matawatchan schools and the two-room high school in Denbigh, he joined the RCAF and the world of electronics. After 8 years, he became a civilian and worked in Montreal for the Navy. During this time he joined the Reserve Navy and trained at Cornwallis NS. In 1970, Garry joined Air Canada where he eventually dealt with flight simulators until retirement. He was asked to join the Canadian Corps of Commissionaires and spent six years in security at Toronto's Pearson Airport and Nav Canada's Air Traffic Control facilities. In 1960 he married Carol Pearsall and they had four children – now middle-aged adults. Carol and Garry live along Lake Centennial and try to keep up with the hectic local social scene.



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Clarence Kennedy, Warden of the County of Lennox & Addington and Reeve of the Township of Stone Mills passed away on Sunday, March 13, 2016 after a brief battle with cancer.

Renfrew's Fraser Holmes, a talented guitarist who played with Amanda Rheaume, died Dec. 31 of leukaemia at age 28 His life was honoured with a musical gathering in Renfrew.

County of Frontenac Official Plan approved. At the beginning, the provincial government had included its standard policy prohibiting development and extension of private roads. That policy is still in place, but there has been acknowledgment that Frontenac County plans to conduct a study of private roads that will likely be used to allow development along such routes. Such decisions would be left to the township and the county planners.

Businesses in Ontario will stop paying the debt retirement charge on electric bills in 2018. Residential electricity users stopped paying January 1, 2016

None of the wind power proponents were successful in their bids with the IESO to build facilities in Addington Highlands and North Frontenac. LRP II date will be announced following results from public consultations to improve the process.

Wind farm policing costs add to rural communities' burden. Funding model counts each tower as an additional dwelling.

Newly formed Rural Mayors' Forum of Eastern Ontario has completed their analysis and report in relation to OPP billing. 14 Municipalities in Eastern Ontario have been over billed by almost a quarter of a million dollars. RMFEO will meet with MPAC in late May to discuss. RMFEO represents 15 municipalities. Addington Highlands, Brudenell Lyndoch and Raglan Carlo-Mayo, Central Frontenac, Greater Madawaska, Hastings Highlands, Horton, Lanark Highlands, Madawaska Valley, McNab/Braeside, Mississippi Mills, North Frontenac, Stone Mills, Tay Valley, United Townships of Head Clara Maria

Lennox & Addington Staff Report recommends closure of Denbigh Ambulance Station.

Renfrew County upset with Ottawa downloading ambulance services onto them.

Drone aids Renfrew paramedics in life-threatening situations. UAV helped guide first responders in triple homicide in Wilno.

Horton Township landslide on April 26 affects 10 hectares, sends cottage and debris into Bonnechere and Ottawa rivers causing upstream flooding. New Paramedic drones were used to assess, saving thousands of dollars on helicopters.

New "drinking water protection zone" sign outside Napanee on Hwy 2 is designed to alert emergency response crews to areas where spills of toxins could quickly contaminate a public drinking water source.

Renfrew County accepts Healthy Kids Challenge to improve the activity levels and overall health of Ontario children and will partner with municipalities and community groups. Ontario.ca/healthykids

In 2014, the Town of Bancroft conducted a pilot "community and safety and wellbeing" project. The purpose is to find ways of working with addictions and mental health and police to look at underlying conditions and problems faced by individuals and families, while maintaining confidentiality. Risk mitigation tables are evolving across the province.

Canadian Universities to get funding for ALS research from Ice Bucket Challenge

Cancer medicine doses can be reduced by using exosomes from white blood cells to cloak medicine, hiding it from the immune system until it can swarm cancer cells.

By October, Ontario hospitals will have to offer five, and 10, and 30-day transferable parking passes, at least a 50% off to ease financial burden on patients and their visitors.

Reaction to Ontario's proposed Supporting Ontario Trails Act, 2015 is causing some landowners to close trails on private property.

As of July 1st, a used car in Ontario will have to pass a whole new set of standards including a road test.

Ontario boosts subsidies for electric car-buyers to a maximum of \$14,000. Will spend \$20 million to build more charging stations

Loblaws now offering ugly produce to Ontario and Quebec shoppers at a discount. Look for three legged carrots and undersized potatoes at a discount.

A&W will be serving French's Tomato Ketchup and Classic Yellow Mustard across Canada. Made without preservatives or artificial flavours and colours, 100% Canadian tomatoes and 100% Canadian mustard seeds.

Highline Produce Ltd., with five Canadian facilities — including mushroom operations in Leamington and Kingsville — was acquired by Fyffes PLC for \$145 million, giving them access to one of Europe's fresh food distributors.

Tim Hortons and Burger King join chains like Starbucks, McDonald's, Subway, Wendy's, Dunkin' Donuts and Denny's in pledge to use eggs from producers who allow their hens to live in cage-free conditions.

Small farming social enterprise proposed for North Hastings. Repurposed shipping containers could provide local food year-round. North Hastings Community Trust 613-339-1100.

New maple syrup labeling laws now in effect. All maple syrup containers must include a code that traces their origins, and materials must all be food grade.

The Cauldron Kitchen Inc. opens near Ottawa, providing teaching facilities and rental space for food businesses and private citizens to create and prepare food for market.

Through the Government's Connecting Canadians program, approx. 1,000 households in Renfrew County, including Bonnechere Valley, Admaston/Bromley, North Algona Wilberforce and Greater Madawaska, will have access to broadband at speeds of 5 megabits per second (Mbps). The project is expected to be completed by mid-2016.

Petawawa Mayor Bob Sweet asks federal government to for \$200 million needed to four-lane Highway 17 from Arnprior to Mattawa. The Facebook page titled "SAFE on 17" is geared towards improving safety on Highway 17 through Renfrew County with user input and support to lobby for a provincial-federal partnership and commitment to four-lane the stretch within a reasonable, predictable and planned time frame. "We have to convince the people in Renfrew County that they deserve better," said Councillor Treena Lemay, chairwoman of the police services board. "We want a commitment to a schedule that is realistic."

Fire departments along Highway 17 provide "Jaws of Life" extrication to free car accident victims, except in the United Townships of Head, Clara and Maria at the North-Western tip of Renfrew County, population 235 and 128 homes and no fire department. Solutions are being sought with surrounding townships and the Province.

The Algonquins of Pikwakanagan voted against the Algonquins of Ontario modern day treaty. The vote was on the agreement-in-principle of the proposed Algonquins of Ontario (AOO) treaty. They will take a step back from it to focus on getting member-specific issues addressed

Ontario to address Truth and Reconciliation Commission of Canada's (TRC) Calls to Action, introducing mandatory Indigenous cultural competency and anti-racism training for every employee in the Ontario Public Service (OPS) and implementing mandatory learning expectations in Ontario's public education system curriculum.

Ontario backs down on municipal land transfer taxes, as they would add thousands to the cost of homes. Cities outside Toronto cannot charge land-transfer tax.

Ontario legislation to cut barriers to PTSD treatment for first-responders. Those afflicted no longer have to prove their illness was caused by the job

Canadian John Beeden became the first man to row across the Pacific Ocean, a journey that took him 209 days to complete.

The pride of Eganville, Canadian Track & Field athlete Melissa Bishop, will have The North Algona Wilberforce Township park at Lake Dore named after her, with the unveiling set for Canada Day 2016

200th anniversary of the Perth military settlement in 1816. Historic mapping project now live on Lanark County website. "Perth Military Settlement Map" shows locations of settlers.

Caltech researchers discover evidence of ninth planet 5,000 times the mass of dwarf planet Pluto in our solar system

The ultra-sensitive LIGO experiment discovered ripples in space-time, caused by the merger of two black holes — an effect that was predicted by Einstein's Theory of General Relativity 100 years ago.

Pigeons sporting little computer backpacks have been deployed across London England as a part of an initiative by the British capital to tackle the growing problem of air pollution. The pigeons send back air quality information.

Manatees Are No Longer Endangered. ESA has relisted them as Threatened.

Two Canadian regions have been singled out by a United Nations agency for how well they combine economic and environmental concerns. UNESCO welcomed Great Bear Lake in the Northwest Territories and the Beaver Hills east of Edmonton into its World Network of Biosphere Reserves. The Beaver Hills are a prime example, said Lawrence. The area covers about 1,600 square kilometres of boreal forest and wetlands and includes a national park and two petrochemical complexes

Northern Ontario Change.org petition to be a new province has 4,271 supporters. Trevor Holliday, who launched the petition, said "I would want Northern Ontario to become its own province. That way it can be run by the people of the North for the people of the North, so that all the money from the North isn't taken and given to the south and then we're just left to whittle away."

Wind Power Update

The Independent Electrical System Operator (IESO) announced the results of the first round of the LRP process and none of the proposed wind power developments were successful in Addington Highlands and North Frontenac, but that doesn't mean the issue has gone away. As we gear up for the second round of proposals, municipalities, community groups and proponents are keeping busy.

The Township of Greater Madawaska conducted a wind survey that closed April 30. Results have yet to be tallied, but will be tabled in Council Chambers and will guide actions of the Wind Committee that was set up last year. Meanwhile, the IESO conducted surveys and webinars to collect feedback about ways to improve the procurement process.

The IESO states on their website: *"Having completed the LRP I procurement, the IESO is seeking feedback from stakeholders, municipalities and Aboriginal communities to understand what improvements can be made prior to the second round of large renewable procurement (LRP II). Formal engagement on the lessons learned from LRP I and the development of LRP II is commencing early April 2016. The initial engagement process is anticipated to be survey and webinar-based, with meetings with industry associations, municipal associations and First Nation and Métis communities. Further engagement opportunities will be provided during the subsequent LRP II RFQ and RFP phases."*

Should you have any questions or comments on the future engagement, please send them to engagement@ieso.ca."

In response to this, the Bon Echo Area Residents Against Turbines (BEARAT) submitted their feedback:

As part of the IESO Large Renewable Procurement engagement process, BEARAT has submitted commentary on the LRP Process. The IESO initiated stakeholder and community engagement to gather feedback on the initial LRP process to determine what improvements could be made prior to the second round of procurement. This engagement process concluded May 3.

The following is a list of recommendations submitted by BEARAT to the IESO, many of these recommendations underscore items raised in North Frontenac's recent resolution.

1. That a moratorium be immediately placed on wind energy in Ontario until it can be proven to be both green and economical through independent cost-benefit analyses; and demonstration that the Province has a genuine need for additional energy generation in the short term;

2. That the Municipal Support Resolution become a mandatory requirement in the IESO process;

3. That the rules be amended to require that the resolution related to this support must be considered in an open Council meeting held after the community engagement meeting organized by the proponent;

4. That full details of the project, including siting of project elements and site consideration reports, are required to be

made available at the community engagement meeting and to the Council before the resolution is considered;

5. That the terms of any municipal agreement related to the project also need be discussed in open Council and that such agreements cannot contain terms that limit the municipality's ability to exercise Municipal Act powers relative to the project;

6. That the process includes the requirement for the municipality to provide comments on the project directly to the IESO;

7. That any points for Aboriginal participation in a given power project be limited to the First Nation who has a comprehensive claim on the land where the project will be built, or where a substantive historical association exists with the particular parcels of land.

8. As a part of the RFQ process, proponents should demonstrate that they have taken care to operate transparently and openly with municipal councils when prospecting and evaluating the municipalities for potential site development. This would include notifying council and planning departments that they are signing up landowners for wind energy lease agreements.

9. That private landowners who enter into a lease agreement with proponents be made public. Gag orders and confidentiality clauses in the lease agreements should not be allowed. By extension, adjacent landowners will also be identifiable and those adjacent landowners who sign agreements with the proponents should also be made public. Additionally, these lease agreements should be registered on the title of properties within Ontario's Land Registry Offices.

10. That any announcement of the successful bidders includes an explanation of the points awarded to each bid.

11. That so-called "Community Vibrancy Funds" or similar inducements be eliminated and replaced with a Province-wide, standard revenue sharing model between renewable energy projects and the affected municipalities.

12. That so-called "Community Vibrancy Funds" or other inducements by the proponents should never be offered to municipalities conditional upon Municipal Councils passing support resolutions. The current situation is coercive, exploitative and tantamount to bribery.

13. That Municipal Support by Council only be considered genuine if Council had a clear mandate to give such support (e.g., it was an election issue) OR that Council can demonstrate support by the Community through a referendum, a comprehensive survey, or an equivalent, statistically rigorous process.

Rural Mayors Forum of Eastern Ontario (RMFEO)

RMFEO News Release Dec. 4, 2015 (partial):

Faced with common needs and common problems, the mayors and reeves of 13 small rural municipalities have joined forces, creating a Rural Mayor's Forum of Eastern Ontario.

The seeds of this forum originated in the summer of 2015 when Mayor

Glenda McKay of Greater Madawaska and Mayor Ron Higgins of North Frontenac met to discuss shared services, common issues and the need to work together. Within months, that meeting led to the formation of the Rural Mayor's Forum of Eastern Ontario (RMFEO).

Members of the Forum — 15 small rural municipalities in Eastern Ontario — have committed to work together to address common issues and identify opportunities for cost reductions, thereby forging a unified voice. Concern was expressed that organizations such as the Association of Municipalities of Ontario (AMO) and the Federation of Canadian Municipalities (FCM) focus primarily on urban centres and the advocacy work of the Rural Ontario Municipal Association (ROMA) includes much larger municipalities.

RMFEO membership includes 15 Municipalities with representation from the Counties of Hastings, Lennox and Addington, Renfrew Frontenac and Lanark.

The Municipalities include; Addington Highlands, Brudenell Lyndoch and Raglan, Carlo-Mayo, Central Frontenac, Greater Madawaska, Hastings Highlands, Horton, Lanark Highlands, Madawaska Valley, McNab/Braeside, Mississippi Mills, North Frontenac, Stone Mills, Tay Valley, United Townships of Head Clara Maria
Contact: ruralmfeco@gmail.com

RMFEO News Release Apr. 3, 2016:

The Rural Mayors' Forum of Eastern Ontario (RMFEO) met on April 1st in Mississippi Mills. Two key items were discussed which were OPP billing and Ontario Community Infrastructure Funding (OCIF).

Over the last three months members of the RMFEO have been collecting and sharing OPP billing information and data to analyze and form conclusions. A report is expected to be published over the coming 3-4 weeks. Preliminary results indicate that the OPP billing is \$212K over what it should be for 12 of the 14 Townships who are members. The main reason behind the overbilling is being attributed to discrepancies in MPAC (Municipal Property Assessment Corporation) and the actual number of residences in a given municipality. Once all information from all of the member municipalities is collected and analyzed the full report will be published and sent to MPAC to address the RMFEO's concerns.

The other item the RMFEO has been assessing is the OCIF funding. The main concern here is that some municipalities are successful in getting applications and others are not. For the members of RMFEO only one of the fourteen municipalities was successful this year. A form letter is sent out informing the municipality it has not been successful. Expressions of Interest are first assessed based on preliminary evidence of a current or future health and/or safety issue, then on the applicant's economic conditions and fiscal situation. The response is short on stating which criterion was not met. RMFEO members have submitted requests for more detailed information on why they were not successful to help improve the success rates going forward.

April 21 on www.facebook.com/rmfeco:

The Rural Mayors' Forum of Eastern Ontario has completed their analysis and report in relation to OPP billing. 14 Municipalities in Eastern Ontario have over billed by almost a quarter of a million dollars. As a result of this report we have the attention of MPAC and will be meeting with them in late May to discuss.

Denbigh Ambulance Base Could Close

The IBI Group was engaged by the County to complete a review of Ambulance Services in Lennox & Addington County in 2008 and a subsequent update report in 2011. Following the 2011 update a series of staff reports were presented for Council's consideration. These included reports related to the construction of a new base in Northbrook, the options related to the operation of the Denbigh base and the establishment a base in Loyalist Township.

The report recommends: Based on a review of call volumes and response times, the following order for enhancements is recommended:

- Increase Loyalist coverage to 24/7. (12 hour night enhancement).
- Establish a base in Stone Mills Township with 12/7 daytime coverage. (12 hour day enhancement)
- Increase Napanee coverage of second ambulance to 24/7. (12 hour night enhancement).
- Increase Stone Mills Township coverage to 24/7. (12 hour night enhancement).
- Staff believe that these enhancements are a higher priority than maintaining coverage at the Denbigh base.

Servicing the Hwy. 41 corridor, the station was downloaded to Lennox and Addington County by the province, which originally established it to provide ambulance response to sparsely populated rural geographic areas. The Denbigh base is currently staffed 12 hours a day and operates at a cost of about \$750,000. Half that cost is covered by the Ontario government, with the balance paid by the county and costs recovered for calls that cross municipal boundaries.

Trails Bill 100

Ontario's Supporting Ontario's Trails Act, 2015 takes several existing laws such as trespassing and tailors them specifically for trails. If passed, it will increase fines for damage to trails or property. It's tightening up liability, so accidents are not the landowner's responsibility. It allows landowners to voluntarily register an easement on their property. The current handshake system remains intact, but for the first time a landowner can legally define the exact course of the trail, so if anyone goes off of it they are now trespassing (with increased fines). Landowners can define a classification for their trail within the easement (prohibit ATV's for example) and put a time limit on the trail easement, from a few months, to years or even in perpetuity. Landowners who have a significant portage route on their property can now ensure it will remain available for future generations.

More on page 14, Trails.

CHURCH SERVICES:

Denbigh, Vennachar, Griffith & Matawatchan residents, please check regularly for updates at

www.matawatchan.ca/Events

Matawatchan

St. Andrew's United Church

Sunday Worship

9:00 a.m.

For updates, call Joanne Murray

613-333-5534

Hilltop Tabernacle

Sunday School 10:00 a.m.

Morning Worship 11:00 a.m.

Office 613.762.7130

hilltop.pastor@gmail.com

www.hilltopchurch.ca

Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church

(Now in the Parsonage)

424 Matawatchan Rd. 613-333-2318

Services June to August 10 am

Sunday service time returns to 11am

the weekend after Labour Day

St. Luke's United Church

Sunday Worship and Sunday School

10:00 a.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.

Burnstown

St. Andrew's United Church

Sundays at 10:15 a.m.

Calabogie

The Calabogie Bible Fellowship

Congregational Church

The Mill Street Chapel 538 Mill St.

Regular service – Sundays 10:30 a.m.

Information: 613-752-2201

Most Precious Blood Catholic Church

504 Mill St., Rev. Ric Starks

Sunday Worship 11 a.m.

Mount St. Patrick

St. Patrick's Catholic Church

Sundays at 9:00 a.m.

Calabogie St. Andrews United Church

1044 Madawaska Dr. (on the waterfront)

Sunday Worship 8:30am

Communion 1st Sunday of the month

Also see Madawaska Messenger Insert in this issue and GM News, page 3 & 4. Check regularly for updates at matawatchan.ca

CALABOGIE EVENTS:

AN EVENING OF MUSIC

St. Andrew's United Church Hall 1044

Madawaska St in Calabogie,

Saturday May 28, 7 pm \$10.00

GM Library Pre-school Storytime

Thursdays 10:30 am to 11:30 am

at the Greater Madawaska Library.

It is aimed at children from 0 - 6.

LIONS CLUB BINGO

Calabogie Community Centre

Wednesdays 7:15 p.m.

FALLS PREVENTION PROGRAM

Tuesdays 8:30 a.m. Barnett Cottage

Contact Susan 613-752-1540

PILATES IN THE PARK

Mondays 9:30 am Barnett Park

Contact Susan 613-752-1540

Calabogie Seniors Dinner & Meeting

Last Thursday of the month - 5 pm Oct.

to April at the Community Hall

May to Sept. Barnet Park

All seniors 55+ welcome. 752-2853

Renfrew South Women's Institute

www.rsawi.ca CalabogieWI@gmail.com

Branch meetings held at Calabogie

Community Hall

2nd Thursday of the month at 7:30

Contact: Marg MacKenzie, Pres.

613-432-3105 or Hennie Schaly Sec.

613-752-0180

Guests and new members welcome!

Calabogie Arts and Crafts

Every 2nd Monday (If holiday, then

3rd Monday), 10:00 am – 1:00 pm,

Community Hall, (\$15 per year),

752-1324

Lion's Club Bingo every Wednesday,

7:15 pm, Calabogie Community Hall,

752-0234.

The Calabogie and Area Ministerial

Food Bank 538 Mill Street, Calabogie

2nd and 4th Thursdays of the month

9:00 am to 10:00 a.m. For emergency

situations, please call 752-2201

Fellowship Lunch at Noon-Third

Wednesday of the month Contact Mary

McKinnon 613-333-2791

General Wellness Assessment by local

Paramedics available from 11:00am

until after lunch

Diabetes Outreach Program

every 3 months

North Lights Seniors

Third Wednesday of the month

at 1:15pm at the Lion's Hall after

Fellowship Lunch

Euchre First and Third Friday of each

month, 7:00pm - 9pm

Contact Dennis Barnes 613-333-1488

Denbigh-Griffith Lions

SHOW & SHINE and GMSHC

Summer's End Yard Sale Griffith Lions

Hall, Hwy 41 August 27

GMSHC Fundraising Concert featuring

BREAKDOWN COUNTY BOYS

FROM PEI, MAY 21, 8pm

Tickets:; www.ticketscene.ca Don

Adams 613-333-2240

GMSHC Yard Sale, July 2

New 2 U Shop 25991 Hwy 41, Griffith

Contact Pat 613-333-1229

The Pickled Chicken String Band

Mondays from 5 pm to 7 pm

At the Pine Valley Hwy 41, Griffith

Bert's Music Jam Every Thursday

5 to 7:30 p.m.

DENBIGH EVENTS:

Denbigh-Griffith Lion's Club Hall

25991 Hwy 41 Regular Events:

LIONS CLUB BINGO

Tuesdays 7:00 p.m. – 8:00 p.m.

Denbigh Music in the Park/Hall

Every second Sunday from 1 to 3 pm

Denbigh Diners

Full Course Meal \$7.00

Nancy Dafoe 613-333-5164

Denbigh Hall Exercise Group:

Monday classes at 10:00 am.

Thursday classes at 1:00 pm.

TOPS Tuesday at the Denbigh Hall

Basement @8:30am Contact Mary

McKinnon 613-333-2791

GRIFFITH & MATAWATCHAN

AA Meetings

Mondays 7:00 p.m. – 8:00 p.m.

Denbigh-Griffith Lions Club Hall

Matawatchan Hall Events:

Matawatchan Walking Club

Thursdays 10:30 a.m. - 11:30 a.m.

Start at Matawatchan Hall

Griffith Matawatchan Writers' Guild

Every second Thursday, 7pm to 9pm

at the Matawatchan Hall

MATAWATCHAN PLANT SALE,

SOCIAL AND LUNCH - May 28

Matawatchan Hall, 9:00am until

1:00pm.

CLOYNE & NORTHBROOK

HISTORICAL SOCIETY AND

PIONEER MUSEUM EVENTS

Monday May 16 2016 at 1PM Tales

of old Glastonbury by Norm Ruttan,

and many older families who lived in

the area.

Saturday May 21 2016 at 9AM Bar-

rie Hall Mammoth Garage Sale All

donations gratefully received.

DACRE EVENTS:

DACA MOVIE NIGHT 6:00 p.m.-8:00

p.m. 111 Flat Rd, Dacre

dacacommunity@gmail.com

DACA 35th Annual HORSE PULL

10:00 a.m. 111 Flat Rd, Dacre

Contact Susan or Yves 613-433-9050

MILK BAG MATS



Drop off your large milk bags at the Griffith and Mount St. Patrick Waste Transfer Stations.

There is a bin for them in the office. Please do not leave them in the Donation bin, which is only for clothing.

The Vennachar Free Methodist Church women will weave them into sleeping mats for disadvantaged and displaced people around the world. Please help by dropping off milk bags.

CALEB'S BOTTLE DRIVE FOR CHEO



Help 11 year old Caleb meet his goal of raising \$1500 before the CHEO telethon May 29, 2016.

He is accepting donations, as well as beer, liquor and wine bottles. For information, please contact Caleb or his family at 613-333-5551

jenellejoey@hotmail.com. Caleb and his little sister say thank you!

SEND US YOUR EVENTS:

Lois and Mark Thomson

The Madawaska

Highlander

3784 Matawatchan Rd.

Griffith, ON

K0J 2R0

info@reelimpact.tv

613-333-9399

An Evening of Music

Saturday, May 28, 7 pm

The Riverthieves

Celtic band

Laurent Gagnon

Tenor singer

The Calabogie Divas

Alison Fay-Turner,

Marie Buscomb & Peggy Williams

Tickets \$10 at the door

Refreshments at Intermission

Silent Auction

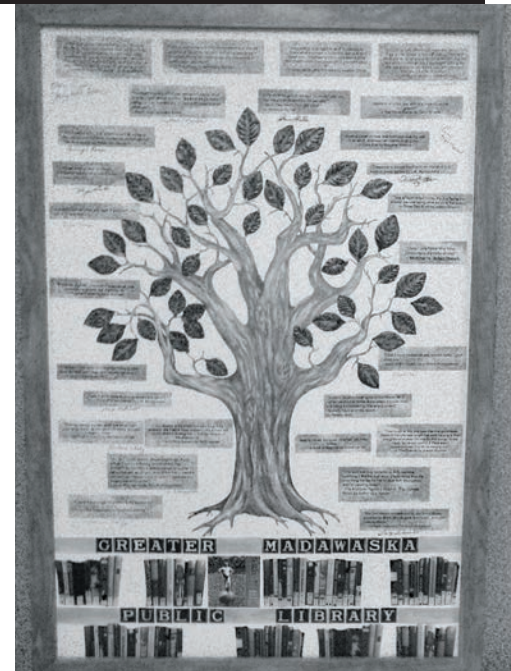
**Calabogie United Church Hall
1044 Madawaska St. in Calabogie**

Greater Madawaska Public Library Participates in Art Tree Project

By Sharon Shalla



People of all ages enjoy creating their own Canada 150 Art Tree project like the one at the Greater Madawaska Public Library. The Art Tree with Canadian authors' quotes



The library's Art Tree Project is coming along very nicely. I'm delighted that Marlene Schaly approached the Library Board in the earlier this year to present her project and to ask for our participation. Marlene explained that the Art Tree Project is a creative initiative in which families, businesses, schools, and groups can come together to create their own unique Art Tree. She said that we all have roots in our community and along the way we grow and branch out. Marlene explained that the theme for the library's Art Tree would be quotes and excerpts from Canadian Authors.

The Library board was very supportive of getting involved and in no time at all Marlene was busy getting our Art Tree Project underway. Shortly afterwards, she came to speak to the storytime group to explain the project to parents and caregivers and invite them to contribute quotes from their favourite Canadian authored children's books.

Marlene also approached me with the idea of having the storytime children paint the leaves for the tree. I thought it was a great way to get both the adults and children engaged in

the project, so on a cold winter's day Marlene was our special guest at storytime. She brought along the leaves and the supplies to paint them. The children had fun and thought their bright green fingers looked pretty funny when they were finished.

Patrons, staff and volunteers were then invited to contribute quotes or lines from a Canadian author. We all put on our (Canadian) thinking caps and came up with a good variety of quotes and excerpts from books written by Canadian adult and children's authors.

them all signed and our tree will be finished. Marlene left room for additional quotes to be added later, so if you'd like to contribute a quote from a Canadian author, please contact us. We'd love to have your submission.

Hats off to Marlene for her enthusiasm and dedication in bringing communities together for this unique project. I look forward to seeing the many Art Tree Projects when they are displayed in 2017 during the Canada 150 Celebrations. Please stop by and see our Art Tree hanging in the hallway at the library.

On March 19th Marlene came into the library and worked with volunteers and staff to begin work on assembling the Art Tree Project. The leaves were secured to the backing and the quotes were placed. Contributors are now coming in to the library to sign their quotes and eventually we will have

And last but not least, I must mention that we welcome new patrons to the library. If you are a resident or own property in the township of Greater Madawaska, you can obtain a library card for free. It gives you access to our books, DVDs, CDs, and electronic books.

We are open Tuesday from 1:00 – 7:00 p.m. and Wednesday through Saturday 10:00 a.m. – 1:30 p.m.

The library is closed Sundays and Mondays.

Membership is free to all residents and taxpayers of Greater Madawaska Township.

For more information call 613-752-2317, email gmpl@bellnet, or visit us at 4984 Calabogie Road (across from Calabogie Pizzeria)



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Dear Editor:

I am writing to you today because of my concerns over the targeting of my community for a large renewable energy project. The township of Greater Madawaska has been approached by Inn-ergex Renewable Energy out of Longueuil Quebec. They have informed our CAO Allison Holtzhauer that if the province asks for bids to construct more wind power projects, the company intends to put in an application for a power project in Greater Madawaska.

The township formed a committee to advise council on the pros and cons of these types of projects. As a member of the Wind Advisory Committee I have done much research on the issue.

I am frankly shocked at the gross injustices I have found. The huge increases in our hydro costs are abhorrent, causing widespread "energy poverty." The removal of our democratic rights by the Green Energy Act, is something you would expect from a third world country. All of it under the disguise of Green Energy.

The Province already had an oversupply of power before it contracted for Industrial Wind Turbines. The intermittent power from these facilities has to be backed up by fossil fuel sources such as natural gas generating stations which increases the costs to ratepayers and nullifies the green aspect of the programme—in short, wind isn't "green."

People who have signed leases for the use of their land, to install these turbines, are typically getting less than one percent of the revenue generated by the turbines. Homes in the vicinity of these projects are devalued sometimes to the point of not being sellable.

The Green Energy Act has created winners and losers. The winners are the huge corporate interests and the losers are the people of Ontario.

In the 1960s when the Madawaska River was turned into a hydro supply for the province there was a net gain for the people of Ontario. Now, with the huge profits from the unneeded Green Energy going to global corporations there is a net loss to the province. The four generating stations along the Madawaska operate far below capacity while the wind generators take our hard earned income. There are no carbon emissions from hydro power.

The Independent Electricity Systems Operator (IESO) is a good source of information on this issue. They manage the large renewable energy projects and the power supply in the province. Wind Concerns Ontario has lots of info on the issues as well. I would ask your readers to learn more about these issues.

The Auditor General's Report for 2015 points out that hydro costs have increased 70 percent since 2006 and that the people of Ontario have overpaid for wind and solar power in the billions. We have a surplus of power that we are selling off at a loss, yet Ontario is asking for more? At what cost?

Everyone wants to help the environment, but from what I've learned so far, wind power is not our answer. Landowners must understand, before signing a lease to allow turbines on their property, how these projects drive up the costs of electricity for themselves and their community. The only sure way to stop these projects is to not sign leases.

Sincerely; Donnie McAlear
Matawatchan, Ontario

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'Bogie is a Happenin' Place!

By Skippy Hale



Cory Benoit-Khole Benoit-Griffin Mulvihill and T-Jay Wilson, collecting for the Food Bank



A fun game of pickle ball, with Gilles Aucoin, far right.



Hank Schaly demonstrating maple syrup techniques to village children.

If you or your group wish to participate in your own Art Tree Poster Project, visit arttreeproject.ca or arttreeproject@gmail.com or (613) 433-3274 for more information.

St. Andrew's United Church on Madawaska Street is in need of repairs, so the congregation is working hard to raise money. Dwyenne MacNabb has organised a Musical Concert at the CE Hall on May 28 at 7pm. The talent from our Village plus the River Pirates will be a really fun day. Hank and Henny Schaly of the very green thumbs will be selling perennials and 'Bird Houses by Hank' in front of their home, 610 Mill Street, Calabogie. You know that you will be getting good quality plants and unique, creative birdhouses so drop over for their sale and help out St. Andrews when sprucing up your garden.

This is the place for 'Bogie news and announcements, so send them in to me. I will accept birth, engagements and wedding announcements. Unless, the information is illegal, immoral or fattening, I will write about it. Please contact me at bogiebeat@gmail.com with your news about our village.

Good to be back to update you on the happenings in the 'Bogie. It was a crazy winter. It seems that some days we had 4 Seasons in one day! You almost had to pack a suitcase for the clothing changes needed. Seriously, it was one for the books: rain for Christmas; snow for Easter and on through April. However, being Canadian, means anything goes weather-wise and is the topic of endless conversations. Having our rink out of commission was a problem for us skaters, but with the temperature changes, the ice would not have been constant anyway.

Students at St. Joseph's School were privileged to hone their skiing skills at Calabogie Peaks. What a delightful addition to the Phys-ed Program to have the ski hill in the neighbourhood! They were busy collecting food during Lent and made a big delivery to Pastor Bill at Calabogie Bible Fellowship Church where the Food Bank is located.

It seems everyone in the village was tapping trees this year. Hank Schaly was one and he shared his knowledge with the children. He explained the process from drilling for the spiles to boiling down the sap to make the syrup. The weather may have been up and down this year, but March proved to be perfect for making our liquid gold! The children were attentive to Opa Schaly and had many good questions for him, and answered his to them.

There are many activities at St. Joseph's School through the Township's Recreation Committee. Many adults play Pickle Ball in the gym. It seems to be a fast-paced game. The net is Tennis height and there is a paddle which is bigger than a ping pong one. The ball is hollow, plastic with holes, and the size of a baseball. The night I observed the game, it was obvious that everyone was having fun. The ages of players were from their twenties to Hank Schaly a very active octogenar-

ian. There is Line Dancing and Preschool Playdates as well. Contact the Township Office, not the school, for more information.

For the love of the Greater Madawaska Public Library, please put this date on your calendar! Saturday, May 14 from 2:00 pm, Dai Bassett, the Singing Farmer, will be performing his One-man show at St. Joseph's School in Calabogie. Admission is free, but a Free-will Offering will be happily accepted. Dai will also auction off Pies. If you wish to donate a pie or two, we would appreciate it, but it is not necessary. All proceeds go to help support our Library.

The Library is also participating in The Canada 150 Art Tree Project with Marlene Schaly. Go in to the Library and view the beautiful Art Tree Poster and sign your name. These trees will be popping up all over for Canada 150. High school students could earn Social Service credits by volunteering with the project.



Skippy Hale moved to Calabogie with her husband Richard Hale Christmas '99. She has been active in community and church activities. She loves children and brags about her three grandchildren, 'Preschool Storytime' and school visits when she was the GMPL CEO/Librarian, and weekly Sunday School classes at Most Precious Blood Church in Calabogie.

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Feral cat with a tipped ear indicating it was neutered in a trap-neuter-return program

Feral Cat Issue

Calabogie has a feral cat problem. Cats appear to be abandoned in the village. They roam and romance each other which add to the issue (pun intended). For several years now, a group of dedicated volunteers, led by Alison Graham, have been caring for these animals. They collect Rubbermaid tubs and insulation for winter shelters. There are many colonies in and around the village close to businesses and private homes. Caring people check on and feed them. The difficulty is to catch them and get them spayed, neutered, vaccinated and fostered if possible. I am a lucky recipient of one of these wee friends. Animals that cannot be comfortable living indoors are returned to their colony no longer able to procreate or be vulnerable to disease. A small clip is taken from one ear to identify treated cats.

On March 8, 2016, Alison Graham, Sharon White and I went to Council to present a report on the situation. There is a program from PetsMart Charities to help Municipalities Trap, Neuter and Release feral cats. This TNR program cannot be applied for by individuals or volunteer groups but must be by the municipality. We requested that our township do so.

All of the TNR work would be done by volunteers. It will benefit the community by cutting down the number of strays and their offspring, diseases, and larger predators. If the Township Council agrees to sponsor the Calabogie Feral Rescue Group, Alison will provide the application and with luck, we will be chosen for the grant

Veronda Brydges is holding a fundraiser for this very important group on July 22, 2016. Come join the fun at the Community Centre for 'Girls Night Out' from 5 - 10 pm. There will be a variety of Vendors, Door Prizes, Silent Auction and a 50/50 Draw. Any vendors who wish to have a table may contact Veronda at (613) 281-8927. Tables are \$50.00 plus a donation to the Silent Auction. Proceeds will go to trap and fix as many feral cats as possible in Calabogie.

OVARIAN CANCER EVENT

Bittersweet Gallery in Burnstown is hosting their annual spring open house on June 4th. This open house marks the 5th annual event that launches the latest Chagnon line and helps raise awareness of ovarian cancer.

Gallery owner Cheryl Babineau donates 10 percent of Chagnon sales to Ovarian Cancer Canada, a charity she has chosen to support as the daughters of Cheryl's husband sculptor Richard Gill are genetically at high risk.

The annual Ovarian Cancer Walk that usually happens in conjunction with the open house had to be cancelled this year, Please register for the National Capital Walk in Ottawa.

Ovarian cancer is Canada's most fatal women's cancer. It is often overlooked and under-diagnosed and there is NO screening test. This cancer is often diagnosed in late stages, resulting in five-year survival rates of less than 30%. Ten to fifteen percent of the most common type of ovarian cancer is hereditary due to mutations in the genes passed through the family, either the father's or mother's side.

Bittersweet Gallery's annual spring open house launches the 2016 Collection of Montreal jewellery artist/designer Anne Marie Chagnon. Chagnon describes her latest collection "A universe of volcanic gentleness - An ode to nature with hand-sculpted pewter, gold or bronze layered swirling pools at times evoking a sense of an Aurora Borealis. Charcoal relief, black soot, exploding stars and reflecting lakes of enameled metals as well as dusk inspired shades combine with volcanic landscapes. The force of the elements.

In her own words: "Social pressure is high. I fit in but not at the expense of my personality. Sometimes I disturb, but I always express and affirm myself with the passion to invent adornments to make you beautiful, as strong and remarkable as you are confident and proud."

Richard will also have his studio open where visitors can preview some intriguing current works in progress for his show in the fall. It's also a good opportunity to discuss custom work or sign up for a workshop in clay-relief.

Refreshments will be served and there will live music and draws to win a necklace donated by Chagnon as well as a relief sculpture provided by Richard Gill.

Bittersweet Fine Craft and Art on June 4- 11am to 5pm at 5 Leckie Lane in Burnstown

A NEW ERA BEGINS IN VENNACHAR

Last Service at Free Methodist Church

By Angela Bright



Service of Remembrance and Celebration held Apr, 3, before demolition and rebuilding.



One last look at the old Sanctuary.

After over 120 years, the Vennachar Free Methodist Church building will be completely rebuilt. The final service in the sanctuary held on Sunday, April 3rd was a service of remembrance and celebration. Memories were shared from years gone by and reflections were made on the many faithful volunteers who gave of their time leading Bible study and prayer meetings, teaching Sunday School, maintaining the building, and serving the community. At the conclusion of the service, Board members carried the cross down the aisle to an awaiting truck, moving it to the parsonage, a temporary home during the building project. As of Easter Sunday this year, the Phase 1 goal of \$100,000 was reached, which was enough for the building project to begin.

This history was made possible because of the pioneers who came to the area; fulfilling the calling God had placed on their hearts to start the church. Over time numbers have fluctuated some, but nothing compared to a time in the early



At the end of the service, parishioners carried the cross to a waiting truck, which took it to its temporary home at the Parsonage.

1920s. Between 1921 and 1924, Rev. R.W. Connor and his wife and Beatrice Ball were the only attendees, but they were faithful and trusted in God to keep the doors open. Their prayers were answered in the form of the Big Revival in 1925.

Sunday morning services are now being held at 11am at the parsonage, 357 Matawatchan Road. While rebuilding takes place, you may reach Pastor Laurie at 613 479 2673.



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 Like

Day Trips in the Great Outdoors can Cure Nature Deficit Disorder!

By David Arama



The cure for Nature Deficit Disorder is often a cure for depression. Nature is good!

A little padding makes a big difference to your day on the trail.

Poles take stress off knee joints. Snap-tight poles tend not to break and don't telescope down on you.

Unexpected diversions can take you off the path even on a well marked trail. Leave breadcrumbs with a and held GPS to find your way back.

If this makes you feel good, try the real thing.

The benefits of hiking wild trails far outweigh the dangers, so get outside and watch your spirits soar as you reconnect with nature!

As little as 30 minutes in a nature environment can improve one's mood, and sunlight is something we all need after a long winter. The more time you spend with technology and social media, the more you need to balance with nature experiences. New studies point to today's youth spending less time in the great outdoors than inmates in prisons. This is absolutely shocking!

It's time to get outdoors, and go hiking to the many scenic trails that can be found in Eastern Ontario and the Madawaska region. Hiking is one of the best pure forms of outdoor recreation, and a very easy way to reconnect with nature.

Studies (Last Child in the Woods: Nature Deficit Disorder, Richard Louv) have shown that millions of Canadians are suffering from nature deficit disorder. This affliction is mainly caused by too much technology, social media, virtual tour experiences, and not enough time experiencing nature, whereby according to experts, the part of the brain that controls logic, common sense, decision making, and dealing with crisis, ceases to work properly.

In addition, it can manifest itself as depression, especially when combined with SAD (Seasonal Affective Disorder).

Some examples of folks suffering from nature deficit disease:

- Folks trusting their car GPS systems, and becoming lost in remote wilderness and rural back roads.

- Kids asking where does the steaks and hamburger meat at the grocery store come from.
- Folks looking for a smartphone app, when dealing with an ice storm or major flood event.
- A student at one of my courses called me to say she was going to be a couple of hours late. She asked me where to meet up. I said we would be somewhere deep in the forest. She asked me for an address and postal code. I noted that trees and creatures don't have postal codes, and cannot be Map-quested!

The good news is that hiking local trails is a great way to cure nature deficit disorder and raise your spirits. And it's also great physical exercise. However, you also need to be aware of some health and safety rules and tips:

Be prepared

- For comfortable and safe hiking experiences, I would recommend the following:
- Properly fitted hiking footwear, preferably with ankle support
- Wool socks (they prevent blisters)
- Water bottle

- Gatorade electrolyte powder
- Sunscreen
- Insect repellent
- Compass and topographical maps
- Handheld GPS (great since you can record your breadcrumb trails)
- First aid supplies, including Dr. Scholl's Moleskin Plus padding for blisters
- Proper outdoor clothing e.g. fleece, woolens, polyesters and quick-dry garments, rain gear (Gore- Tex), UV sunglasses, and very important – a good sunhat!
- Backup survival supplies e.g. headlamp, flint/matches, knife, water purification, and space blanket
- Hiking poles are very popular with hikers and backpackers, since they tend to take some of the stress off of knee joints. I like the Titanium or Aircraft Aluminum Snap tight poles. The telescopic poles are cheaper, but have a tendency to break easily.
- If you are looking to strengthen yourself and cardiovascular system, then I would recommend carrying a backpack, and gradually increase the weight.

Prior to heading out, let someone know where you're going, and when you're coming back. Carry something for communications e.g. SPOT or I-Reach tracking unit, and cell phone. Make sure all devices are fully charged. Be careful when veering off the trails, and beware of poison ivy, stinging nettle, wasp and hornets nests, and berry patches frequented by bears. If you hike alone, a can of bear pepper spray might be advisable. Be on the alert for off-road vehicles. Keep hydrated, and wear your sunhat, and drink a pinch of Gatorade or e-Load endurance formula when feeling dehydrated or nauseous.

Know your Limits:

When starting out for your first hikes of the season if you've been inactive for a while, it's a good idea to take the easier flat terrain trails, and start at 2 – 5kms in length. You should clear first with your doctor when having a physical, especially if you have any disabilities etc. Maybe a goal is to reach 10 - 20kms after a number of gradually increased hike lengths.

Warm up and Cool down Exercises:

It's very important to do some warm ups and stretching prior to commencing a hike, especially on cool mornings. I would suggest at least 5 or 10 minutes of calf stretching, jumping jacks, and other warm ups to prevent injuries. After a hike, it's also important to slowly cool down.

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Laird Archibald's McNab's 'Reign of Error'

By Jim Austin



Laird Archibald McNab, left, named his Scottish settlement near Arnprior after himself and treated the settlers he brought from Scotland like indentured servants. On June 26th, Waba Cottage Museum & Gardens celebrates all things Scottish, including their fascinating history, with music and fun for all.



The haunts of an ancient Scottish clan chief can be found at the Village of White Lake. This is one of the strangest and most bizarre stories of early North American settlement. On Sunday, June 26, 2016, there is a Scottish Festival at this location. Details follow in this article.

In the early 1800s, feudal laird Archibald McNab ruled with an iron fist. Settlers were treated as serfs. On their backs, he made and squandered fortunes. Cronyism and good old boy politics made him untouchable for almost 20 years. Nuptial indiscretion led to three relationships in three countries simultaneously. At the age of 78, Archibald wedded his last bride and fathered his last child at the age of 80. When he passed away with a smile on his face, the clan chieftainship died with him, resulting in the moniker 'The Last Laird McNab'. His sordid state of business and personal affairs could give him another name, 'The Half Last Laird'. (Say that one fast.)

Archibald McNab was born in 1781 in Perthshire, Scotland. He inherited the clan chieftainship and the ancestral Killin Estate in 1817. At this time he was in his mid forties and married with 6 children. With his new celebrity status, Archibald hit the Paris and London social circuits. Dressed in full Highland dress and piped in by his clan piper, Archibald was the life of the party. Royalty and high society were in awe of this flamboyant vestige of another era.

Partying has its price. In 1823, bank creditors walked in the front door of the estate manor house. Archibald ran out the back door and kept running all the way to the Canadian colonies. He forfeited the ancestral estate and abandoned his wife and family. Over time, 5 children would die and the sixth, a daughter became a bitter recluse. The family heirlooms were auctioned off to the neighbours.

Early Upper Canada, now Ontario, was governed by peerage appointed fat cats known as the Family Compact. Their mission was to stay in power and accumulate wealth and then maybe govern. When Archibald arrived in the colonies in 1823, one of his connections included cousin Allan Napier MacNab of Hamil-

ton. Cousin Al was already climbing up the Family Compact ladder.

In Great Britain, the wheels of the industrial revolution were just beginning to creak and groan. Wool was needed for the mills. Somewhere, somebody had the bright idea of sending the Scots abroad as settlers and replacing them with sheep. Sheep don't fight back and the Scots do, so the Highland Clearances began.

From 1812 to 1814, there had been a war between the colonies and the Americans. Nobody had really won or lost but there was concern that the Americans might come calling again. An active militarization campaign was initiated. This included building the Rideau Canal and military settlements in Perth and Richmond. An immigration and settlement plan would provide a population from which to recruit militias. Government contracts were given to agents to arrange and import settlers.

With leverage from Cousin Al, Archie received the contract to bring settlers to where the Madawaska and Ottawa Rivers meet. An early log dwelling named Kinnell Lodge was built but is long gone. This area didn't have a name yet, so it expeditiously received the name of McNab Township. In 1998 it became McNab/Braeside through amalgamation.

By 1825, the first Scots had arrived. Archibald greeted them in full Highland garb and presented them with skewed settlement contracts. Conditions included payment of one bushel of corn or oats to Archibald for every acre cleared (forever) and a tax on every tree that was cut. Settlers were not allowed to leave the Township without Archibald's permission. Repayment of settlers' ship passage was set at three times more than the original amount. With the stroke of a pen, free people in a free land became indentured servants to one overlord. They pretty well had to sign. They couldn't just walk home.

Opinions vary on why the settlers let this happen. Some believe there was traditional generational trust in the Clan Chief system. Others thought everyone else in Canada received the same treatment.

If you had good land and could keep up with the demands, there were no immediate issues with Archibald. If you had poorer land and were falling behind, he compelled you to pay up. If you couldn't, you would forfeit your livestock, which made things worse. Then you would be forced off your land and someone else would be moved in.

In 1835, Archibald cajoled and duped the settlers into building a stone homestead known as Waba Cottage. This was on the shore of White Lake, just south of Arnprior. From there, he ruled the roost. Matrimony with wife #1 back in Scotland was still on the books. This didn't dissuade Archibald from having a relationship with his common-law partner, Catherine Fisher. From this union, there are descendants alive today. Every business affair with Archibald went toxic. Settlers had back-lot meetings on how to get rid of him. One altercation between Archibald and dam builder John Paris has a story line that is similar to the classic Bugs Bunny/Blacque Jacques cartoon, 'Wet Hare.'

Anti-government sentiments were building in the colonies and led to the MacKenzie Rebellion in 1837. Archibald was adopted as poster boy for the Family Compact. To avoid further embarrassment or cause for rebellion, the government paid Archibald to go away. With a payout, he quickly left the township. Catherine and the kids were left in a cold stone house with disdainful neighbours. Their subsequent lives weren't easy. Waba Cottage eventually became an empty derelict shell and was blown up in 1936. The owners were tired of curiosity seekers getting their 'Blair Witch Project' cheap thrills.

Cousin Al built a palatial estate in Hamilton to show off his wealth and power. This was known as 'Dundurn Castle' and is also a museum today. Archie knew a good thing – rich cousin, new mansion, and good single malt. And he had his cash settlement. So Archie moved in on cousin Al and became the houseguest from hell. There were drunken parades, bagpipes at 3 in the morning, cigar burns on the carpets and finally cousin Al showed him the door.

Almost broke, Archie couldn't come back to McNab Township. The settlers and Catherine Fisher would probably get him. He couldn't go to Scotland. The bankers were still looking for him and the first wife wasn't too happy either. In kind of a grey blackout period from 1847-1854, there isn't too much known about Archibald. In 1855, Archibald was 78. He moved to Paris with his new bride Elizabeth Marshall, age 18, who he had met in London. At age 80, a baby girl named Anne was born. Anne will survive and marry into the Jones family from which there are also descendants. And finally, Archibald died in France in 1860. To this day, no one has accurately located the gravesite somewhere in France.

The location for most of this drama is now known as 'Waba Cottage Museum and Gardens' in White Lake, Ontario. For the 1967 Centennial, the museum was built as a facsimile of the original building. Over the years, other vintage log buildings were moved to the property. For the 2000 Millennium, 11 acres of beautiful gardens were created. Recently, mobility access improvements have been added. Today, this site serves as a tribute to the settlers and successive families that endured and prospered in spite of Archibald's 'Reign of Error'.

For further information, there is a volunteer Facebook link at:


[facebook.com/](https://www.facebook.com/WabaCottageMuseumGardens)

[WabaCottageMuseumGardens](https://www.facebook.com/WabaCottageMuseumGardens)
and the Township of McNab/Braeside
cultural link at:
mcnabbraeside.com/play-here/cultural/waba-cottage-museum-gardens-white-lake

On Sunday, June 26 from 12 noon to 5 pm., a Scottish Festival will be held at this location. Admission is free with a goodwill donation. Events and activities will include 4 pipe bands with massed band performances, children's activities, food and craft vendors, and Scottish themed cultural events.

Here's the Scottish Festival website link:
<http://hamish7300.wix.com/scotfest2016>


There's so much more that isn't touched on in this article. Please check in at the museum.



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The K&P Trail
By Steve Manders



Former Kingston and Pembroke Railbed, now a hiking trail. The railway was completed by 1885. It was intended to go to Pembroke, but the Canada Central Railway had already made that link by 1876, so they joined ends here. The K&P was taken over by CPR in 1901, and began closing down in 1962 and closed completely in 1986. Main revenue was logging. Hills limited loads to 500 - 600 tons.



An ancient native portage route between the Napanee River system and the Rideau. Used as wagon trail to portage huge pine logs from Napanee River headwaters through Desert Lake to Bedford Mills from 1830 to 1870. After 1901 it was used to haul men and supplies to Richardson feldspar mine, barged from the K&P spur line until 1918.



On the left, the K&P Trail, part of the Trans-Canada Trail built in 2014, on the 1875 railway bed of the K&P Railway. It costs \$30K/km to upgrade the trail, plus new bridges. Craig Road on the right.



Parts of the K&P trail don't follow the old K&P railbed. This house was built directly on top of the old railway bed, between Harrowsmith and Sharbot Lake, looking north.



A beautiful mural celebrating the last ride of Sir. John A. McDonald in a funeral car going to Kingston through Sharbot Lake. It also depicts their original station to the north of this spot.

SOTA, Bill 100
By Lois Thomson

The proposed Supporting Ontario's Trails Act is an important piece of legislation everyone should know about.

The purposes of the Act are as follows:

1. To increase awareness about and encourage the use of trails.
2. To enhance trails and the trail experience.
3. To protect trails for today's generation and future generations.
4. To recognize the contribution that trails make to quality of life in Ontario.

Part of this Bill will allow landowners to register an easement on their property on a voluntary basis, allowing them to specify the exact route and type of use and give the easement a time limit of months, years, or forever:

Granting of easements

- (3) An owner of land may grant an easement, with or without covenants, to one or more eligible bodies,
 - (a) for the preservation, enhancement or management of the use of, or access to, all or a portion of the land for purposes relating to trails or to activities relating to trails;
 - (b) for the creation, maintenance or management of trails for public use; or
 - (c) for the purposes as may be prescribed by the regulations made under this Act.
- Although it is quite clear in the legislation

that the easement is voluntary, the Ontario Landowner's Association is urging members to contact their MPP to vote against the Bill and asking members to close their trails. They have issued statements to the media and posted this on their website (partial):

"...it appears that no-one asked for a Bill that proposes easements, registered on title of private property. Whether you believe that the easements are voluntary or not, this is a bad Bill, which was crafted without input from those affected, or so we are told by the various groups." The OLA agrees that trails are important, but are leery of Government involvement.

The Ontario Federation of Agriculture supports the Bill, stating it is clear that easements are voluntary, but asked for increased fines for trespassing. The Ontario Trails Council fully supports Bill 100, stating, "...the SOTA reduces liability exposure for land managers, improves fines for trespass, keeps people on the trail, promotes trail classification and celebration. And more!" They have invited the Ontario Landowners Association and the Ontario Federation of Agriculture to speak at their annual conference in Calabogie June 19-21, 2016 at Calabogie Peaks. The Ontario Federation of Agriculture has agreed to present at Trailhead Ontario.

The Ontario Trails Council estimates that there are over 100 trail projects equaling \$21 million dollars a year that are ready to be completed by Ontario Communities. They estimate annual in-

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come from all Ontario trails to be over \$5 billion a year and supports the Ministry of Tourism, Culture and Sport quote that trails supports over 100,000 tourism jobs. No one denies trails are an important part of our economy and if Ontario and the rest of Canada get it right.

Ontario trails strategy 8. (1) (b) that is guided by the vision of a province that has a world-class system of diversified trails, that are planned and used in an environmentally responsible manner, and that enhance the health and prosperity of all Ontarians.

In advance of Canada 150, Ontario is obligated to complete its portion of the Trans Canada Trail that will connect Canadians in all provinces and territories from coast to coast to coast. It is more than a symbolic echo of the Trans Canada Railway project that made Canada possible almost 150 years ago. It's good for the health and prosperity of Canadians.

Another part of the proposed Bill hasn't received much attention:

6. (1) Trail classifications Consultations continue with community groups in order to develop trail use categories.

There really is no such thing as a multi-use trail, which is why a trail classification system must be carefully created and enforced. Canoe routes, portages and footpaths were travelled on and maintained throughout Canada and the Highlands for over 8,000 years. When surveyors and early settlers followed ancient paths, such as the Addington Road,

they changed them by cutting trees to make rough corduroy roadbeds, for their horse drawn wagons. Years later, the former footpaths were paved, widened and smoothed out for cars, discouraging foot traffic and wagons.

Conflicts arise when narrow, low impact trails like the Shabomeka LEGPOWER Pathfinders' are "discovered" by motorized off-roaders, known by many as recreational rototillers. The trails are described as, "A65 km network of beautifully scenic paths for non-motorized use only (hiking, mountain biking), meandering through a wide variety of habitats in the forest heartland surrounding Shabomeka Lake just southeast of Bon Echo Provincial Park, with ski touring in the winter." Just one ATV or snowmachine can destroy the path for everyone.

Glen Pearce, President, Shabomeka LEGPOWER Pathfinders states, "When non-motorized users, having spent countless hours building and maintaining their trails/paths, find them usurped and destroyed by motorized thugs, the mental trauma is akin to that experienced by someone who has been burglarized and vandalized, except that there is no closure. Every day they use the trails/paths thereafter, they experience the initial trauma again, and again and again."

Let's hope consultations with path users, landowners, loggers, the tourism industry, and the MNR, will help Ontario's Supporting Ontario's Trails Act find the right path.



Excavated in 1875. Reportedly, a snow storm in 1884 filled this rock cut and others. 3 steam engines compressed snow against the stone walls to open it. The plow was overturned with significant damage. Men were paid 25 cents/hour to shovel snow with their own shovel in the Great Depression. 43 cents paid by 1941.



Railway bridge, tracks gone, ties rotting. Built about 1878. Note riveted iron construction. Last train crossed in 1961. Tracks removed 1963.



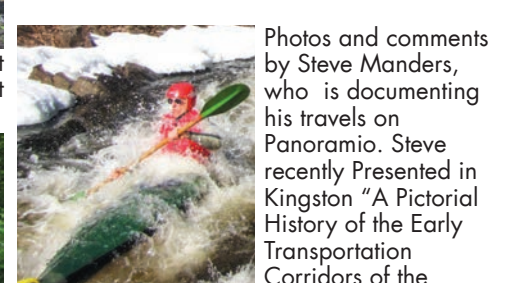
The K&P trail is on public land, but is not maintained by any level of government from Harrowsmith to Sharbot Lake. Recreational rototillers (aka ATV's) have left their mark. The railroad bridge deck has been removed, and traffic has to use the original highway bridge and low land to get past it.



North end of the K&P trail to Kingston. This end is also known as the Millennium Trail. Looking SW.




K&P Trail and the Clarendon train station, begun in 1872 in Kingston, reached here in 1877. One the two stations left on the K&P. The original station burned down in 1917 and was replaced with this one. Looking north. Line here closed 1961. Tracks removed 1963.




Photos and comments by Steve Manders, who is documenting his travels on Panoramio. Steve recently Presented in Kingston "A Pictorial History of the Early Transportation Corridors of the Kingston Area. See thousands of photos of his journeys all around the Globe on Panoramio: www.panoramio.com/user/2746746

"I am retired and exploring the world on foot, by canoe and kayak. You see and experience much more this way. No luxury resorts on some tropical beach for me."

- Steve Manders



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1st North Addington Girl Guides

By Marcella Neely

Early in 1948 Mary Lloyd and Ruth Stevens were passionate to form a Girl Guide troop in the area. They began recruiting girls from the ages of 14 to 17 from Kaladar, Flinton, Harlowe, Northbrook and Cloyne. On November the eleventh of that year they registered their troop of 41 members with the Girl Guides of Canada, Ontario Council. The captain was Miss Mary Lloyd and the lieutenant was Mrs Ruth Stevens. They disbanded on October the seventh 1952, but shared an event-packed few years while active. Some of the names of the girls we have been able to track down are:

Mary Lloyd, captain, Ruth Stevens, lieutenant, Bessie Jackson, guider, Norvalle Inwood, Betty Both, Dora Shier, Carol Baker, Joanne McNeil, Gwendolyn Dicks, Nadine Yearwood, Vera Levesque, Peggy Van Ness, Jane Knight, Lilian Cox, Violet Lloyd, Irene Hawley, Barbara Nicholson, Lauren Wood, Marlene Jerome, Audrey Freeburn, Theresa Jerome, Shirley Rosenplot, Marilyn Dicks, Barbara Renaud, Verna Rosenplot, Hilda Woodman, Marie Both, Wilda Miller, Phyllis Creighton, Edna Jackson, Helen Rosenplot and Joanne Wood.

We can not confirm who of these girls were members during which period of time or that there were not others that we haven't located. Mary Lloyd's sister, Vie Lloyd Hope was a constant supporter of the troop and their activities. Many outings and gatherings have been recorded.

In February 1949 a study weekend for patrol leaders was held at Bill Dick's cottage on Scootamatta Lake. A special mention is made that his dog licked the dessert.

In June 1949 a special event with all the girls was held at professor Jones' cottage for Bill Dicks in appreciation of his hosting the Patrol leaders' study session. The Jones cottage was on the west side of Skootamatta Lake. From there the Guides were taken by Loon Lake Lodge ferries across Skootamatta Lake and down the Skootamatta River to Flinton. The proprietors of Loon Lake Lodge at the time were the Major Hope family from London. At Flinton Professor Jones took the girls on a Nature walk to the Falls, the Suspension bridge, and to see an area that had been logged in the 1800's. The logs had been driven down the Skootamatta river. After the hike, the boats returned the girls to the lake where Sandy Drysdale was waiting to take them home. Mr. Drysdale often drove the Guides and helped set up or take down camp for them.

In July 1949 a few of the Guides from Northbrook visited the Ameliasburg Guides in Prince Edward County. They attended a "backwards supper" meaning that everyone wore their clothes backwards.

In August 1949 their first summer camp was held on Hungry Bay, Mazinaw Lake on Bryce Brown's property. Brigadier General Bev Cunningham ar-



1st North Addington Girl Guide Company, 1950. Caption reads, "Hot Dog and Hamburger Booth and Tree Planting Ceremony by County Lennox Addington near Flinton. The Work Crew." Go to the Flicker photo album at www.pioneermuseum.ca to read the names of the girls on all of the photos.

ranged for Canadian Army tents and camping supplies from army headquarters in Kingston, with the only cost being \$25.00 each way to pick up and return the tents which were left up for the Boy Scouts who came up the following week. The tents were set up for the girls by volunteers Keith and Ken Jackson, Freddie Drysdale and Bud Hawley (Boy Scout). They also had a 40ft Marquee tent that Shirley Hatch, special guest Girl Guide from Madoc put up with the help of Angus Spencer. They also set up a tent for Brownies. A total of 41 girl guides and some brownies participated in this camp.

For drinking water the girls walked to Brown's or Waldies' with pails; it was possible to keep it cool in a shore high cache. (The Waldies' owned Whippoorwill Lodge close by). Sometimes the Brown children joined the girls activities. A hike to Moll Lake to watch logging in progress was exciting. They also watched planes landing on the lake, as it was a common occurrence at that time.

In 1950 Merrill Denison gave Girl Guides free use of his Bon Echo property. Ontario Provincial Police Constable Gordon Stout helped to convey a group of the girls to Bon Echo Park for



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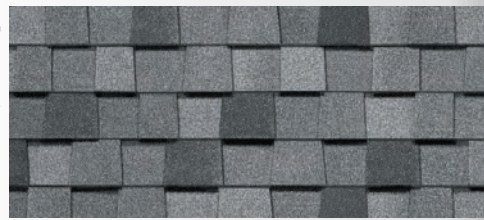
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Northbrook Girl Guides, June 1950

a campout. There were nine Girl Guides from Denbigh and nine from Northbrook, Flinton, Kaladar, Cloyne and Harlowe as well as six Guiders. Three Girl Guides from Madoc also visited. They were Joy Anne Fox, Joanne Holmes and Sylvia (no last name shown). Many parents visited during the campout and often brought treats. Mike Schwager (park staff) accompanied the girls on a hike to the top of Bon Echo Rock. They stopped along the way to pick blueberries.

Driftwood gathering for campfires was a regular activity and if they had time they played water ball after supper and before campfire. A nurse company camping nearby often checked the girls for minor injuries such as cuts, slivers and insect bites. A health inspection was held during the camp at which they scored an A+. Later on in the summer a second Patrol Leaders Training weekend was held at Jean and Bill Dick's cottage. Professor and Mrs. Jones along with their dog, Streba, motored across the lake to join them for a meal. On that weekend a guest Guide leader from England joined them. She was sister-in-law of County

Sheriff Webster from Napanee.

Also in 1950 the girls decided to have a hot dog and hamburger booth at a tree planting ceremony that was held below Flinton, sponsored by Lennox and Addington County. Several local people planted trees. Township Council supplied a booth but the Guides had to provide their own stove, generously donated by Mrs. Tom Killingback of Northbrook. Alf Northey of Northbrook loaned his truck. Mary Lloyd drove the truck down to Flinton and Howard Northey drove it back. The Guides ordered 200 lbs. of ground beef from Jim Freeburn's store in Flinton and he kindly kept it in his freezer for them. Not very much sold at the event and "we were ages getting rid of it" said the girls. From a stand outside the Flinton school during a strike to one outside the Northbrook Hotel, to another at a Cloyne Hall dance, they worked and sold.

In November 1950 on a cold nasty wet day the Guides and Brownies, led by 16-year-old Joan Huffman paraded to the Cenotaph in Flinton for the Veteran's Day Service. They attended the



Girl Guides and Brownies visit Camp Mazinaw



Northbrook King and Queen



Veterans Day with Girl Guides in Flinton



Phyllis Creighton cooks in trench

church service, after which they watched the unveiling of the memorial window in the library, dedicated to World War Two veteran Neil Freeburn.

In February 1951 a joint Valentines party was held for boy scouts and girl guides. The party was open to all boys and girls of the area even if they weren't scouts or guides. It was hosted by Nora and Wilfred Lemke who offered their restaurant in Northbrook free of charge and even helped serve the food and organized some entertainment. Parents provided lunch. Queen of Hearts, Barbara Nicholson, was crowned by Hilda Woodman and King of Hearts, Jackie Cox, was crowned by Lloyd Hawley.

The bonds of friendship formed and the experiences of learning would have been invaluable life lessons for these young women.

Since this Company disbanded there have been a few start and end in this region:

1st Cloyne (Land of Lakes) Guide Company February 1976 to November 1982, September 1991 to ? and July 1997 to August 2013.
1st Denbigh Guide Company, December 1949 to December 1953
1st Northbrook (Land of Lakes) Guide Company, June 1980 to Nov 1982

Much the same pattern is recorded for Sparks, Brownies, and Pathfinders during this time.

Special thanks to Katey Watson, Archivist Girl Guides of Canada, Ontario Council for statistics and to Margaret Axford, Cloyne Pioneer Museum curator for corroboration.

Photos and information from Mary Lloyd Johnson's collection, which was donated to the Archives at the Cloyne Pioneer Museum. More photos are in our Flickr photo album at www.pioneermuseum.ca

Arnprior & McNab/Braeside Archives - Digital Archives Announcement

The Arnprior & McNab/Braeside Archives (AMBA) launches an improved online search interface and new digitized content. The new platform provides visitors to the AMBA website with the ability to more easily search digitized content including, for example, photographs, historical bylaws of the Town of Arnprior and the Charles McNamara virtual exhibit. It was made possible through a \$63,655 grant from Library and Archives Canada's Documentary Heritage Communities Program (DHCP). Results of the first funding cycle were announced on December 14th 2015 at Library and Archives Canada. AMBA Vice President Irene Robillard and Archivist Laurie Dougherty attended this event along with other funding recipients.

"The Government of Canada is proud to contribute to the important work

carried out by archives and libraries across Canada – the local guardians of Canada's documentary heritage." – The Honourable Mélanie Joly Minister of Canadian Heritage.

The DHCP was created in 2015 to provide financial assistance for activities that augment the visibility of and access to materials held by Canada's local documentary heritage institutions. It funds a variety of projects that will allow citizens to access and engage with their nation's history like never before.

To access the new online search, please visit www.ADArchives.org.

For information about the DHCP, please visit www.bac-lac.gc.ca/eng/contributions.

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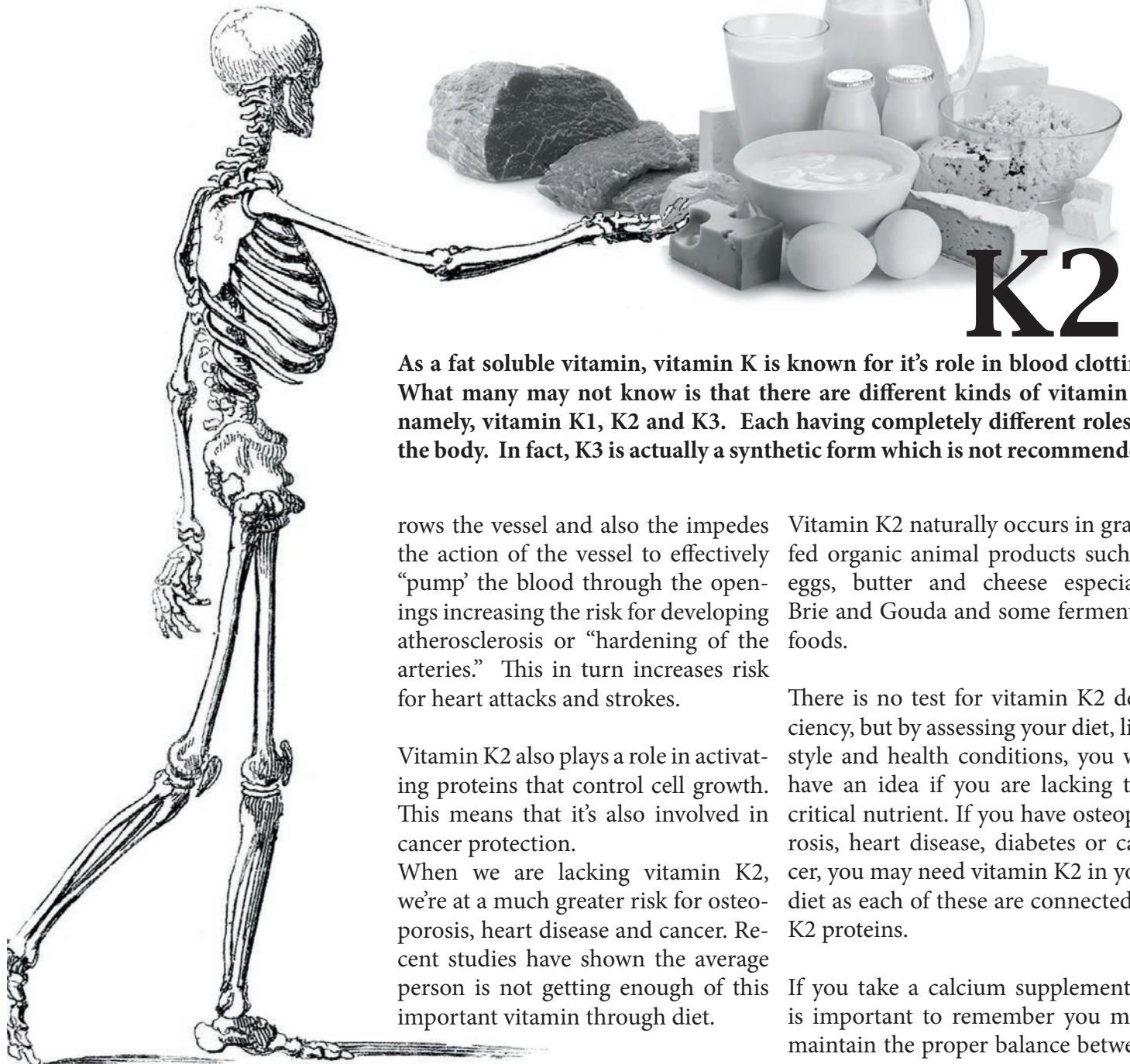
Bone Health and Vitamin K2

By Susan Veale

'Spring is upon us and with the new growth from Mother Nature comes a feeling of rejuvenation for our bodies. We start to crave the fresh spring air as we open windows and doors and become part of the outside world. We remove layers of clothing to let our skin feel the sun. We enjoy a change in diet as we yearn for fresh fruits and vegetables; a promise from local producers and we become more active with spring yard work, gardening and sporting activities.

Weight bearing exercises are vital to bone health. Activities that help sustain bone density are walking, skiing, snowshoeing, golf and tennis. Apart from exercise, key nutrients are needed in maintaining bone health. These include minerals calcium and magnesium, Vitamin D3 and a vitamin that has been getting more attention recently, Vitamin K2.

As a fat soluble vitamin, vitamin K is known for its role in blood clotting. What many may not know is that there are different kinds of vitamin K, namely, vitamin K1, K2 and K3. Each



As a fat soluble vitamin, vitamin K is known for its role in blood clotting. What many may not know is that there are different kinds of vitamin K, namely, vitamin K1, K2 and K3. Each having completely different roles in the body. In fact, K3 is actually a synthetic form which is not recommended.

rows the vessel and also impedes the action of the vessel to effectively "pump" the blood through the openings increasing the risk for developing atherosclerosis or "hardening of the arteries." This in turn increases risk for heart attacks and strokes.

Vitamin K2 also plays a role in activating proteins that control cell growth. This means that it's also involved in cancer protection.

When we are lacking vitamin K2, we're at a much greater risk for osteoporosis, heart disease and cancer. Recent studies have shown the average person is not getting enough of this important vitamin through diet.

Dr. Rheaume-Bleue states that although the ODA (Optimal Daily Amount) is still under investigation, it is suggested that 180 to 200 micrograms is enough to turn on the proteins to shuttle calcium where it needs to be and remove it from places it shouldn't be.

Calcium, magnesium, vitamin D and vitamin K all work together in maintaining bone health. It has been generally understood and recommended to take calcium for osteoporosis and osteopenia. More recently, vitamin D has been added as well. However, more studies are showing that an increased calcium intake is causing more heart attacks and strokes. It's not that calcium is not safe, it may best be asked, are we realizing the interplay between all these nutrients and taking into consideration vitamin K2 keeps the calcium in the right place.

So, if you take calcium and vitamin D as a supplement, it is imperative that you also take enough vitamin K2 either by diet or by supplement and the good news is there is no toxic effects of too much K2 in the literature.

Vitamin K2 naturally occurs in grass-fed organic animal products such as eggs, butter and cheese especially Brie and Gouda and some fermented foods.

There is no test for vitamin K2 deficiency, but by assessing your diet, lifestyle and health conditions, you will have an idea if you are lacking this critical nutrient. If you have osteoporosis, heart disease, diabetes or cancer, you may need vitamin K2 in your diet as each of these are connected to K2 proteins.

If you take a calcium supplement, it is important to remember you must maintain the proper balance between calcium, magnesium, vitamin D and vitamin K2.

If you would like further information on bone health or other nutritional material, I may be contacted at:
Wellness Natural Health Centre
44 Norton Road
Calabogie ON
613-752-1540
info@wellnessnaturalhealthcentre.com

Susan Veale, BSc. Kin, is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural

Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more:
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A sincere thank you to the individuals, organizations and businesses for their generous donations to our Christmas Food Baskets 2015. The need never gets less with more people requiring help. Any extra money was given to the Community Food Bank in the Addington Highlands Community Centre in Denbigh.

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having completely different roles in the body. In fact, K3 is actually a synthetic form which is not recommended.

Vitamin K1 is the vitamin known for its exclusive blood clotting job. Vitamin K2 works with a number of other nutrients particularly calcium and vitamin D to protect the heart and brain and it helps to build strong bones.

Vitamin K2, also called menaquinone lines the gastrointestinal tract and goes straight to the blood vessel walls, bones and other tissue except for the liver.

In her book titled, "Vitamin K2 and the Calcium Paradox - How a Little Known Vitamin Could Save your Life", Dr. Kate Rheaume-Bleue states Vitamin K2's main job is to move calcium into the proper areas of the body, such as your bones and teeth. Just as importantly, by moving calcium into these areas, it is removing this hard mineral from soft tissue and the blood vessel walls. When calcium builds up inside vessel walls, it nar-

OF TEETH, ICE-CREAM AND SLIVERS

By Antonia Chatson

My father was a fanatic about brushing teeth. I would not say that he had a mouthful of rotten teeth, which caused this mental aberration, but the fact that his teeth were very soft lead to the fact that he was always getting cavities. My mother's teeth were not the most exemplary specimens either and as you can surmise, mine were not much better. My father thought that one should eat only three meals per day and that the 'big brush' should follow every meal.

Now that arrangement suited my father because he would take several hours to consume a meal, reading newspapers or books all the while. He never considered the fact that during the course of the two-hour meal his teeth might be rotting in his head. My father was one of those people who have the most annoying metabolism. He was a beanpole to start with and no matter what or how much he consumed he always retained his 'hourglass' figure. With no effort whatsoever he would consume an entire cake for dessert in addition to several helpings of the first course. Since it took him so long to eat a meal, there remained only a few hours between each meal in which to work up an appetite for the next one, whereas with my mother and myself, who ate little at a meal, we were ravenous two hours after we ate, just as my father was finishing of his final course.

We would wait, so as not to annoy or blatantly disobey my father, until he had gone outside to the privy or to plant trees, then we would have a snack, made ever sweeter by the fact that it was eaten in secret. AND - we did brush our teeth afterwards as a concession to my father's wishes.

At that time there was a wonderful dairy in town which sold the most delicious ice-cream cones and shakes. You could sit on one of the tall stools that lined the counter and give your order to the waitress. In principle, my father disapproved of ice cream, although he would consume cakes, cookies and honey by the gallon, but on occasion he would concede to my request for a cone.

He and I would go into the dairy and my mother would park her jalopy, "Uriah the Heap" on the curb out in front, ready for a quick getaway. When we returned to the car, she knew well enough that her instructions were to 'Goose it' to the farm. It was a tough go to get the cone eaten before we got there as my mother negotiated the 6 mile run at the break neck speed of 30 miles an hour. When we got to the farm we had to run and open the back door, grab our tooth brushes, tooth paste and a glass of water then tear out the front door to quickly brush our teeth



before the bacteria got any ideas.

Our neighbours around the corner on the ninth concession were the Phillips. I mentioned in other stories that Grant Phillips rented 80 acres of ours for pasture. He was a cousin of Lawrence's who lived the half mile from us. The Phillips family consisted of Lawrence and his wife Bessie and their two sons, Glen and Noble. They lived there, but actually owned and worked three farms, none too far distant from each other. Bessie and my mother were the best of friends. Bessie, like Aunt Pearl, was not shy about voicing her opinion on any matter. Whenever she visited us at our farmhouse, and viewed what she considered to be old rubbish, she would tell my mother, "Helen, you just have too much furnshur".

I was not aware until later that there had been an older daughter, Lorna, who had "gotten herself pregnant" by a chimney sweep and currently lived in Oakville. I may be politically incorrect in referring to him as a chimney sweep. No doubt if either he or the position were available today, he or it would be referred to as either a 'chimney flu hygienist' or a 'customer service maintenance representative'!

Lorna quickly got into the swing of things and after her first baby was produced when she was at the ripe age of 16, she continued to produce one every 18 months. She never even paused for breath when her 16 year old daughter became pregnant and they were both due within a month of each other. Bessie even referred to her daughter as 'the sow'. I thought, at my tender age of 9, that all of this was disgusting.

Occasionally Lorna and some of her brood would come back to Shelburne for a visit. One day when they were visiting, Bessie must have told them to come over and play with me. As they were appalled by the primitive conditions at our farm, they, with me, decided to walk the half-mile back to the Phillips' farm.

To my mind, the whole works of them were totally wild. They had permed, bleached hair and sang pop songs all the way back, wiggling their pitifully thin bodies in time to their singing. When we arrived at the Phillips' farm, they then decided they wanted to go off to one of the other farms, so Lorna bundled us all into her car and we headed out. I think Bessie must have felt some responsibility for me, if not for her grandchildren, and she had Lawrence drive her over to our farm to tell us where we were going. My mother and father decided to follow them in Uriah.

The moment we were let loose at the other farm, the wild ones headed for the barn. In no time flat, they were scrambling up the ladder straight into the haymow and proceeded to jump up and down and throw loose hay at each other. Then they remembered me. I was standing at the base of the ladder, trembling, as they started to yell at me to come up and join them.

I have always been afraid of heights and the idea of climbing up the rungs, which were at a 90-degree angle to the wall nearly paralyzed me. They began to taunt me and call me names because I would not come up, so I tentatively hung onto the upper rungs while I put one foot on the first rung and looked upwards.

In between bouncing in the hay, they were all hanging over the edge laughing at me, so I cautiously tried the second rung and looked up again. All of a sudden, I felt something strike my eyeball. When I let go in a hurry to rub my eye I fell backwards.

As the pain was excruciating, to say nothing of the humiliation, I began to scream. What they did at that point I have no idea and "Quite frankly my dear, I didn't give a damn". It seemed like only a few seconds 'till I felt the arms of my father sweep me up and in one running motion whisking me into the running car, which my mother drove into Shelburne at the breakneck speed of 35 miles per hour!

I screamed the whole way there, I screamed as my father ran into the doctor's office, closely followed by my mother. I screamed as the filled waiting room of people all stared at us in shock and surprise. I continued to scream as the doctor quickly appeared and snapped, "Bring her in".

In his office he gave two orders to my parents, 'Put her on the bed and hold her down'. I tried to flail my arms at the doctor as he deftly pulled back my upper eyelid. He neatly thrust a pair of tweezers into my eyeball and removed a long spine of hay. At that, I ceased howling and let him put some ointment into my eye.

I am sure that as I walked out meekly into the waiting room, holding on to the hands of my parents, looking reasonably normal and blessedly quiet, the people there must have thought that doctor was a miracle worker. I guess I gave him the best advertisement he had had in years!

When we embarked into Uriah, I nearly collapsed with shock when my father said, "Helen, I think we'd best go to that dairy and get our little girlie an ice-cream cone. Never did ice cream taste so sweet and I am not even sure if I brushed my teeth when we got home.



Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private lessons in music. Her passion is the land. She loved her experiences growing up on the farm in Shelburne and twenty-two years of farming in Denbigh with her husband, Francis. She plays the piano at the services at the Vennachar Free Methodist Church, and lives on the homestead with her daughter Irene.

Pete Seeger and the Power of Song - Part 3

By Peter Chess

Welcome back to the third installment of "The Power of Song", the Pete Seeger story. In our last issue, we left Pete at the age of 8 yrs., entertaining his classmates on his new ukulele and laying the foundation of what would become his trademark, concert sing-alongs, encouraging the audience to participate and share the message. After completing his elementary school education, and spending his summers at his paternal grandparents farm in upper New York, Pete was enrolled in the "Avon Old Farms School" in Avon Connecticut, from which he graduated in 1936. It is important to note that in 1932, that Pete was enrolled in the Avon School, his father, Charles, remarried, having divorced Pete's mother in 1927. Charles' new wife, Ruth Crawford, was at one time a composition student of his and was then working as his assistant. She became a very accomplished musical composer in her own right and is now considered to be one of the foremost "modernist" composers of the 20th century. She also had in common with Charles, a love and appreciation for "folk music", ensuring that young Pete was exposed as much to the "people's music" as he was to the classics. She contributed musical arrangements to the famed poet Carl Sandburg's influential folk song anthology, "The American Songbag" and later created significant musical settings for a number of Sandburg's poems.

In 1936, Charles was hired as the administrator of the federal government's "Farm Resettlement" programme music department. Their mandate was to bring music as a unifying force to rural folks and farmers who had been forced off their land during the Depression and were trying to rebuild something of their former lives. The Federal Government of the day instituted many "social" programmes to help the unemployed and although deemed to be too "Socialist" even "Communist" by right wing politicians, they were a very important part of the rebuilding of America prior to the advent of WW2. Charles also hired the noted and locally renowned folklorist, lecturer and traditional music performer, Bascom Lamar Lunsford. His early work in doing field recordings, along with other pioneers, John and Alan Lomax, were the basis of the music revisited during the 60's "Folk Revival". In the summer of 1936, Pete accompanied his parents on a tour through the southern states, visiting a string of Appalachian gatherings celebrating the unique musical and dance culture of the Appalachians.

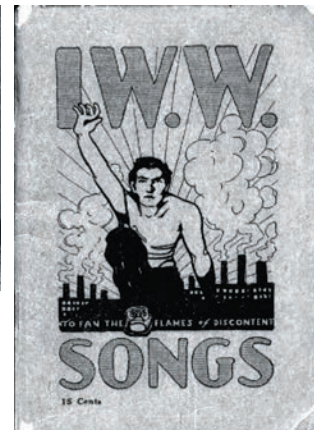
At one such gathering, "The Mountain Dance and Folk Festival" organized by Bascom Lunsford and held on a baseball field in Asheville North Carolina; Pete was exposed to the magic, at least to him, of the 5-string banjo. He was 17 years old and had just discovered his future. There, the Seegers watched square dance teams and cloggers from exotically named local villages such as Bean Wallow, Happy Hollow, Cane Creek, Spooks Branch, Cheoh Valley, Bull Creek and Soco Gap. They listened to family string bands, including a group of Cherokee natives playing hand made instruments and performing original ballads. They wan-



Pete's Stepmother, Ruth Porter Crawford was a prominent member of composers, the "ultramoderns,"



Pete's time in private school and his early Christian education could not be reconciled with the pitiful situation he witnessed daily. He became involved in the labour union movement. Many of the songs Pete made famous in the 60's Folk Revival originated from the Industrial Workers of the World "Little Red Songbook", subtitled "Songs to Fan the Flames of Discontent". Songs such as a top ten labour song, Solidarity Forever.



Bascom Lunsford organized and performed on banjo at The Mountain Dance and Folk Festival



Pete, the Harvard Hobo, became a Depression era man, setting out on his own mission, riding the rails with the "great unwashed" - the thousands of unemployed and destitute.

dered among the crowds camped out at the edges of the field, hearing spontaneous music being made in numerous "jam sessions". As Lunsford's daughter would later recall, "These country people held the riches that Dad discovered. They could sing, fiddle, and pick the banjo and guitar with traditional grace and style found nowhere else but deep in the mountains. I can still hear those haunting melodies drifting over the ballpark".

For the Seegers, hearing the beauty of this music first hand and the passion expressed in the lyrics was a "conversion experience". No one was more deeply affected than young Pete. After learning the basic strokes and techniques from Mr. Lunsford, he spent the better part of the next four years trying to master the banjo. Charles and Ruth were living in Manhattan at the time and their social life revolved around a core group of artists, intellectuals and musicians in Greenwich village, which had evolved into a bohemian community of socialist and left leaning creative types.

Most Saturday evenings were spent at parties held in the loft of painter and art teacher, Hart Benson, and his wife Rita. Benson, a lover of Americana, would play traditional songs such as "Cindy" and "Old Joe Clark", pieces that later became standards of folkies in the '60's. Pete would sit in with his banjo and everyone would join in singing. It was at one of these parties that Pete first heard "John Henry" a song he learned and played throughout his career.

Other friends of the Seegers included the painter Jackson Pollack, who became one of the most famous of the New York "Modernists", assorted friends from the "hillbilly" recording industry and the avante guard composers Carl Ruggles and Henry Cowell. These are hardly household names, to be sure, but

they were at the time considered revolutionary and this fact alone held Pete's interest and no doubt the political discussions he was privy to were formative in his own personal philosophy about what a democracy should be for the average American citizen.

In the fall of 1936, on a partial scholarship, Pete enrolled at "Harvard College", with an eye to becoming a journalist. To this end, he began to publish, in his sophomore year, a student newspaper, an extremely left leaning paper that espoused the benefits of "communism" and no doubt criticism from his professors. As it turned out, his politics and his overwhelming passion for folk music soon scuttled his academic inspirations.

After failing a number of exams, his scholarship was withdrawn and Pete left the hallowed halls of higher education, but not before joining the "Young Communists of America". He gravitated to songs depicting the struggle of the masses against the evil overlords of big business. At odds with what he felt about how America was being governed was his fervent patriotism and it was this disconnect, the two sides of Pete, which caused him so much grief later in his life.

Committing himself to becoming a spokesperson through song for those who could not speak for themselves, Pete, the Harvard Hobo, became a depression era man, setting out on his mission, riding the rails with the "great unwashed", the thousands of unemployed and destitute. Pete would play for pennies at union halls, gatherings of communist sympathizers, farm labour rallies or wherever anyone would listen.

Many of these labour rallies were sponsored by a local chapter of the "Popular Front", the arm of the American Communist Party whose mandate was to insinuate their Marxist doctrine into the

hearts and minds of the American proletariat, the seething masses of the disillusioned American working class.

These meetings bore no small resemblance to the religious revival meetings with their fervent oratory of a better life in the hereafter, the congregation raising their voices as one in joyous song that could be heard all across the American heartland. Of course the difference being that the songs Pete was singing and the orations from the pulpit were not so much a promise of heavenly riches as it was a plea, a demand really, for respect, self worth and a full stomach... right here, right now, in this lifetime not the next.

In Pete's mind, his early Christian education and his faith could not be reconciled with the pitiful situation he witnessed daily. The songs of protest he sang against a political system that allowed it's people to starve became his own personal sacred crusade, a calling from which he never wavered.

To be continued.

Stay tuned...



Peter Chess immigrated to Canada from Leeds, England at the age of 9 weeks. The family settled into a converted barracks at the local airport near St. Catharines for a couple of years before moving into a wartime house. After serving in the Canadian Army Signal Corps, Peter restored antique furniture in St. Catharines, which is where he met his wife Gitte, her daughters Sheri and Belinda. They now live in Matawatchan and have two granddaughters, Emma and Natalie. Peter is a member of The Pickled Chickens String Band.

End of the Canadian Pacific Line Sparks Fond Memories

By Howard Popkie

I worked at the Kenwood Mill in Arnprior for more than twenty-five years. As I walked to work on the sidewalk, the train would go by pulling more than a hundred cars with the use of more than one engine. If I waved hello the engineer would always wave back. I saw the end of the caboose. The engineer was always a man until one morning I waved hello as the train went by and a younger girl stuck her head out of the engine window and waved back to me.

An old dog lived in his home for many years along the track and when the train whistle blew he would always emit a very long drawn-out, mournful howl to do his very best to match it.

I took a photo of the last train through Arnprior on the third of May, 2012 at Division Street between Braeside and Arnprior. It pulled flatbed cars that picked up the rails behind it as it went through Arnprior. It picked up railroad ties, signal lights, railroad crossing signs, and when it crossed the Madawaska River Bridge the whistle blew goodbye to Arnprior for the last time.



Barefoot Trail

By Howard Popkie

In winter, my brothers and I went to the Black Donald School together on skis. We didn't have much money in those days, just coming out of the depression. I didn't have money for ski poles, but learned to ski without them. Once when Mom and Dad went to Renfrew and we were left alone, we decided to see how far we could run in our bare feet in the snow. Rueben was ahead, then Don and I was bringing up the rear. Mom and Dad walked from my Uncle Frank and Aunt Jessie's home in Black Donald to come home, because in the winter we just had a path and no plowed road. They talked for years about seeing the bare foot tracks in the snow of three little boys a half a mile away from home.



The Lid from the Copper Boiler

By Howard Popkie

In the 1940s Mom washed our clothes in a tub with a washboard and a cake of Sunlight Soap at Black Donald. She had a big, long-shaped copper boiler that she used to boil our woolen socks in on the wood cook stove. When there was a wedding, Mom's copper boiler was always used to make tea to feed the crowd.

The Ontario Hydro flooded the town of Black Donald in 1967, Canada's Centennial year. My Dad, Rueben Popkie Sr., bought land on the newly created Centennial Lake at the old graphite mill site at Black Donald to use as a trailer park and named it Graphite Bay. He painted the lid of Mom's copper boiler and wrote "Graphite Bay" on it and nailed it to a tree to show tourists where the campsite was. When you see the sign at Graphite Bay, you will know it all started with the lid from Mom's old copper boiler.



THE VIEW FROM HERE

DONT BE BORED THIS SUMMER or any other time

By Ernie Jukes of Camp J

Expressing yourself and being active in life doesn't have to come from the ROM museum, The McMichael Gallery, University courses, our Provincial activities or many other sources, but it sure helps. There are some people of all ages that may never get it, but there are increasingly more that fortunately will. Certainly a decent educational background forming early interests and also probably travel will help carry us through enjoying later life. So much of course can be gained from our parents and good interesting folks we know and trust. May I add, if possible keep a sense of humour and play games and be active in sports. In other words broaden our minds.

There are a bundle of topics to defeat boredom and if you spot one that sounds intriguing I know you will find a way of getting to it. For instance you may learn

another language, learn to grow a garden, act in Little Theatre or make their props. How about collecting coins, stamps or antiques? Build an outdoor serving cart or a bench in the garden. Try model making as in cars, railroads or airplanes. Photography and repairing things can be fun. Special cooking, and candle or wine making all seem to go together. Did you ever try magic, dancing or tai chi? Singing or playing an instrument may be fairly obvious but wood carving or tripping the Madawaska may not. Any of these, while possibly working on how to decrease smoking and booze, or finding spiritual guidance will keep you busy for a while.

Visit places and explore the local history that is attached such as nearby Mill of Kintail on the edge of Almonte. Here you can see the studio of one of our leading

sculptors R. Tait McKenzie. And simultaneously see the Museum of Basketball for its inventor Dr. James Naismith. And let us not forget our WW1 air ace Captain Roy Brown just over in Carleton Place, who shot down the infamous Red Baron. We have plenty to see virtually in our own backyard with something for everyone in and around our gracious national capital of Ottawa.

We do not have to believe in luck, but we can always accept it anyways, especially if it leads to good things happening, such as in "Shoos". It's just that a young person perhaps should not forge too far ahead on their personal journey without a bit of a plan. And at the top of the list may be saving and even investing as early as they possibly can. Love those you trust and simply avoid the bullshit. We do not have to be so easily influenced as many

are today. A small group of people could sure shake up the "Wall in the Hall Museum" in the Matawatchan hall. Details about my paintings of the old sawmills hanging there may be verified by old lumbermen and pals like Earl Thomson or Ardean Kelly.

A hobby is always of value at any age, it often teaches an activity that may lead to some financial return. But at any stage it can be fun and may be shared with others, so it may be rewarding in many ways beside remuneration. Apparently some young folks in parts of the province have got into government gun handling, outdoor safety and potentially organized hunting. It may proffer seasonal and year round enjoyment. Fishing, canoeing, kayaking and exploring offer wonderful summer activities that could lead to guiding during the hunting period of



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THE VIEW FROM HERE

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autumn.

There is always that excitement of un-chartered areas of endeavor. While we may not become a leader in a respective field we may still gain a tremendous return. For example even though we may not become a Tom Thomson we can still explore and even paint in his/our beautiful country. They are exactly the same gnarled pines, beaver ponds and towering rocks and they are right here. Although we may not get to perform in Nashville's Grand Old Opry, as a few lads from these hills have accomplished, we can still get a big kick outta our local country music.

We can believe in ourselves and others to help us make better choices. We should

believe in our country too and how we fit with the world as we learn about it. Try and eliminate the crap from our lives. Personally I learned the value of sports while living in an area of wonderful competition. There is no doubt that Canada does offer all citizens a wonderful opportunity to grow and prosper, to learn and love. We can be inspired by good art, literature and great music wherever we are. And with computers and the Internet today we are always in touch with any topic from around our world. There's so much to learn.

We will learn that just because we are big that we can win our wars without being a bully. Almost the largest country on the planet, Ontario alone has a vast outdoor frontier and more fresh water than ev-



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Ah, but close counts in horseshoes and hand grenades...

everyone else put together. I have learned that good solid friends have benefitted my life. They have come from school, athletics, art, writing, travel and the outdoors. There is nothing odd about creativity or expressing yourself, but each person will find his or her own way.

Don't listen or believe all surveys or even all news reports. Try and keep a cleaner, clearer mind. Did I say keep a sense of humour? Laugh more, have fun and enjoy life. Keep breathing ...especially at night. Of course maintaining a healthy diet also helps keep a good body and a sound mind. Fortunately we can find most pre-requisites to knowledge and the ability to express ourselves wherever we may be in our tremendous land. Maintain the position of politics for what

it is, but be proud of Canada's past and our future.

We all should know that most "old fashioned" honest traditions and values still work today. It may be more evident "north of number seven". So let us respect our flag, our seniors, our veterans, our church, Christmas, Santa Claus, and our Canadian ways, while we live a good life in the best country I know. That does not mean we can't learn from others while we travel and if you are interested in history they go hand in hand. New Canadians should learn from us, just as our forefathers did! Rovering does a lot for the mind and soul and teaches another's style or way of looking at things. Both our urban or rural manners offer valid ways of doing so many things. If we

can't be a rover we can read about places and people and of course reading is promoted by all our libraries and is easily accessible. Speaking of the printed word, have you ever tried your hand at writing?

Yes, weekly pastimes, such as horseshoes, baseball or Men's breakfast or perhaps quilting or gardening with Audrey or painting with Cathy or Fred all help to keep one actively engaged with our area. In the process friendships will blossom. Last year I joined a support group for procrastinators, but we haven't had a meeting yet. In true fact, however we do meet for weekly "Shoos" at old Camp J under the Hemlocks, at 1748 Frontenac Road. We have been playing here for over half a century and are located right between the Church and Matawatchan

Hall. Please join us every Wednesday at 1pm and sign up with our games master Dave Felder. No Charge—just a lot of fun. We usually play June to October and pride ourselves at rarely being rained out. Is that lucky or what?

So which offers us more inspiration ... hindsight or foresight, and how much do we listen anyhow? Some say it is the ability to laugh that can make the difference between success and failure, even promote longer life...thus he who laughs - lasts. Admittedly I must say that old age usually does seem to come at a bad time. Well if you were feeling in a rut or bored no need to be! Anyway that's my point of view.



R. Ernest Jukes

For 65 years, Ernie has been an artist in residence in Matawatchan at Camp J, collecting a rucksack of tales and preserving stories of people and happenings in the Highlands through many publications including his books and for The Highlander since its inception. His donated paintings of our valley and records of our fire tower may be seen in "The Wall in the Hall Museum" in the Matawatchan Hall.

EDITORIAL

Highlanders without Borders

From our home on the north side of one of the higher peaks of the Opeongo Range of the Laurentian Mountains, near Camel Chute on the Madawaska River, we can see across forest covered hills and blue waterways as far away as Foymount. In that distance we only see a couple of homes. If we climb the trees at the top of our hill, we would get a 360 degree view for the same distance, looking over parts of Renfrew County, Lennox & Addington, Hastings County, and Lanark County and still see very few homes. This is where the sparsely populated ends of four counties meet.

Here. In the middle.

Renfrew, Kingston, Belleville and Perth, the capitals of the four counties, lie on the more densely populated outside edges and, as when you spin a wheel, most services gravitate to the outside. This isn't just government services, but businesses, too. You won't see any Big Box stores setting up shop way out in the country and there aren't many hospitals or police stations around here.

Individually, we at the sparsely populated ends of those four counties. We are on the outskirts, the far edges of each county, but when taken as one, we are in the middle of four counties. If we think of it as one large center instead of four outlying areas, we have a better chance of attracting services of all kinds. Ambulance service is a good example of this.

The Ontario Government recognized this when they placed an emergency

response base in Denbigh at the furthest most tip of Lennox & Addington County. They were able to see the Highlands the way we see it, without municipal and county lines. They recognized that this sparsely populated area of the Highlands has a center and has a need for emergency services. Unfortunately, when the Ontario government downloaded emergency services to municipalities, the Denbigh base became the responsibility of Lennox & Addington County alone. Even with 50% funding from the Province and payments per call from surrounding areas, the ambulance base is proving to be too much for Lennox & Addington to justify. At the same time, they are obligated by the Province to bring down their average response times. They can only do this if they move resources to where they are needed - to the South.

The other counties face the same situation, so they are reluctant to support the base.

It is exciting to see the Mayors of 15 of these sparsely populated municipalities in Eastern Ontario (RMFEO) coming together to find creative ways to deal with the hand we are dealt and to go over the numbers with a fine tooth comb to make sure we are getting a fair shake. Within a few months they have already found almost a quarter of a million in OPP over-billing, based on MPAC assessments.

Most of the Province's legislation is geared to larger centers. Across Canada a small community is considered to be

under 10,000 residents. Most of ours are less than 3,000 or as few as 235. Once again ambulance service stands as a good example. The Province mandates short emergency response times, but only calculates it as the time it takes for paramedics to get to the emergency site. This goes with an assumption that all ambulance bases are located at or near an urgent care medical facility.

If the ambulance takes 10 minutes to reach you from Denbigh, that's a great response time. If it takes an additional 10 minutes to load you up and an hour to reach the hospital, that doesn't even enter into the picture. What it comes down to is averages. If the nearest base to you is now in Cloyne, 45 minutes away, it won't be a problem for anyone but you. A few 45-minute response times from Cloyne will only skew the average response time a little bit, so all is well, even though you were on the road for an hour and a half.

Policing is another example. There is no recognition in the Provincial funding model that the cost of getting to a call site in a vast area is usually greater than the cost of running the station itself. That's the opposite of how it is in urban centers. More money, not less, should be given to rural areas on a per capita basis than in urban areas.

If more money isn't going to come our way, we have to continue to be creative. Townships are already sharing resources to provide active living opportunities for people of all ages in the form of sports and recre-

ation. Preventative Paramedic clinics are taking place. Home visits for people at risk have proven to reduce emergency incidents. Rovering ambulances, just like police cars on patrol, mean faster response time - with luck.

It's when we remove geopolitical boundaries and share ideas and best practices like that, that we begin to pull ahead. Adding together population numbers from all of the counties will not only help us acquire services, but businesses, too.

It is sad news when a local business fails or the proprietors retire without finding a replacement. Even in the winter months when populations are 1/3 or 1/4 of what they are during the rest of the year, local services are needed. This winter saw the last two restaurants in Denbigh close, not in any way due to a lack of business. With no more places to gather for breakfast or chat with friends over a cup of coffee, residents are finding a way to get their social meeting places back. There is talk of opening the old school gym on some days of the week. Glaeser's General Store is working with Captain Fish Express to bring a chip truck in on weekends. They are working with a new restaurant that opened up in Griffith in the next county, to offer more baked goods in Denbigh.

The need is here. The demand is here. It is when we work together as one Highlands community that good things will happen, even better than before.

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