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THE MADAWASKA HIGHLANDER Aug-Sept, 2019 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

**Aug-Sept
2019**

FREE Vol.17 Issue 4
Next issue September 25, 2019

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

Fall approaches, but don't dismay, it makes the Highlands even more beautiful! It also brings Fall Fairs, Studio Tours, Festivals, and a bountiful harvest!

Welcome!



"Spot the Fox" seems to be enjoying a private joke on a sunny day at Hurd's Lake. That's a good one!
Pic by Steven MacNabb

...To the end of Summer in the Highlands. As Summer wraps up, so should your writing for the first ever Madawaska Highlander Short Story Contest. See page 21 for tips about how to get 'er done. The contest closes September 20 and entries are only starting to come in. You could win \$250 to spend on anything you want - maybe on a work of art. See Art in the Highlands for opportunities.

It's no contest that the Highlander has brilliant volunteer writers! Artist-writer-rover Ernie writes about a place he loves, the ancient "New World" city, Mexico, in The View from Here, and Antonia tells us about the quirky dogs she has loved in Rural Vignettes.

And what's not to love about the healing powers of the hardy, indigenous purple cone flower, as explained in Highlands Hiker? You might have known they can heal, but did you know that they are smart? As Lynn Gehl explained to Noreen, in Home on Native Land, "The trees, plants and animals sit closer to the creator, and therefore have more of creator's knowledge." She also said, "Water is so smart, it knows what to do." It's true! Water certainly knows what to do, as anyone who was flooded out this Spring is aware. Lesley gets to the bottom of water issues, in Happy Trails.

Did you know hearts and brains are akin to tomatoes and walnuts? In Wellness we learn that we really are what we eat. Knowledge is a good thing, especially when you are out on the land and it's time to take shelter. Survivor Guy shows us how to take the right tent and tarp on your trip, and shelter in comfort.

Tents and tools have changed so much over the years, we don't recognize many of them anymore. Elmer tells us what they are in the new series, What is it? Peter tells us about the almost forgotten harp guitar in Behind the Tunes. Elsie Snider tells of the way things were in the Cloyne Historical Society's article, When we were Kids (in almost forgotten Glastonbury.) Don't forget to check our news clippings, community news, and ads with services and events. Ads have news in them, too!

Enjoy!...



A lone boat heading back at dusk after a day of unknown delights - fishing, swimming, or cruising... on the Madawaska River.
Pic by John Neale

776 Mill Street, Calabogie Chris, Julie, or Kim 613-852-2789

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The Madawaska Highlander

The Madawaska Highlander
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Mailed to 4,300 homes, An additional
2,300 available at retailers
Connecting residents and visitors in
parts of 4 counties in the Highlands.

**Next contribution deadline:
Sept 13 for Sept 25 publication
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 advertiser messages 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 that website. Also check out www.greatermadawaska.com and other township websites for events and information around you in the Highlands. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss. We keep our advertising rates low to keep it accessible for small businesses.

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Thank you everyone!

We couldn't do this without our volunteer contributors and our advertisers.

Thank you to the Denbigh-Griffith Lions Club and the Eganville Leader for your support.

Ernie Jukes
Skippy Hale
Antonia Chatson
David Arama
Angela Bright
Noreen Kruzich

Lesley Cassidy
Colleen Hulett
John Neale
Anne Dougherty
Peter Chess
Lois Thomson

Geoffrey Cudmore
Susan Veale
Ole Hendrikson
Elsie Snider



"It's like the gun lobby says - Laws Interfere with us sportsmen."

- 1965 Herbert Lawrence Block, The Washington Post

RENFREW FAIR

ENTERTAINMENT in front of the GRANDSTAND



September 4th - 8th, 2019

WEDNESDAY, SEPTEMBER 4TH

2 pm Gates Open
5 pm Armouries & Exhibit Hall Opens
5 pm Rides Start
6 pm Beer Garden Opens
7 pm **DEMOLITION DERBY - GRANDSTAND**

THURSDAY, SEPTEMBER 5TH

9 am Gates Open
10 am Armouries & Exhibit Hall Opens
10:30 am High Kickers Sheep Club Achievement Show
12 Noon Junior Hog Show
1 pm Market Lamb Class
1:30 pm Interclub Sheep Show
2 pm Rides Start
3:30 pm Renfrew Miniature Horse 4-H Achievement Show
6 pm Beer Garden Opens
6:30 pm Official Opening - Grandstand
8 pm **LIVE ENTERTAINMENT - BEER TENT**

FRIDAY, SEPTEMBER 6TH

9 am Gates Open
9 am Light Horse Show
10 am Armouries & Exhibit Hall Opens
10 am Renfrew 4-H Dairy Club Achievement Show
10 am Belgian Horse Show
1 pm Shorthorn Show
1 pm 4-H Interclub Dairy Competition
1 pm Heavy Horse Show - featuring the North American Six-Horse Hitch Classic
2 pm Beer Garden Opens
4 pm Rides Start
8 pm **ERIC ETHRIDGE - GRANDSTAND**

SATURDAY, SEPTEMBER 7TH

9 am Gates Open
9 am Light Horse Show
9 am Clydesdale, Percheron & Commercial Horse Show
10 am Renfrew 4-H Beef Club Achievement Show
10 am Armouries & Exhibit Hall Opens
11 am Bonnechere Valley 4-H Beef Club Achievement Show
11 am Rides Start
12 Noon, 2, 4 pm Little Ray's Reptile Show - Red Stage
12 Noon Steer Show
12:30 pm Mark of Excellence Hereford & Any Other Breed Show
1 pm 4-H Interclub Beef Competition
1 pm Heavy Horse Show - featuring the North American Six-Horse Hitch Classic
2 pm Beer Garden Opens
6:30 pm Steer, Hog & Lamb Sale - Cattle Ring
8 pm **THE TREWS - GRANDSTAND**

SUNDAY, SEPTEMBER 8TH

9 am Gates Open
9 am Team Penning
10 am Armouries & Exhibit Hall Opens
10 am Pony Pull
12 Noon Rides Start
12 Noon Beer Garden Opens
12:30 pm Charolais BOSS Show, Ontario Angus Point Show
12:30 pm Simmental & Maine Anjou Show
1 pm Pinnacle International Horse Drawing Festival
2:30 pm **CARROLL BAKER - GRANDSTAND**
5 pm Fair Closes

*Times and events subject to change. **MIDWAY PROVIDED BY...**



ADMISSIONS HST INCLUDED

Advance Sale - Until Friday, Aug 30 at 4 pm

Advance Tickets: \$40 for 5 Admissions RIDES NOT INCL.

Cars: \$5 Pay-One-Price (Midway Rides Included) \$20

**INFO: renfrewfair.com
facebook.com/renfrewfair**

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CASSIE & MAGGIE
Denbigh Griffith Lions Hall



FRIDAY, SEPTEMBER 27 AT 7:30PM
DEVIN CUDDY BAND
Matawatchan Hall



SATURDAY, SEPTEMBER 21 AT 7:30PM
GORDIE MACKEEMAN & HIS RHYTHM BOYS
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By Anne Dougherty & John Neale



It takes a great group of devotees to keep St. Andrews running. Many are descendants of people who started the church 135 years ago.



Ken, Ginger, Al, and Rowena sing and play for the congregation. The Hills are alive with the sound of music.



Pat Strong with Pastor Barbara Creelman.



The Thomson family is among many who continue to support the church and Matawatchan Cemetery their ancestors started



Rowena Reynolds, seen here playing at St. Andrews 135th annual luncheon, is a big supporter of the church. Plus, she was a founding member of the Denbigh-Griffith Lions Club in 1997. On the right Terry Holtzauer presents her with a pin in recognition of her efforts to recruit and maintain members during the Lion Centennial Celebrations.



Lion President Terry Holtzauer presented the Melvin Jones Award to Lions Gail Fritsch and Sandra Downs. This Award recognizes their efforts to fulfil the goal of Lions in attitude, action, and example. Congratulations!



Lion President Terry Holtzauer presented the Melvin Jones Award to Lions Gail Fritsch and Sandra Downs. This Award recognizes their efforts to fulfil the goal of Lions in attitude, action, and example. Congratulations!



A message from Adam's Berry Farm after a successful season: Special thank you goes out to all the helpers and pickers - Lily, Heather, John, Austin, Emily, Hanna, Caleb, Logan, Laurie, Carol, Lori and Rose. Without you the fields wouldn't have been in the good shape that they are, nor would there have been delicious pre-picked berries.



It's good to be "caught" by the OPP for wearing your lifejackets while on the water and be given a water bottle as a reward. It is not good to be caught lighting even a small fire when a fire ban is on. The risk of fire is way worse than the risk of a fine...
 \$500 as per Burn By-Law 81-2016 Schedule A Item 14
 \$110 Surcharge - Provincial Offences Act
 \$5 Court fee - Provincial Offences Act
 \$615 TOTAL Part one ticket fine
 If Fire personnel and vehicles are dispatched to extinguish an open-air fire, further penalties (cost recovery) will be charged.
 Currently \$477/apparatus per hour plus firefighter wages.

Fire Ban Level 2

Complete Fire Ban

NO BURNING

Any persons caught burning will be issued a part one ticket. NO EXCEPTIONS



Resurfacing on Centennial Lake Road has just finished up. Enjoy the smooth ride.

July and early August saw very little rain and a complete fire ban was issued. No fireworks! No campfires! Cottagers, residents, and visitors were expected to sacrifice their s'mores and hotdogs on the campfires this summer or face a fine of over \$600. Some wells ran dry, ground cover was wilted, and grass turned brown. Some folks helped out their gardens by pouring their used dishwasher

on their plants. Fortunately, the drought was somewhat quenched with a decent downpour on August 8, but it is still on as of this writing.

Even our own wild blueberry crop has been affected! Our berries were only a third of their usual size. Adams Berry Farm across from Calvyn's was the best place to go for blueberries!

Despite the ban, the Annual Holleran's Pig Roast shindig went ahead on August 3, but only after a late reprieve by authorities to let the outdoor cooking go ahead with very strict guidelines. Red-neck Golf kicked the day off at noon. The 5:00 pm dinner was enjoyed by all. The Fish and Game Club had a goodly amount of folks at the event. Everyone fondly remembered the key missing per-

son at the Roast. This was the first year without Pat Holleran who passed away earlier this year.

August 3 was a busy day for others around the area with The Hall hosting a Flea Market with a hamburger lunch and St. Andrew's United hosting their annual summer Rummage and Bake Sale.

Calabogie Pilates & More

Starts September 30th

**Back Fitness & Stretch
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Kevin Wagner helping out in the kitchen at the St. Andrews Church 135 Anniversary luncheon. He's always willing to help out, with a smile, wherever and whenever help is needed in the community.

We are enjoying the much smoother ride on this section of road.

Renfrew County Paramedics have received some international recognition due to their innovative paramedic deployment program. Using their skilled staff, they are offering wellness visits to the elderly and to patients with chronic illnesses. They assess vital signs and review medication compliance. They have also pioneered drone delivery of defibrillators and critical acute care medication. The Government of Ontario needs to take a long hard look at these positive programs and not try to fix what is not broken.

See the Paramedics in action at their regularly scheduled General Wellness Assessment held every third Monday of the month at the Griffith Lions Hall at 11:00 am during the Lions Fellowship Lunch. All Welcome.

The Denbigh/Griffith Lions recognized the contributions of Gail Fritch and Sandra Downs. They were given the Melvin Jones Award. Rowena Reynolds was also recognized for her contribution in recruiting members.

The amazing Denbigh-Griffith Lions Club Show and Shine is hoping for a record turn-out for their upcoming car show this coming Saturday, August 24 from 8am to 2pm. In addition to many beautiful cars, vendors will be selling their items and the BBQ will once again feature mouth-watering caramelized onions to add to their delicious hamburgers and hotdogs. Bring some extra money for

the bake table and the book sale as well for the rummage sale next door at NU2U. Also, be sure to have some toonies in the car for the D-G Lions Club toll roads on Friday, August 30 in both Denbigh and Griffith.

Church News: St. Andrews in Matawatchan had its annual anniversary service and luncheon on Sunday August 11 at 10:30am marking 135 years in the community.

Pastor Steve Green of the Hilltop Church led the annual Matawatchan Community Cemetery dedication and fundraiser on Saturday August 17, at 2pm. Mark Rowe played the bagpipes during the ceremony.

The Hilltop Church in Griffith offered a Summer Science oriented day camp for this year's Vacation Bible School from August 12 to 16. Two special Let's Talk Science workshops were also offered at the D-G Lions Hall on August 13 where kids learned how to work with bees or build a beaver dam.

Entertainment News: Greg Roche has been a regular entertainer at Calvyn's Pub in Griffith. At the Pine Valley Restaurant in Griffith, Bert's music jams continue to happen on Wednesdays or Thursdays from 5pm to 7pm when musicians are available.

The Redhill Valleys return to the Matawatchan Hall for a concert on August 21. Local talent Riley MacPherson will debut at the Hall, and the TallBoyz open for the main event.

The Village Voices choir, conducted by Barbara Creelman, will start up again soon. The first rehearsal will be at 11am on Friday, September 12th at St Andrews, to help get ready for their December 2 concert. Watch for more details! This is a secular non-auditioned choir. All are welcome to join!

In September, the Festival of Small Halls will return. This year there will be concerts at both the Matawatchan Hall and the D-G Lions Hall. The Griffith concert will feature Cassie and Maggie on September 20 at 7pm. On Friday September 27, you can see the Devin Cuddy Band in concert at the Matawatchan Hall. Devin is the son of Jim Cuddy (of Blue Rodeo fame). Tickets and information are available at thefestivalofsmallhalls.com

As always, readers are encouraged to go to the website Matawatchan.ca for a list of upcoming events in Matawatchan, Griffith and Denbigh.



Anne Dougherty and John Neale found Matawatchan in 2005 and fell in love with the wild beauty of the area. They have a 4-season cottage on Centennial Lake near the bridge. Anne was born in the Soo, moved to Montreal then settled in Ottawa 36 years ago. John was raised in Dundas, Ontario. They love traveling and spending time in these Highlands but still have a condo in the city (Kanata). Now mostly retired, John & Anne love the friendly people of Griffith/Matawatchan and have made many friends here. John is a member of the Tall Boyz music band. Anne and John attend St Andrew's United in Matawatchan when they are here.

Griffith vendors have had a very busy month with lots of cottagers and tourists in addition to regular customers. Many staples were sold out. Calvyn's Pub actually had to close after running out of food! Even the Dump has been very busy this year.

OPP Officers have increased their visibility on the water this summer offering free water bottles, printed with an OPP message, to children in boats who were "caught" wearing a life jacket while riding in a boat. Although the law says there has to be a life jacket for every person in a boat, the OPP encourages people to make sure they and their children wear them at all times, for safety.

Roadwork on Centennial Lake Road (65) continued throughout July and into August. We now have a beautifully resurfaced road, new guardrails and enhanced shoulders all the way from the Centennial Lake bridge to Misty Morning Cottages.

TERRY FOX RUN
FOR CANCER RESEARCH

REGISTRATION: 9 am
at Griffith Recreation Centre (Lions Hall)
25991 Hwy 41

START: 10 am
Across Hwy 41 "out and back"
along Church Street
and Flying Club Road.

SUNDAY SEPT 15, 2019

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- TERRY FOX

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Canadian study shows emergency department visits due to young people binge drinking increased 86 per cent for women and 56 per cent for men between 2003 to 2016

A pot economy is booming in Tyendinaga. Ontario considers it illegal. Tyendinaga is unceded territory. If cannabis is legal in Canada, they can self-regulate how it is sold.

Canadian pot company Aphria sees stocks soar, as it becomes first big pot firm to turn a profit.

A study by Arizona State University and the U. Pittsburgh, found that teen cannabis use doesn't cause lasting structural brain changes – contrary to what is believed.

Toronto police looking for men who intercept pizza deliveries by posing as customers who pay with cash. They then pose as the delivery driver and deliver the pizza. They steal your card and PIN when you make payment, returning a fake card to you.

Too hot for crime? Amid a dangerous heat wave in Massachusetts, Braintree police ask crooks to postpone illegal activities until after the seriously hot weekend.

Iceberg brand ice cream sandwiches sold in boxes of 8 and the Originale Augustin brand sold in boxes of 30 are being recalled due to metal particles. Return for refund.

Canada announced final regulations to reduce patented drug prices it said would save Canadians \$13.2 billion over a decade, overriding opposition from big Pharma.

Across BC 27,747 kids from kindergarten to grade 12 were vaccinated against measles. Education about severity of measles and safety of vaccinations critical to success.

B.C. breast cancer survivor to help others with cost of removing lymphoma-linked implants, using proceeds from late husband's painting for explants not MSP-covered.

Miramichi Lodge in Pembroke will be increasing focus on those with dementia, thanks to a donation from well-known Pembroke physicians Dr. Eng and Dr. Pan

Brain-eating amoeba kills man who swam in manmade lake in U.S. amusement park. Naegleria fowleri can be fatal if forced up the nose but is safe if swallowed.

Stand-up comedian in India collapsed and died during a routine about anxiety. The audience thought it was funny. It took 3 minutes before CPR was administered.

Ontario Health Links system sends paramedics to high-risk homes to reduce 911 calls and improve quality of life, support physicians and other health professionals.

Renfrew County Paramedics have received some international recognition due to their innovative paramedic deployment program.

The best public works equipment operators in Ontario will be crowned at the Provincial Safety Truck "Roadeo" and Trade Show, coming to Laurentian Valley Sept 10 – 11

More than 30% of US companies are blaming US- applied tariffs for disappointing Q2 profits, and Wells Fargo believes it's about to get worse.

Amazon is investigating whether Foxconn has been using children in China illegally to make Alexa speakers, as US trade war forces creative ways to reduce costs. Foxconn doesn't deny the issue

Gold prices traded at all-time highs in Canadian dollar terms due to uncertainty in global markets caused by trade wars.

China's 'rare earth' threat to US economy. Technology relies on 'rare earth' minerals and China dominates 85 percent of the world's production. Now supply is threatened by President Donald Trump's trade war.

Chase Bank wipes out all outstanding credit card debt owed by Canadian users as it plans to exit the Canadian market.

A potential "city-killer" asteroid moving faster than the speed of sound, missed the Earth by 73,000 kms in July, much closer to our planet than the moon.

Royal Ontario Museum Researchers seek meteor fragments from fireball seen just west of Bancroft. They are heavy, shiny black, and almost always magnetic.

Scientists Might Have The Answer On How Life On Earth Emerged, with an experiment that recreated conditions that caused protein molecules to form a connection to create the building blocks of all life on Earth, and perhaps elsewhere...

Dinosaur hunters have uncovered a 140 million year old 500 Kg, two-meter thigh bone likely belonging to a giant sauropod in France - the World's biggest.

An indigenous-led group has submitted a proposal to the Canadian government to bid for a majority stake in the Trans Mountain oil pipeline expansion project.

Ontario minister, wind companies charged under Environmental Protection Act for construction resulting in contamination of wells for 80 people in Chatham-Kent.

An Increasing Amount Of Toxic Sargassum Seaweed Found In The Caribbean Poses

Threat To Travellers. Watch For and Avoid Brown Decomposing Seaweed.

Kanata Vegan cafe defies order to stop using words "burger", "cheese", stating it is clear that everything in the café is vegan and words like "imitation" sound unappetizing.

Fast-food chain, Chipotle, says plant-based alternatives to meat are too processed to fit its 'food with integrity' principles. Vegans argue running feed through livestock and then eating the livestock is even more processed.

Standing Committee on Agriculture and Agri-Food report: Cyberbullying by vegan activists adds to farmers' growing list of mental health problems - Vegans calling them rapists (insemination) and murderers (of animals).

Indian motorcycle's Springfield Darkhorse can now come with a custom-built big ol' BBQ for a sidecar. Your roadkill will never taste so fresh.

Ontario Raising Fire Fines to \$100,000 For Repeat Offenders – Giving fire services more options to keep communities safe by increasing their enforcement capabilities.

Fire bans are being lifted at different times in area municipalities. Moisture in the ground must go to a certain depth. Check with your municipality before you light.

Apple is activating secret software inside phones which sends users warnings and disables features if they try to replace batteries anywhere other than an Apple Store.

Google and Apple have added a toggle to allow you to opt out of potentially having SIRI or Alexa voice recordings "manually reviewed" for quality purposes.

CATHAY Pacific passengers have been warned their movements and preferences are being recorded through their in-flight entertainment screens as well as at the airport.

Millions Of Android Phones Come Preloaded With Dangerous Malware. Android's Open-Source Project, a lower-cost alternative is prone, but Android devices from Samsung and Google are safe from this risk.

Grade 11 Boy Suspended for Exposing Vulnerabilities in His School's Software, but later received applause for it at the annual Def con hacking conference.

Google is adding a new feature to Android's Phone app that will allow an automated voice service to speak to emergency call centres on behalf of users.

Facebook-backed brain research decodes thoughts as words instantly for the first time, allowing disabled patients the ability to speak again

At the Monteblanco racetrack in Spain the world's first autonomous car race took place, with Team Arrival beating out the Technical University of Munich.

Japanese electronics maker NEC Corp demonstrated a "flying car," a large drone-like machine with four propellers that hovered steadily for about a minute. Japan hopes to have them commonplace by 2030s.

A lawsuit was filed against GM for allegedly selling "hundreds of thousands" of diesel trucks with engines that are not compatible with North American diesel fuel.

Woman Steals Tesla Model S, Gets Arrested When It Runs Out Of Battery. The first attempt to stop her was with spike strips, but the EV carried on even with flat tires.

Tesla owner implants key card chip into her hand to unlock door. Look ma, no keys!

129-MWh facility Tesla built for Australia is the largest lithium-ion battery in the world and swiftly injected 100 MW into the grid when a coal plant went down.

B.C. woman scares off prowling cougar by blaring Metallica's 'Don't Tread on Me' from her iPhone.

A week after a mass shooting at a US Walmart, a man with body armor and a loaded rifle went shopping at a Walmart to test his right to bear arms. He was arrested.

US Walmarts remove all violent video game displays, but continues to sell them. There is no known link between violent video games and violent acts.

Israel's women's lacrosse team beat Kenya, but during the match, the Israelis noticed that their opponents did not have the proper cleats to play. They returned the next day with cleats for the Kenyan team.

Ottawa house-flippers are offering the chance to win a million-dollar home for \$25 and a 100-word essay to say how winning the house would change lives for the better.

Late night host Jimmy Kimmel unveiled a directional sign on Hollywood Boulevard, showing the distance to Dildo, Newfoundland. Dildo's mayor then placed a sign with distance to Hollywood. Jimmy declares candidacy for mayor of Dildo.

Canada to invest \$54.8 million for Inuit in five communities on Baffin Island tied to the development and maintenance of Tallurutiup Imanga as a marine conservation area, while bolstering Canada's hold on the Northwest Passage.

Bogie is a Happenin' Place! This is your column, so contact me to report on activities before or after events. (613)433-1131 bogiebeat@gmail.com

By Skippy Hale



"Pastor Bill" Griffith and his wife Diane Griffith. Sadly, Bill passed away recently and will be missed by all who knew him. Pastor Bill Griffith received the Queen's Jubilee Medal and Marie Buscomb received the Sovereign's Metal for Volunteers.



Top: Greater Madawaska Township Mayor Brian Hunt and Renfrew County Warden Jennifer Murphy present a cake and the Warden's Community Service Award for the County of Renfrew to Marie Buscomb. Left: Marie and her husband John Buscomb. Below: Cover of Marie's water safety book.



Weather report as usual: HOT, HOT more HOT! Fortunately, we have had some rain, but not enough. There is a total FIRE BAN and I cringe when I hear the sirens. Fortunately, nothing serious has happened, but a bush fire could have been very serious. Please pay attention and no open fires! I am a fanatic when it comes to cigarette butts and how they are killing fish and mammals in the Oceans, but a flick of your butt can ignite the dry brush and grass. Use ash trays or wait until you are away from vulnerable areas to have a smoke. Several years ago, I was passing the Catholic Church where there had been a funeral that morning. There was smoke coming out of the front garden where peat moss surrounded the flowers. After the service, someone had flicked their butt into the garden and it smouldered all day. Fortunately, I saw it and Father Blake and I managed to put it out

before the Chief arrived. He took extra precautions and it turned out OK. Point of interest: they interviewed a Firefighter in Fort Mac and he said he saw peat moss ignite in the gardens and trail right up to the houses they were trying to water down for prevention.

Bev Broadman sent out an e-mail to some of her 'Putters & Paddlers' buddies wondering if a few of them would be interested in a couple of hours of kayaking. To her surprise 20 Calabogie Ladies signed-up for what became a three-hour kayak trip from Cherry Point Park in Calabogie to Burnstown Beach on Friday July 13th. Congratulations ladies.

Sadly, Calabogie has lost two of our hardest working citizens who dedicated most of their time for the benefit of our community: 'Pastor Bill' Griffith and Marie Buscomb. Their

generous volunteer efforts will be sorely missed. The Remembrance Day Service will be a little sadder next year without Bill's words and prayers and Marie's beautiful songs drifting across our lake.

Pastor Bill, as he was affectionately known, was a man who took the teachings of Jesus to heart and lived them. 'They will know we are Christians by our love', so goes the hymn and he showed love to all without prejudice. The love of his life was his wife Diane who was his partner in all his work.

They started the Food Bank which is still running after his retirement and the closing of their Church. Diane showed us another side of her husband at his funeral. We all knew his musical side as he sang in Gospel choirs and shared his sound equipment to every event in the village. In their early days, he was in a Rock and Roll Band and they travelled around entertaining. They loved to dance and in their later years took cruises and danced! Thank you Diane for sharing the love of your life with us! Marie Buscomb could be called the 'Recreation Queen' because of all the

volunteer hours dedicated to the Rec Committee. Everyone was worried that the world would shut down literally at the stroke of midnight January 1st, 2000. Our first social event was the Millennium Ball at the Community Centre. A colleague of Rich's at Scapa had a band and he was to play that night so we bought tickets. We met Marie that night and the band played on! Over the years, Marie would tool up and down Madawaska Street in a golf cart overseeing the booths and activities on Canada Day. She, her Mom and her sisters, sang for the Library's Reading of a Christmas Carol sponsored by CBC to raise funds to automate the Library. She was a member of the Friends of the Library and organized musical performances at the Peaks for the Library and led the children's choir at the Catholic Church for many Pageants. When you skate on the rink next winter, think of Marie and 'Christmas in Our Town' which raised thousands of dollars to 'Raise the Roof'. It was only fitting that the reception after the Funeral Mass was held at Barnet Park catered by her cousin Annette. Her husband John is so proud of the many awards she received.

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Kidz B Kidz Daycare is already providing a safe, interesting, and fun environment to local Calabogie children, at 538 Mill Street in the former Calabogie Fellowship Church building.
Below: Calabogie Putters and Paddlers enjoying an impromptu day on Calabogie Lake.



He was her caregiver as she fought her illnesses and pushed right to the end. John, you have a community to support you as Marie supported us.

Being a small village, Calabogie would collapse into the lake without our volunteers. I wish to introduce another active Calabogie volunteer, Margaret Legear. Margaret has worked hard over the years on the Barnet Park Committee, The Friends of Barnet Park. She was part

of the renovation of the Cottage, the Trail and bringing the Junior Rangers to help with clean up every summer. She is a Life Saving Society volunteer, who is our newest author! Her book, 'Swim Time with the AquaBudz' is a family resource book about water safety. Through exercise and playful games children develop and learn swim skill literacy and coordination. She volunteered with special needs children and children with a fear of water for over 30 years, teach-

ing swimming. She developed a tool for instructors from which this book is derived. I had some bad experiences as a child and wish I had had someone like Margaret to help me overcome my fears. Maybe, it's time I conquered those fears, by buying the book and maybe learning to get out of the shallow end of the pool! This book is available at the GMPL, Arnprior Book Store, Pakenham General Store, and Renfrew stores for \$9.95.

This is your paper, send me announcements, babies, engagements, marriages, community events.
bogiebeat@gmail.com.



Skippy Hale moved to Calabogie with her late husband Richard in December 1999. Living in the first Train Station in Calabogie, Skippy now has opened her home as an AirBnB, the Kick&Push Guest els between her home and away with family and friends when there are guests. It's the best of both worlds.

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Griffith Hilltop Tabernacle
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www.hilltopchurch.ca
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Vennachar Free Methodist Church
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 Sunday service 10:30am year-round
 Pastor Laurie Lemke 613-479-2673
 Facebook: Vennachar Free Methodist Church

Denbigh St. Luke's United Church
 Sunday Worship and Sunday School 10:00 a.m.

The New Apostolic Church
 Sunday School 9:00 a.m.
 Sunday Worship 10:30 a.m.
 Wednesdays 8:00 p.m.

St. Paul's Lutheran Church
 Sunday School 9:00 a.m.
 Sunday Worship 9:30 a.m.

Schutt Emmanuel United, 8:30 a.m.

Burnstown St. Andrew's United Church
 Sundays at 10:30 a.m.

Calabogie St. Andrews United Church
 1044 Madawaska Dr. (on the waterfront)
 Sunday Worship 8:30am
 Communion 1st Sun. of the month

Most Precious Blood Catholic Church
 504 Mill St., Father Kerry Brennan
 Sunday Worship 8:30 a.m.

Mount St. Patrick
 St. Patrick's Catholic Church
 Father Holly, Sundays at 10:45 a.m.

REGULAR EVENTS CALABOGIE:
Youth Sports Night
 Tuesdays 6:00 pm to 8:00 at St. Joseph's Catholic School, Calabogie

Pickleball, Mondays and Wednesdays 6:00 pm to 8:00 at St. Joseph's Catholic School, Calabogie

Well Baby Clinic
 2nd & 4th Thursdays 10:30 am to 11:30 am at the Greater Madawaska Library. It is aimed at children from 0 - 6.

Public Library Book Club
 Last Wednesday 11:00 to 12:30

Falls Prevention Program Chair exercises
 Seniors 65+ Mondays and Wednesdays 8:30 a.m. to 9:30 at the Calabogie Community Centre
 Contact Susan 613-752-1540

Pilates and More
 Monday evenings and Thursday am

Back Fitness and Stretch
 Mondays 3:45

Mindfulness Meditation
calabogiemindfulnessmeditation.com

Calabogie Seniors Dinner & Meeting
 Last Thursday - 5 pm Oct. to April at the Community Hall. May to Sept. Barnet Park Seniors 55+ welcome. 752-2853

Renfrew South Women's Institute
www.rsdwi.ca CalabogieWI@gmail.com
 Branch meetings held at Calabogie Community Hall 2nd Thursday 7:30
 Contact: Sara MacKenzie, Pres. 613-432-3105
 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, 6:30 pm, Calabogie Hall, 752-0234.

The Calabogie and Area Ministerial Food Bank 538 Mill Street, Calabogie 2nd and 4th Thursdays of the month 9 am to 10 For emergency situations, please call 752-2201

SPECIAL EVENTS CALABOGIE:
Calabogie Summer Market Saturdays 9 - 1 at the Calabogie Rink, 574 Mill Street area growers, artists, artisans, makers and bakers 50+ vendors

Fish Fry at Calabogie United Church 4 to 6:30 Jean Libbey 613-752-0014

REGULAR EVENTS GRIFFITH & MATAWATCHAN:
Matawatchan Hall Events, 1677 Frontenac Rd.: Check calendar at matawatchan.ca

Aerobics and Cardio Dance to suit all fitness levels at the Matawatchan Hall. \$5 Hall donation appreciated.
Tuesdays and Thursdays 10am - 11am until August 29. Saturdays at 10 after that, check matawatchan.ca for changes

Matawatchan Walking Club
Wednesdays April to Oct. 9 a.m. Nov. to Apr. 10 am Start at the G'Day board mailboxes. Brigitte 613-318-8308

Family Games & Sports Nights, Thursdays @ 6:00 until Labour Day Softball, Badminton, or board games on rainy days. Ice cream at the end.

Matawatchan Book Exchange at the Hall any time it's open, or contact a Board member. Sign out a book and return it later. No membership required.
Denbigh-Griffith Lions Club Events at the Community Hall Hwy 41 Griffith: Bingo every second Tuesday at 7:30

TAI CHI at the Griffith Hall 613-333-1423
 Beginner's, Mondays 12:45 \$10, Holiday Mondays, Thurs @ 9:00 a.m.

Lions Fellowship Lunch at Noon-Third Wednesday of the month at the Griffith Hall (not July & Aug). \$8 Everyone is welcome. Contact Mary McKinnon 613-333-2791

Northern Lights Seniors at the Griffith Hall Third Wednesday of the month at 1pm. (after Fellowship Lunch)

General Wellness Assessment by local Paramedics available from 11:00 am until after Lions fellowship lunch

Denbigh Griffith Lions dinner meetings on the 2nd Wednesday and business meeting on the 4th Wednesdays at the Griffith Hall

Euchre First and Third Friday of each month, 7:00pm - 9:30pm at the Griffith Hall Contact John/Nancy Reid (613) 333-9556

Bert's Music Jam Every Wed or Thurs 5 to 7:30 p.m. at the Pine Valley Restaurant, Hwy 41 Griffith

SPECIAL EVENTS GRIFFITH & MATAWATCHAN:
Lions Club Show & Shine Aug 24, 10 - 2.

Saturday Socials at the Matawatchan Hall 9 - 11am Food, Art, Music, Friends, & Fun. **August 24, UCW Bake and Rummage Sale. August 31 Adobe Oven Bake your own Pizza** hosted by Ken Birkett. (If fire ban continues we'll use propane ovens).

The RedHill Valleys in Concert at the Matawatchan Hall, August 21 Last year's Small Hall's headliners asked to return and play for us. Concert style with small dance floor. Licenced. Sandwiches available for purchase. Tickets \$15 www.matawatchan.ca or at the door.

KID's CLUB, Tuesdays 6pm, Ball at the Griffith Ball Diamond, **Thursdays 6pm Family Sports Nights** at the Matawatchan Hall, until school starts. G & M Rec. Sponsor

St. Andrew's United Church Harvest Supper September 28, 5:30 pm Turkey dinner with all the trimmings, plus World famous pies and other desserts. Gluten free desserts available.

FESTIVAL OF SMALL HALLS: Griffith, Sept. 20 Cassie & Maggie, Matawatchan Sept. 27 Devin Cuddy Band, DACA Centre Gordie MacKeeman & His Rhythm Boys all at 7:30PM Tickets \$25 online only at thefestivalofsmallhalls.com

REGULAR EVENTS DENBIGH & VENNACHAR:
FREE weekly "Play to Learn" play-group at Mayo Community Centre in Hermon, Tuesdays 10:00 am to 12:00 pm. snack provided

Denbigh Diners meal Supported by LOLCS First Monday of the month **8:30am - 1:30pm** Stat holiday, 2nd Monday. Full Course Meal \$8.00 Nancy Dafoe 613-333-5164

Denbigh Recreation Euchre, Denbigh Community Hall, Hwy #28, Denbigh, Fridays @7:00 p.m. Contact Bev 613-333-9852

Meals on Wheels is available in the area; contact Bev 333-9852, or Lori Cuddy at Community Services 613-336-8934/1-877-679-6636 for all the details.

Land O Lands Community Service Exercise on Tues. at 9:30, Denbigh Hall basement after Wellness (not July and August) Contact Mary McKinnon 613-333-2791 **Coffee Time Friday mornings at Heritage Park from 8am-10am** Denbigh Recreation sponsor

LOLCS Exercise Program, Tuesdays 9 - 10:30 Denbigh Hall basement Marlene Dacuk 613-336-8934

LOLCS Denbigh Craft Group, 2nd and 4th Wednesday of each month from 1pm-3pm Denbigh Hall, Marlene Dacuk 613-336-8934

SPECIAL EVENTS DENBIGH & VENNACHAR:
Denbigh Diners Club will start on Monday, September 9th with a Roast Chicken Dinner, followed by an Oktoberfest Meal on October 7th.

DACRE REGULAR EVENTS: Games Night, 2nd and 4th Fridays Open to ideas. Contact Michael at dacacommunity@gmail.com

FLINTON, CLOYNE & NORTH-BROOK REGULAR EVENTS: Exercise Bootcamp at the Clar-Mill Hall Plevna Tuesdays & Sundays 7pm \$5

Land O'Lakes Garden Club meets at the Pine View Free Methodist Church, **7pm, on the second Thursday** of the month from April to November

Bingo, Mondays at AH Recreation Centre, Flinton, Lower level - doors open at 5:30pm Contact Joel (613-336-2666)

FLINTON, CLOYNE & NORTH-BROOK SPECIAL EVENTS: *Saturday, September 7th Community Thank You BBQ Lions Club Community Hall, 12328 HWY 41 Northbrook Contact Debbie 613 336 8502

BURNSTOWN SPECIAL EVENTS: Fish Fry, Friday, August 9 from 4:30 pm to 7 pm. Burnstown United Church. Adults: \$15, Children 5-7: \$7 and Under 5: free. Takeout available.

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Lion's Club Gives New Home for the 2019 Terry Fox Run in Griffith

By Geoffrey Cudmore

On Sunday, September 15th, the Terry Fox Run will take place in Griffith. Since 2012, the community has raised almost \$40,000 for innovative cancer research. In 2018 our run ranked in the top 20 runs in Canada for the average amount raised per participant. This is a testament to the generosity of the people who live here.

Terry Fox Runs have been held across Canada and around the world since 1981. Last year, organizers were excited to see a 6% increase in overall participation, with total revenues for the year exceeding \$29 million dollars, showing that even after 38 years, Terry's dream of finding cures for all forms of cancer continues to resonate.

This year the registration will take place at the Griffith Recreation Centre (Lions Hall). Registration opens at 9:00 am, with the Run (walk or cycle) beginning at 10:00.

The course will be an "out and back" starting on Church Street and proceeding to Flying Club Road, with marked distances of 5km and 10km. We are very grateful to the Denbigh Griffith Lions Club for making the venue available to us, and for their support over the years. Thanks to Scott MacDonald and Sue Lafleur for



The annual Terry Fox Run for cancer research is a family affair for the Cudmores, including Lizzie the dog. Why not make it your family tradition too? Cancer touches everybody's lives. Who will you be running and/or donating for? See the ad on page 4 for more.

being our hosts and supporters for the first seven years at Griffith Building Supply.

Thanks as well to our daughter-in-law, Paula who looks after the registration, pledge forms, and making sure all the money adds up. With our Team Cudmore, we have made the Run a fun family affair, with son Edgar at the 10km turn-around and

water station, and taking photos, and my wife Katie and the grand kids, Charlotte and Gregory who get pledges and run the event, every year. Other family members either join us in Griffith to participate or sponsor us. Even our mini-schnauzer Lizzie has participated every year, with pledges from dog friends... and even a few cats.



Why don't you make it a family tradition too? Please join us on the 15th! *Pledge forms are available at the Griffith General Store, the Pine Valley Restaurant, BMR Griffith Building Supply, Sniders Tent and Trailer Park, in the Griffith & Matawatchan area, and in Denbigh at Rosie's Café and Glaeser's Country Store.*

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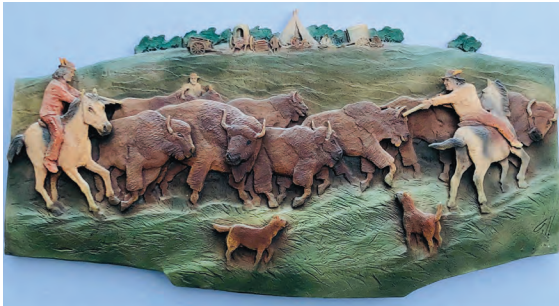
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Burnstown sculptor Richard Gill Forms "Fragments of Canada's History" At Bittersweet Gallery 2019 Annual Show Opens Sept 28 to Oct 14



Métis Buffalo Hunt

The War is Over

"Whether you like history or not, there's no denying the impact it leaves on us." - Henry David Thoreau.



Many of us may marvel at the ancient architectural wonders that compel us to travel the world over. But the essence rests in the history of the foundation. Victories and failures, traditions and heritage, make history ever changing, yet ever present. What historical or past events do you think of when pondering what has shaped the Canada we know today? For artist/sculptor Richard Gill it varies and fascinates, from the tragic to victorious, the well known and the lesser. It compels him to shape it and in his own fashion, helps cultures to thrive.

The show will be comprised of events like: the first encounter of the vikings landing in Newfoundland, the unveiling of the Avro Arrow (that his own father worked on), the Métis buffalo hunt, the sinking of the Edmund Fitzgerald, Pier 21 arrival of immigrants, Klondike

gold rush, Winnipeg General Strike of 1919, Charter of Rights and Freedom, Juno Beach, Vimy Memorial, Louis Riel, the hippies in Yorkville, and the Rolling Stones at the El Mocambo

In no particular chronological order Richard has narrated and interpreted the above fragments of Canada's past, to name a mere few. Over 50 pieces shaped first in his mind, then formed in the hands of a seasoned sculptor whose chosen and instinctive material is the resilient and permanent medium of kiln-fired clay in relief.

"Fragments of Canada's History" marks Richard's 47th annual fall show. It opens Saturday, September 28 and continues to October 14 in his studio at Bittersweet Gallery in Burnstown. His ongoing work and those of over 50 Canadian artists can be seen year round. The gallery is open daily from 11 to 5.

North Frontenac Back Roads Studio Tour Sept 28 to 29



September is an exciting month for the artists of North Frontenac Township, as they prepare for the sixth annual North Frontenac Back Roads Studio Tour. This year it will be held on the weekend of September 28/29. This popular tour covers the whole of North Frontenac Township with 21 artists exhibiting in 12 studios. Most of the artists that have been enjoyed in the past will be returning to the tour with their new works. This year a potter will be joining the group.

Although the tour is quite spread out, there are three clusters of studios that are easily visited together. One cluster, north of Sharbot Lake, has the popular Artisan Cheese, and Alpaca studios, as well as two fibre artists. Nearer the Cloyne end of the tour are several painters, a photographer and a stained glass artist. Quite a number of studios are clustered in the Ardoch/Plevna area. Works from most of the exhibiting artists can also be seen at "The Free Spirit" Gallery, located in Plevna, open all year round. It is well worth checking out.

One reason for the popularity of the tour is the spectacular landscape in the North Frontenac area, with its numerous lakes tucked between picturesque hills. The last weekend in September is typically the best one for fall colours, although no-one can predict what will happen year to year. So far it is looking good for a lovely autumn display of colours at about that time.

A map for the tour can be found on the website NorthFrontenacBackRoadsStudioTour.com. This site also will give you more information about each artist. There is food available at a number of restaurants in Plevna, Sharbot Lake, Northbrook and Cloyne, as well as at several of the studio locations. Wash-room facilities are quite numerous over the length of the tour, and are indicated on the downloadable map.

The artists of North Frontenac are excited at the opportunity to meet you and to show you're their work - perhaps even to sell you a gift item, or a treat for yourself. *Hope to see you on the last weekend in September.*

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View artist & artisan profiles and download a printable route map online.

NorthFrontenacBackRoadsStudioTour.com

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Protests Grow against Nuclear Waste Dumps on the Ottawa River

By Ole Hendrickson



Pembroke Observer photo of protesters on the Ottawa River in front of Chalk River location of proposed dump

On August 27th around 80 people gathered in Fort William, Quebec to protest plans to dump federal radioactive wastes at two sites on the Ottawa River. After a lively session of speeches in the historic Hotel Pontiac, protestors took their banners and signs upriver for photos and more speeches, with the Chalk River Laboratories in the background.

Under an arrangement put in place by the Harper Government in 2015, the federal Chalk River facility (owned by Atomic Energy of Canada Limited – AECL) is now run by the privately-owned Canadian Nuclear Laboratories – CNL. Opposition has steadily grown to CNL’s “NSDF” project – a giant, above-ground mound, 5-7 stories high, the size of 70 NHL hockey rinks, for over a million tons of radioactive wastes, on a hillside adjacent to wetlands at the Chalk River property.

Wastes would include metal, wood, concrete, asbestos, etc. from demolishing over 100 old buildings at the Chalk River and Whiteshell (Manitoba) research sites, and about 15% packaged wastes, ranging in size from drums and barrels up to sea-land containers to be driven directly into the mound and covered with radioactively contaminated soil. Some of these wastes would be so highly radioactive that workers would need to be protected behind lead shielding.

The 70-year history of Chalk River and other federal nuclear facilities included building and testing reactors, making plutonium for U.S. nuclear bombs, and medical isotope production. This left a complex, problematic and poorly documented mixture of radioactive and other hazardous wastes, including mercury, arsenic, PCBs, and dioxins.

During CNL’s dumping activities at the mound, wastes would be exposed to wind and precipitation, spreading dust and necessitating construction of a wastewater treatment plant that would only remove some contaminants leached by water moving through the waste. Treated water would be released back into the environment in a manner yet to be determined, but possibly through a pipeline directly into Perch Lake, which already discharges low levels of radioactive contaminants such as tritium, strontium-90 and carbon-14 into the Ottawa River from existing leaking waste areas at Chalk River.

An additional 25 km upriver from the proposed mound site is Canada’s first-ever nuclear power reactor, the Nuclear Power Demonstration (or NPD), built and owned by AECL and operated for 25 years by Ontario Hydro to train reactor operators. Idle since 1987, the NPD has been defueled but still contains highly radioactive pressure tubes and other radioactive metal and concrete components.

CNL’s proposal is to cut up all these components, dump them in the

reactor vault, fill the voids with a special mixture of concrete and pulverised blast furnace slag, and abandon the waste in place. The NPD’s concrete foundation is cracked. CNL’s own estimate is that after the NPD is “entombed” it would resaturate with water in about 40 years. Thereafter, contaminated groundwater would seep into the Ottawa River, only 100 meters away, in perpetuity.

What are the major flaws of these projects? CNL’s two projects would create Canada’s first-ever permanent radioactive disposal sites for nuclear reactor wastes. Neither project conforms to safety requirements of the International Atomic Energy Agency, the IAEA. IAEA guidance on choosing sites that can isolate and contain radioactive waste is simply being ignored. The giant “NSDF” mound proposed for the Chalk River site would be located as close as possible to the buildings to be demolished. Although CNL calls the mound a “Near Surface Disposal Facility”, the IAEA defines such a facility as consisting of “engineered trenches or concrete vaults”. “Near surface” means below or at the surface, not on top of it.

As for entombing the NPD reactor, the IAEA says this is not an acceptable strategy for planned decommissioning: “If entombment is selected, it will impose a burden on future generations owing to the need for long term monitoring of the site and owing to possible future actions necessary to prevent and reduce leakages of radioactive material from the facility.”

Who are the project promoters? Just prior to the 2015 fall federal election, the Harper government signed a 6-year contract, renewable for two, 2-year terms until 2025, with five U.K., U.S. and Canadian companies that call themselves the Canadian National Energy Alliance. The only Canadian member of the Alliance is SNC Lavalin. Two U.K. companies have dropped out (Rolls Royce) or been bought out (Atkins, bought out by SNC Lavalin). Two large U.S.-based engineering firms remain: Jacobs and Fluor. Both U.S. firms have paid tens of millions of dollars under “non-prosecution agreements” to settle charges of false claims, kickbacks and bribery, and importantly, workplace health and safety violations, involving clean-up of U.S. energy facilities.

CNL itself is only five years old. It was created as a subsidiary of AECL in 2014, one year before being privatized by the Harper Government. Two U.S. companies and SNC Lavalin now control management of all federal nuclear facilities, but the wastes at them remain the responsibility of Canadian taxpayers. The federal contract with the Alliance includes three sub-agreements: one for the Whiteshell Labs in Manitoba, one for the NPD reactor, and a “Site Operating Company” agreement for CNL that covers these and all other federal nuclear sites, including the Douglas Point reactor in Kincardine, ON; the Gently-1 reactor in Becancour, QC, and the Port Hope area clean-up on Lake Ontario.

CNL is shipping wastes from all these federal sites to Chalk River in anticipation that the Canadian Nuclear Safety Commission (CNSC) will approve the massive NSDF dump. The largest amount of waste so far – over 3000 tonnes – has come from the Whiteshell site in Manitoba. Sea-land containers – the ones that can move by ship, truck or

train – are stacked 5-high at Chalk River, waiting for CNSC approval to drive them into the dump. Commercial industry wastes – such as tritium-filled glass tubes from waste exit signs imported from the U.S. by SRB Technologies in Pembroke – would also go into the dump.

Why don’t critics “trust the process”? Critics have lost confidence in the CNSC’s environmental assessments of the two projects. When the NSDF assessment began in 2016, retired AECL scientists and local citizens’ groups requested that CNSC require that CNL describe activities associated with the mound – such as building demolition, transport of waste from other locations, and remediation of the older waste areas at Chalk River. The CNSC dismissed these requests at a secret 1-man “hearing” that allowed CNL to only examine the impacts of building a mound.

In theory, this CNSC “hearing” was supposed to determine the scope of issues that would then be addressed by CNL in its environmental impact statements. But CNL released its impact statement for the giant mound less than two weeks after the CNSC’s secret hearing. CNSC’s apparent inability to resist industry pressure, and a virtual absence of federal government policy on reactor decommissioning and radioactive waste management, creates an impression that SNC Lavalin and two U.S. companies now have a free hand in dictating how huge amounts of public money are being spent.

Federal spending on reactor decommissioning and radioactive waste management increased from \$128 million before signing of the Alliance contract in 2015, to \$737 million in the 2019-2020 federal budget. These funds are given to AECL, which then passes nearly all of them to the private, for-profit companies in the Alliance.

What are the alternatives? Critics want the federal government to create and implement policies that recognize its obligation to keep its long-lived radioactive wastes and other toxic substances out of the environment and away from drinking water sources and environmentally sensitive areas. They want proper siting processes for waste facilities that conform to international standards: built underground, in stable geological formations, with provisions to monitor and retrieve wastes should problems arise. They want wastes to be properly analyzed, packaged and labelled. They prefer long-term management to disposal and abandonment, which would make wastes impossible to retrieve should problems arise. And they want public accounting of whether hiring private companies to deal with publicly-owned wastes is providing “value for money” to Canadian taxpayers.

What has been achieved to date? The public, retired AECL scientists and government officials – notably from the Government of Quebec – made over 200 submissions on the draft environmental impact statement for the NSDF project. Many submissions contain multiple detailed critical comments. CNL is working behind the scenes with CNSC to “disposition” these comments, so the two bodies can come to an agreement on how the project can go forward. The main sticking point is how much long-lived and highly-radioactive wastes can go in the mound. CNL wants the greatest possible flexibility to put any and all

wastes in the mound, but CNSC appears to be resisting this to an extent.

There are fewer submissions on the NPD project – around 70 – but the IAEA’s rejection of reactor entombment as a decommissioning strategy will be particularly challenging for CNL to address.

Local groups – Concerned Citizens of Renfrew County and Area, the Old Fort William Cottagers Association and Pontiac Environmental Protection, have submitted eight petitions to Canada’s Auditor General. The most recent one is on nuclear governance – the flaws in Canada’s nuclear policies, legislation and regulations that have allowed these unacceptable projects to proceed.

What’s next? For each project, CNSC and CNL negotiated a project management charter or “Administrative Protocol”. These can be found on the Canadian Environmental Assessment Registry. For the NSDF project, the Registry has an “Appendix A to the Administrative Protocol” that lists 36 steps, 24 of which are complete. But the last completed step was on September 14, 2017, nearly two years ago. The official environmental assessment processes for both the NSDF and NPD projects have effectively gone silent. Last year the CNSC “clarified” these processes – by deleting all the timelines for their future steps.

For both projects, the next step is a complete submission by CNL “to the satisfaction of CNSC” that would “respond to all federal/provincial information requests and comments”. This would be followed by a federal/provincial review of CNL’s responses. Then CNL would respond to public comments, eventually leading to issuance of final environmental impact statements, which would be posted on the Canadian Environmental Assessment Registry for 90 days.

CNL continues to maintain that it will release final environmental impact statements for both the NSDF and NPD projects next year, in 2020. When these are posted, CNSC staff will prepare their own “Environmental Assessment Reports”. Judging by past practice, their reports are likely to claim that the two projects will not cause significant adverse environmental impacts and should be approved by the CNSC’s appointed Commission. And, under the Harper government’s 2012 environmental assessment legislation, no publicly elected officials – not even Cabinet – can override a CNSC decision.

The CNSC has never refused to licence a major nuclear project. The CNSC may disadvantage the public by scheduling both the NSDF and NPD hearings at the same time. It may limit the time available for public review of its environmental assessment reports to as little as 30 days. And there will be other material to deal with as well: the CNSC’s licencing documents for the projects. The project management charters call for simultaneous hearings on both CNSC’s environmental assessment decisions and its issuance of licences.

Critics will need to move very quickly to analyze documents and submit comments. On a broader scale, they will need to pressure the federal government to accept its responsibility for managing its wastes, and to exercise oversight over the CNSC and the spending of Canadian taxpayer dollars.

Fundraiser Yard Sale at Greater Madawaska Library on August 31st

By Sharon Shalla

What would summer be without a yard sale! Mark your calendars for Saturday, August 31st as we get set for a fundraiser yard sale in the library's parking lot. We've got a bit of this and some of that! Well to be more specific, we've got dining room chairs, a coffee urn, dishes, glassware, pictures, books, and much more! Start time is 8 a.m. and we plan to wind down around noon. All funds raised will go to support library programs and the purchase of literary resources.

I am delighted to announce that the Interlibrary Loan Service has resumed at our library. No, there wasn't the decision by the Provincial Government to reinstate funding to the Southern Ontario Library Service (SOLS) to operate the courier service. The Interlibrary Loan Service has resumed at our library because both I and my Library Board have a great appreciation of just how valuable and important the service is to our community. We have chosen to absorb the cost ourselves and pay the Canada Post shipping to bring in resources for our patrons. Fortunately, Canada Post offers libraries a special "library rate" for shipping. It is a reduced cost just for libraries to send materials to another library. The average shipping cost per interlibrary loan item averages \$2.50. Hats off to



Tamatha Strachan of Calabogie Smiles-Mobile Dental Hygiene Services visited the library's story time program to teach the children about caring for their teeth
Photograph by Samatha Moss

Canada Post for this special rate! Please feel free to come in, call, or send an email to make a request for any material you would like that we don't have in our collection. We are part of the 96% of libraries that have resumed the interlibrary loan service after the SOLS courier service was discontinued when the Provincial Government cut the SOLS budget by 50%.

One of the highlights of this Children's Summer Program has been a visit from Tamatha Strachan of Calabogie Smiles-Mobile Dental Hygiene Services. It was a fabulous morning of

learning about our teeth! The visit included a fun activity of learning how to floss using Lego and playdough! Tamatha gave everyone a new toothbrush and other goodies!!! Thank you so much!

Our Children's Summer Program continues until August 22nd, when we'll have a winding down party with treats, prizes and some surprises between 10:30 and 11:30 a.m. Storytime runs every Thursday throughout the year from 10:30 - 11:30 a.m. It's a free drop-in for you and your child to participate in stories, activities and socializing.

If you don't have a library card, why not? Did you know that you can get a library card for free if you live in the township or pay taxes to Greater Madawaska Township? Proof of address is required to get a membership. Acceptable forms include your driver's license, a tax bill, rent receipt, utility bill, insurance document or landfill site pass. Your library membership also gives you access to a collection of electronic books and audiobooks that you can download.

We are so much more than books! Did you know that we offer business services such as faxing, scanning and laminating? We can scan your item(s) to an email address, fax to a recipient's fax number, and laminate your 8 1/2" x 11" document or business card size

document. We provide free Wi-Fi service within the library on one of our public use computers or on your own device.

We are located in St. Joseph's Catholic School, 12629 Lanark Road, Calabogie, right next to the Catholic church. We have our own separate entrance to the library, just look for the library sign near the door. Our hours of operation are: Closed Sunday and Monday. Open Tuesday - 1 to 7 p.m. Open Wednesday to Saturday from 10 a.m. to 1:30 p.m. Last, but not least, here's some recent arrivals for you to enjoy...all free to borrow with your library card.

NEW ARRIVALS:

Nonfiction

The Blender Girl by Tess Masters
Vegan Diner by Julie Hasson
The World Almanac and Book of Facts 2019

Fiction

River of Stars by Guy Gavriel Kay
The Perfect Shadow by Brent Weeks
The Oracle by Clive Cussler

Youth and Juvenile

Five Feet Apart by Rachel Lippincott
Extras by Scott Westerfield

DVDs

Captain Marvel
Shazam
Dumbo

VENNACHAR DENBIGH DISPATCHES

By Angela Bright

*The Denbigh Griffith Lions 12th Annual Classic Car Show & Shine happens on Saturday, August 24th, 10am to 2pm at the Lions Hall on HWY 41 in Griffith. Year after year, there has always been a great assortment of vehicles on display, and this year is sure to bring out the best once again. Come and enjoy the food, market, games, music and fun, too! All exhibitors and vendors welcome; just bring your own tables. Admission to the Show & Shine is by donation. For info, contact Jan 613 333 1748, Hall 613 333 1423. (Rain date: August 25th)

*Another season is upon us for Dinners, Euchre and Meals on Wheels for the Denbigh area. Dinners will start on Monday, September 9th with a Roast Chicken Dinner, followed by an Oktoberfest Meal on October 7th. Euchre will start up again on Friday, September 6th at the Denbigh Hall at 7pm, \$2 admission. For those who may not know, Meals on Wheels is available in the area; contact Bev 333-9852, or Lori Cuddy at Community Services 613-336-8934/1-877-679-6636 for all the details.

*Some new reads on the Denbigh library shelves: A Taste of Vengeance by Martin Walker, City of Girls by Elizabeth Gilbert, Island of the Mad by Laurie R. King, Lady in the Lake by Laura Lippman, One Good Dead by David Baldacci, Smoke-screen by Iris Johansen, The Winemaker's Wife by Kristin Hammel, Under Currents by Nora Roberts, Window on the Bay by Debbie Macomber. Don't forget the library has two new Nature Backpacks that you can borrow with your AH library card for a two day loan. You can choose a pack that includes an Ontario

Parks day pass or the Quinte Conservation free parking pass. You can even reserve the packs in advance! Contact 613 333 1426 for more info.

*To students, teachers, staff, bus drivers... and parents, we wish you all the best as you start out the 2019-2020 school year! "You're off to great places. Today is your day! Your mountain is waiting so get on your way!" Dr. Seuss

OUR HOME ON NATIVE LAND

Seven Teachings

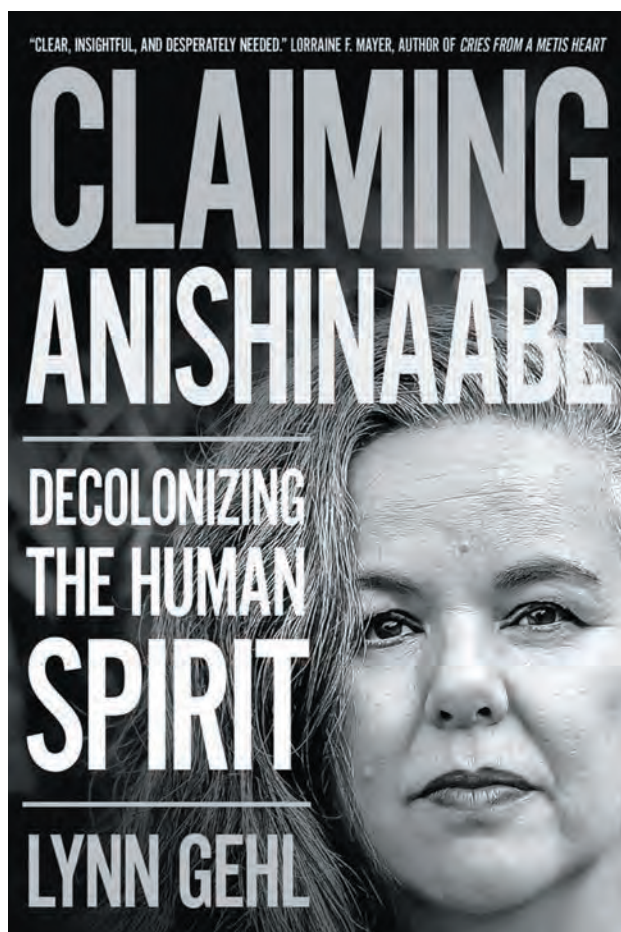
By Noreen Kruzich

"Everyone talks about knowledge like it is only in the human mind," states Lynn Gehl, an Algonquin Anishinaabe-kwe activist, artist and writer. Lynn Gehl's view and the world view of the Anishinaabe philosopher and thinker is quite the contrary. As Gehl puts it, "Indigenous knowledge predates human arrival."

As a long-time outspoken critic of colonial law and policies that harm Indigenous women, men, children and the Land, in 2017 Lynn was successful in defeating Indian and Northern Affairs Canada's unstated paternity policy when the Court of Appeals for Ontario ruled the sex discrimination in the policy was unreasonable. Today she places ancient Anishinaabeg knowledge at the core of what she learns, thinks about, and does.

As she explains, "The trees, plants and animals sit closer to the creator, and therefore have more of creator's knowledge." Gehl underscores the story of the order of creation and that they were placed here first by the creator. "It is valued that all the beings before humans are more intelligent. Indigenous philosophers and thinkers' value that. These are your fish and turtle clans."

Fish translated in the Algonquin language, is kigonz, while turtle is mikin'Ac. Each clan carries



its own role, talent, and responsibility to contribute to the overall well-being of the entire nation. These roles are usually represented by animals and referred to as totems. In Algonquin, the word for totem or clan is dodem.

The people of the Fish Clan were the teachers and scholars. It is said that the fish watch the sky and have the knowledge of the sun, stars and moon. In this way the Fish Clan hold the most intelligence and are the people's philosophers.

But it isn't just living beings that hold that knowledge in this world view, the elements too- if not more- hold this knowledge. As Gehl says, "Water is so smart, it knows what to do." In the Creation story, the elements - Water, Rock, Wind and Fire were brought into existence in the First Order of Creation.

Gehl refers to this way of thinking as the naturalistic tradition or paradigm. Indigenous assumptions, beliefs, teachings, and rituals she points out are intentionally and consciously designed around natural features on the Earth and the knowledge inherent. This, she says, serves to keep its people rooted within Creator's Law.

"A lot of people see value in materialism, and they hold this up and they dismiss sacred belief as



trivial. The humanistic paradigm places humans above all things natural. That all human creations such as our governance and economic traditions and this includes brick and mortar structures, these entities are all situated above the natural world. They are not designed to work with Creation and natural law; rather they are designed to control and monopolize the natural world. The sacred is far more rational and sustainable than the destruction brought on by the economic paradigm.”

In this way of seeing and living there are seven natural laws, or sacred teachings: Truth, Love, Respect, Courage, Honesty, Humility and Wisdom. Each law honours one of the basic virtues intrinsic to a life that not only witnesses the interconnectedness of all life, but embraces it and celebrates it knowing full-well that it is to the benefit of everyone and everything.

The Anishinaabe people express these values through stories, through ceremony, and ritual. “Indigenous knowledge is learned through our teachings and through our dances, and in the trees and through the four-leggeds,” says Gehl. Indigenous ways of knowing really embrace subjectivity and experience and personal truth. Subjective truth has its own internal logic. As Gehl puts it, “Indigenous knowledge values your personal journey.”

Committed to Indigenous knowledge production, Lynn has a personal website at www.lynngehl.com, which includes a blog. She also has a Facebook page and YouTube channel. Lynn Gehl’s 2017 book, titled “Claiming Anishinaabe: Decolonizing the Human Spirit” explores her journey deeper into Indigenous knowledge and was published with the University of Regina Press.



Lynn Gehl, author of “Claiming Anishinaabe - Decolonizing the Human Spirit”
Photograph by Samatha Moss



Noreen Kruzich specializes in First Nation and Metis genealogy/ social history. She is the author of The Ancestors are Arranging Things (Borealis Press/ Ottawa/2010) and is working on a second book. She was the history researcher for award winning documentaries, Colonization Road and Trick or Treaty. Her indigenous roots come from the Mohawk and Montauk of N.Y. and the Powhatan of Virginia.



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Purple Coneflower is not just for 'the Bees' - They are the 'Bees Knees' of Plants

By Colleen Hulett



Symmes Museum in Aylmer – 1831 building with classic coneflower garden. Can you see the bees?

How many of you have Purple Coneflowers gracing your garden? Coneflowers are indigenous to Canada and consequently an easy to grow perennial. Coneflowers are hardy in Canadian gardening zones 3-5. They are also heat and drought resistant. I have several Purple Coneflower species scattered in my summer garden and they are a gorgeous and beneficial addition. Did you know choosing to plant indigenous species on your property is a responsible act and critical to the survival of the wildlife around you? Planting invasive species is hard to control and they always manage to escape and cause detrimental havoc to your neighboring ecological environment and beyond. You don't want to be that person, right? Coneflowers have innumerable benefits. They supply an endless amount of fresh-cut flowers for the house and their violet to pink coloured flowers create a calming and relaxing atmosphere. Coneflower 'fences' surrounding vegetable gardens attract pollinators and also keep hungry rabbits out! This sturdy stemmed plant is suitable for formal borders and is a lovely unassuming way to separate yards in the city. Coneflowers also provide entertainment. Migrating birds are fueled by their seeds in the fall and are key to their survival when returning to a snow-covered spring. In the long hazy days of summer Coneflowers attract multiple pollinators like the Monarch Butterfly and several Bumble bee species. Did you know Bumble bees are some of the few expert pollinators that are the secret to better bigger berries? I grow raspberries, strawberries and blackberries and need these guys around to get me a bigger fruit yield.

There are many coloured hybrids entertaining us and about seven species of Coneflowers existing in the wild. Three are used commercially for their medicinal properties: Echinacea angustifolia, Echinacea pallida, and Echinacea Purpurea. All Echinacea species are indigenous only to Central North America. Echinacea angustifolia is indigenous to the Great Plains of Manitoba, Saskatchewan and Alberta. E. Pallida is indigenous to Manitoba and

Purple Coneflowers are also a very useful addition to our medicine cabinets and first aid kits, even the white ones Saskatchewan prairies, and E. Purpurea is from southern Ontario fields and open lands. Many species also come from the Great Plains of the USA too. It's our baby. It didn't jump a ride over the Atlantic in grandmother's pocket or stow away on a merchant ship like many other herbs have in the past. We should be proud to call this medicinal plant our own. For hundreds of years the Plains First Nation Peoples have used Echinacea as an analgesic and antiseptic. In the 1700's it was used in the States for saddle sores on horses. Europeans and Germans began using and conducting studies on the root in 1895. Over 400 empirical studies have been conducted on Echinacea since the 1930's and the majority favour the efficacy of the plant.

The Purple coneflower root is very special and according to many empirical studies It is antimicrobial, immunoregulator, lymphatic, anti-inflammatory, Anticatarhal, vulnerary, carminative, stimulant, alterative, tonic and anti-fungal. The leaves and flowers have the same properties but in a much

weaker concentration. It's honestly a superstar for Herbalists to administer to their patients. Sold in health food stores and almost exclusively marketed as a prevention remedy to the common cold or flu, this herb in my opinion, is underutilized by the masses. This is why I detest media marketing. It always creates a narrow view instead of the multiple uses that each herb miraculously has within them. Did you know fresh or dried Echinacea can be poulticed and used externally for inflamed infections and wound healing? Or that the tincture can be used as an antiseptic wash for wounds and even acne inflammation? Have you ever dabbed the tincture on bug bites like mosquitos, for example and quickly stop that itchy inflamed area? Or rubbed Echinacea cream on a scrape or burn to instantly get pain relief? Well step aside or get with the program. Echinacea is a medicine cabinet favourite.

A word of caution, if you read negative articles on Echinacea (or other plant remedies with similar back and forth good and bad studies) I have found



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HIGHLANDS HIKER



Bumble bees adore Coneflowers and often sleep overnight on them to finish lapping them up in the morning



Painted Lady Butterfly in my garden



Black Swallowtail butterfly in a Coneflower garden E. Purpurea with white hybrid ones, also E. Purpurea



Monarch butterfly with damaged wing – getting medicine to assist in healing before its long flight to Mexico?

that pharmaceutical or other competitors are usually funding the opposing article and oftentimes are purposely using the wrong dose, the wrong species, the wrong active ingredient or the wrong part of the plant in their studies. GRR is the acronym for greedy research results.

I'll never forget in my early days as a practicing herbalist when I read a very believable negative article with the headline 'Echinacea tincture proven not to work!'. It touted results from a long-term study with children and the common cold. I was crushed. I loved this remedy and used it many times successfully with my kids. 'Was it a placebo?' Well dammit, at the end of the article I read that the study was conducted on children with the flower petals and not the root! I thought about how many people today just read the headlines for their source of information and believe it! I thought the journalist should be ashamed of his choice of attention-getting titles. It was an irresponsible title in that it turned away many from using a safe and natural remedy for children as

opposed to chemical pharmaceuticals. Sure, Echinacea flowers and leaves have similar properties of the root but such a tiny amount that herbalists make sure the root is a constant in their remedies. Buyer beware

Make sure you are buying the right thing. If you want to buy trustworthy Canadian-grown Echinacea I recommend St. Francis (NE Ontario), Clef de Champ (Near Mont Tremblant) or Natural Factors with their own giant beautiful crop fields of Echinacea in British Columbia. On the other hand, why don't you make your own easy remedies?

If you grow one of the three purple coneflowers I mentioned earlier (E. angustifolia is the strongest, and E. purpurea is used commercially, but all three are sufficient choices) then you are ready to make your own this Fall. The tincture recipe is too simple to refuse.

Grow Purple Coneflowers

To begin, coneflowers are perennial and every 3-5 years echinacea colonies need to be split in half and trans-

planted elsewhere to keep them healthy. If you want to transplant elsewhere in the garden split them in the spring so the transplanted root will be strong enough to handle the winter months ahead. This is great news as these flowers look great in large numbers.

Make a Tincture

If you want to make a tincture separate the roots in the Fall to use for your remedy. Collecting roots in the Fall is optimal after the flowering season to produce highly energetic roots. Make sure you harvest before the ground freezes and shuts the energy off. Cut the root away from the upper parts and wash all the dirt off them. (The leaves and flowers can be dried and stored for use as a pleasant 'under the weather' tea or face wash). Once the roots are clean, they can be chopped up and dried on a drying rack or dehydrator. When thoroughly dried you can lightly grind the root with some aerial (upper) parts of the plant (optional if you subscribe to the 'holistic approach) and put the pieces in

a mason jar. Fill with brandy or vodka so that the liquid is at least two inches above the dried roots. Sit the jar in a cool dark place within view and shake for a minute or two daily for six weeks. While shaking don't be shy to call out or think of your intention, for example 'This tincture is going to heal my family', as your implied intention positivity gets charged into your remedy as an added bonus. It can't hurt. Like chef Thomas Keller has said "A recipe has no soul. You, as the cook, must bring soul to the recipe."

Bottle your tincture.

After six weeks or more, strain out the plant and squeeze every bit of liquid out of the root/plant dredge. Bottle it. A dark bottle (blue, brown or green glass) is necessary to protect it from sunlight. This tincture lasts for many years unrefrigerated. Use it as often as needed. The Germans studies recommend pulsing the remedies (taking breaks from them). Other studies say it's a tonic that's safe for daily use. I pulse most remedies so my body will respond quicker to help as needed.

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HIGHLANDS HIKER

Use your tincture

I believe consuming a variety of foods is the first defense to ward off disease. Use Coneflower remedies externally or internally for any of the medicinal actions mentioned above as needed. Dosage? 30 drops or 1 tsp five times a day as soon as you feel under the weather or hear sickness is going around, to nip it in the bud. Poultice: use three times a day. Antiseptic wash: Daily for acne or just before administering bandages or poultices. How to make a poultice you ask? Use fresh aerial (plant tops), or dried. Pour into a blender/grinder and powder it. Add a small amount of unpasteurized raw honey to make a paste consistency. (Hint: good raw honey comes from a wonderful old beekeeper from the highlands near Fort Coulonge).

Wrap the paste in a gauze or clean thin cloth and press on the wound for several minutes. Repeat three times daily remembering to wash with echinacea tincture or tea before applying the poultice. Using the cloth instead of directly applying to the skin keeps the wound clean but applying a thin layer directly is okay too.

This article is just a tip of iceberg of uses for Echinacea. Please do more

research but with reputable authorities like the German E. Commission or the American Botanical Society because their herb monographs are used worldwide and there are hundreds of studies out there to sift through.

I hope I have encouraged you enough to grow some Coneflowers on your property and if you already do grow them, to harvest them this Fall. Use your older roots, flowers and leaves to make a big batch of tincture or dried loose tea to distribute as gifts to those you love in time for the cold and flu season at Christmas. Please share this article with a child.

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbology with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too.
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CLOYNE HISTORICAL SOCIETY

16

When we were Kids

By Elsie (Lloyd) Snider

My great grandfather Elias Lloyd moved to the Flinton district from Hay Bay in what is now Prince Edward County some years before the middle of the last century. The house he built then on his land is still standing and some of the family use it today. My grandfather Joshua Lloyd lived for a while in Tweed and in his later years was a night guard at the foundry there. I was born at the now almost forgotten settlement of Glastonbury where my dad Henry Lloyd and my mother had a small farm.

The roofs have fallen in on some of the log buildings at Glastonbury. The school house where we started to school burned down. The brush is growing up on the land cleared by so much hard work. Past the four corners east of Northbrook, the sand road crosses Beaver Creek and you can see the old log bridge supports just above where the river goes under the present bridge. The Ruttan's farm is in there a little further along. The Carscallen mill was nearby.

When I was about seven, we moved to Tweed. Grandfather Lloyd was getting pretty old and my dad took over his job at the foundry. Dad hired a man and a team to take us to our new home. As well as me and my sister Lulu and my brother Howard and our belongings, mother had brought her hens in a big wooden box. On the way we stopped to eat and to rest the horses. The hens chuckled and cackled and laid eggs. We thought it was fun to gather eggs half way to Tweed.

We didn't stay there very long and when we came back, we went to live at a place called the Broadhead house now owned by Ward Lloyd.

When I was about nine, D. H. Fletcher of the Golden Fleece gold mine came to our house to ask my dad about taking a job cooking at the mine camp. The Golden Fleece, now called the Addington Mine, is about one mile north of the Flinton road. The mine road turns off about half way between Flinton and the present No. 41 highway. At this time, the mine, now closed for many years, employed about 30 men and there were high hopes that it would stay working for a long time to come.

After my dad agreed to take the job, we all looked forward to helping, so we left to go and stay at the camp. My brother Howard was eleven and my sister Lulu was seven. Our dad and mother trained us to set tables, clean floors, ring the bell for the men to come and eat and help in many other ways.

The dining room was a long building covered on the outside with benches for the miners and a couple of smaller tables for Mr. Fletcher and the mine management, and sometimes guests. Lulu and I set the tables with tin plates, enamel mugs, knives and forks and salts and peppers, and sugar bowls. There was bread, made in the camp kitchen and butter and a big pitcher of milk. Then came the steaming potatoes and meat and vegetables. Most often there was pie or cake for dessert.

When everything was ready, Lulu and I rang the bell at the door. After



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Students of the Glastonbury School, 2 miles east of Northbrook, as they appeared 42 years ago. The school and the village of Glastonbury have long vanished from the map of Lennox and Addington County. The picture was provided by Mrs. Alf Northey of Northbrook. From left to right, back row: Teacher, Miss Cronkite, Tressa Atkins, Lula Lloyd, Violet Lloyd, Gladys Ruttan, Donald Thompson, Myrtle Atkins, Bert Ruttan. Middle row: Leta Scott, Mary Lloyd. Front row: Mary Kehoe, Donald Vanness, Donald Thompson, Hillier Thompson, Joseph Kehoe, Harold Vanness, Stewart Thompson, Lionel Lloyd.

Tweed newspaper clipping, 1966
Photo taken in 1924 at the Glastonbury School

that we got out of the way so we wouldn't be trampled in the rush.

The men at the small table used to like to eat first and be out of the way before the mine crew came in. One day I rang the bell just as they were getting

their hats to leave. They had to get out of the way fast. It wasn't an accident although I pretended it was. I was mad because I thought they were planning to kill my cat.

v

In those days it was sometimes thought that a freshly killed chicken or some animal, chopped in two and placed on a wound had some healing value. One of the big work horses at the mine had a nasty wound on his shoulder and one of the men suggested that my cat would make a good poultice. They must have been teasing me, because they didn't take my cat, but I didn't forgive them for a long time.

My dad sometimes had his problems. One of the miners used to always try to get into the dining room first. He would grab the milk pitcher with its layer of cream risen to the top and set it down at his own place where he would try to get as much of it as possible before the others could take it away from him. When the fight started my dad had to settle it. Another miner was so angry when he was not served eggs on a Friday that he stormed around and finally rushed off to buy some for himself which he brought back to have cooked for him. One time a miner became very ill with pneumonia and because he could not be moved and there was no place to send him anyway, my dad looked after him. Dr. Tyndoll said he had probably saved the man's life.

I remember mother always let Lulu and I play on Saturdays. We usually took our dolls over to Jennie Mills' place. Jen-

nie lived at the corner of the mine road.

When we left the Golden Fleece, we moved to the Presley farm. There we kept horses and cows and sheep and turkey hens. After a while my dad decided to buy the Peterson farm at Northbrook, and he built a house there. Lulu and I thought it was going to be so nice to live near the store.

Every Saturday night we would put on our best dresses and mother would give us each five cents to get an ice cream. We seemed to have plenty to do. We used to put on little sketches to entertain the old folks and afterward we would make taffy. On Wednesday night we gathered with some girlfriends at Caspar Thompson's store and his wife would invite us in for a sing-song.

We had a neighbour who played good old step-dance tunes and so we learned to step-dance. It's been a long time since I wore pinafores and pigtails and cried when Miss Wivel, our school teacher left us. However, I can still step-dance a little if I happen to feel like it.

The 2020 Heritage calendar will be available at the museum all summer. The "Schoolhouses that are no More" are featured in this year's calendar.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link. We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca

WHAT IS THIS?

The Flail

By Elmer Strong

Grain threshing flails have been around for centuries. Many civilizations have used them to separate a variety of types of grain kernels from their husks and stalks in preparation for making flour.

This particular flail came from the farm of Thomas Strong in Wilson and could well have been used by his father, one of the original Matawatchan settlers, before him. Once a new settler had built a cabin to house his family, his next urgent task was to begin pushing back the forest to create space for a garden and a patch of clear land where various grains, particularly wheat and corn could be produced. Processing the resulting grain to food or flour required considerable ingenuity on the part of the settler.

Once the grain had matured in the ground and its stalks had dried out and turned brown it was harvested with a sickle and gathered into bundles and tied with a string or ropes made from long grass. Several bundles, or sheaves were stood upright on the ground, their heads packed tightly together so that they would shed rain or snow. These stooks remained in the field to further dry for another few weeks.

When they were brought into, what was often, a newly erected log barn, an area was cleared on the barn floor, where several of the wheat bundles were



This shows the business end of the flail. The handle is about 3 1/2 feet long. Different thicknesses of flail were needed for different types of grain.

shook out and the stocks spread to form in an approximate eight foot circle about a foot deep. The flail was then used to pound the grain stalks, separating the

grain kernels from the husks. A flail in the hands of someone familiar with the tool could thresh perhaps half a bushel an hour. The proper technique was to cause the shorter length or flail to travel in a continuous circular motion, striking flat on the barn floor with each revolution. Stopping to periodically check on the amount of kernels remaining in the husks or attached to the stocks determined when to remove the stocks and sweep the grain kernels remaining on the floor into a container. The chaff and husks in the grain were removed by

screening or winnowing, a process consisting of allowing the grain to fall from one elevated vessel into another lower down, in the presence of a gentle breeze. The unwanted lighter chaff was blown away.

The use of the flail continued until grain fields and their output grew to where this type of threshing was no longer practical. Steam or gas driven threshing machines became available and replaced the flail.

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Water is the new Fire

By Lesley Cassidy

We can't survive without it. Water is essential for life. From hydrating us to how we enjoy the outdoors – be it fishing, swimming or snowmobiling over frozen lakes. But what happens when there is too much water? When rainfall dumps significant amounts of water in short periods of time? When the once in 100-year floods keep happening?

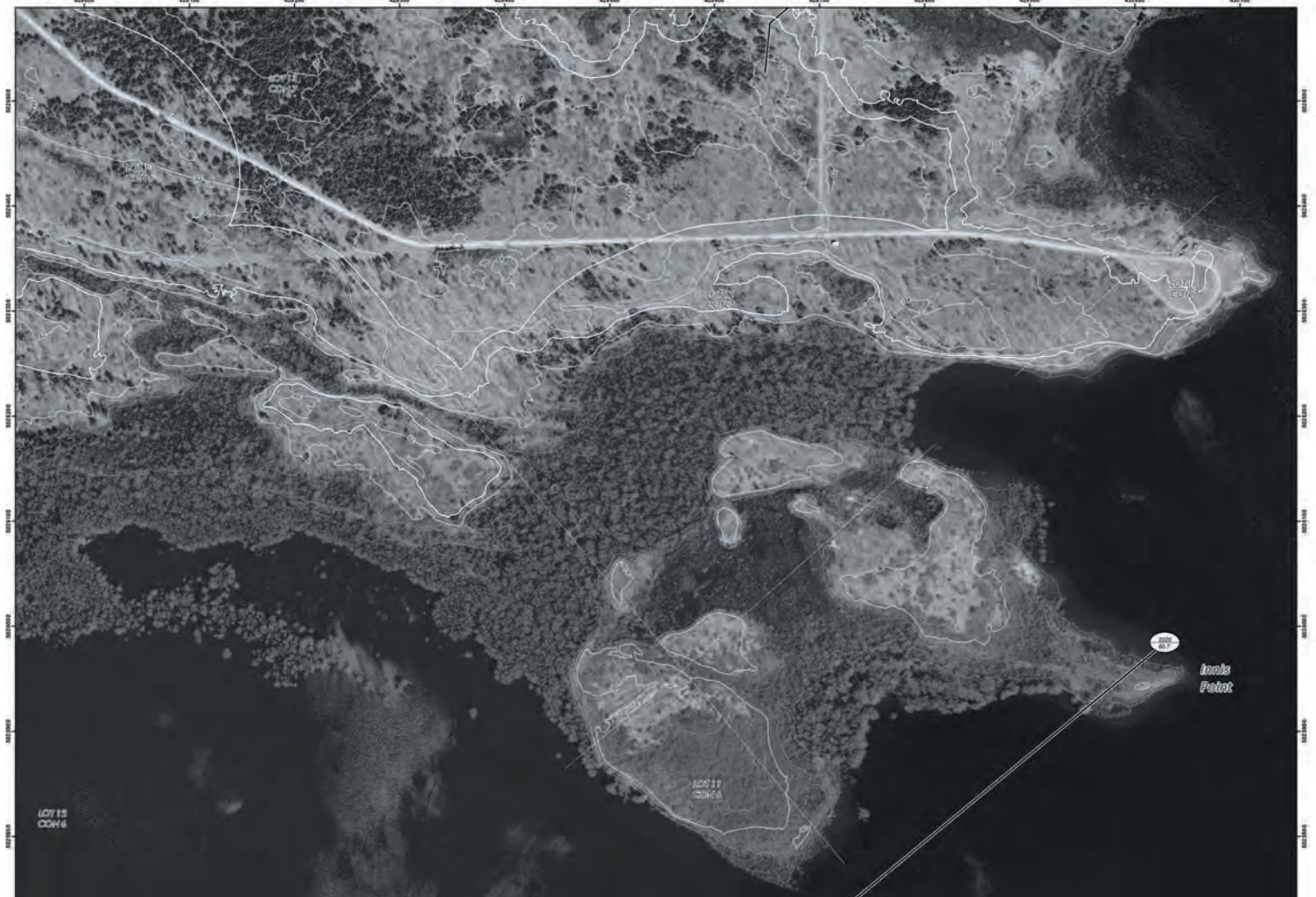
This past spring and in 2017, floods brought destruction and damage to many communities in the Ottawa Valley and three provinces. In a recent press release about this spring's flooding, the Insurance Bureau of Canada announced that ***“the most common cause of damage was overflowing rivers, which led to road and basement flooding, submerged vehicles and shifted home foundations. Heavy rain also caused roof leaks and sewer backups. Insured damage is estimated at \$74 million in Ontario.”***

This number does not include the uninsured damage, damage to shorelines and the physical and mental health toll people experience dealing with the loss for weeks and months on end. Currently, water is the key driver of increasing insurance costs, with the average cost to replace a flooded basement in Canada pegged at \$43,000. As well, Aviva Insurance indicates that flood-related claims have increased by 688 per cent over the past three years. Fire used to be the primary concern, a key reason to purchase home insurance for most people and the highest cost for the insurance industry in claims. Now, water has replaced fire.

Closer to home in the Ottawa Valley, over 478 kilometres of the Ottawa River shoreline flooded and 678 kilometres of the Madawaska River. Other rivers in the watershed experienced flooding as well and this impacted 580 permanent and 398 seasonal residences in Renfrew County alone. As happened after Hurricane Hazel and Walkerton, this year's floods will hopefully be a catalyst for change in how we manage watersheds in Ontario and in particular, the Ottawa Valley.

One tool that is critical in reducing the risk is floodplain mapping. Conservation Authorities and many municipalities rely on these maps. Floodplain mapping identifies land close to water bodies, rivers and streams as well as areas that are potentially unstable bedrock or soil, beaches, naturally occurring drainage areas and areas of high erosion. Sharing these maps with those involved in land use and development planning is the crucial next step.

It's then up to municipalities and the Province to determine where we can safely live and build. Unfortunately, homes and businesses con-



Floodplain maps in many areas across Canada are out of date. The federal government plans to release online more than 2000 up to date floodplain maps in the next year. This information is vital for municipalities to know before allowing development that could potentially be on a flood plain.

tinue to build on floodplains in areas of Canada. In Ontario, the Province establishes land use planning policies and give municipalities decision making authority as long as they stay within the boundaries set by these rules. Complicating floodplain management is the fact that many homes and cottages were built on lands now identified within a floodplain, before mapping existed or where flooding has never occurred. And just because a property is not next to a waterbody, does not mean it's not part of a floodplain. Floodplains can extend hundreds of metres or even kilometres away from the original water body. The conflict between needed tax dollars for a town and the beautiful waterfront view for landowners can make building on a floodplain attractive.

Floodplain maps in many areas across Canada are out of date. On a positive note, the federal government plans to release online more than 2000 up to date floodplain maps in the next year. Ole Hendrickson from the Ottawa River Institute shares that ***“Floodplain mapping is really important as well as updating the maps. People need to know there is a risk to developing on floodplains.”***

Where Conservation Authorities exist, floodplain mapping and watershed management are consistent, ongoing activities. Unfortunately, the provincial government cut in half the \$7.5 million given to Conservation Authorities for flood management programs this past winter. This will have an impact on their flood prevention activities.

So, what else can communities do?

Paying people to move? In April 2019, the Quebec Provincial government announced a financial program that is really an incentive to relocate for those who own homes in high-risk flood-prone areas. The plan states that once repairs cost more than 50 per cent of a home's value, or reach \$100,000, homeowners can receive up to \$200,000 towards their new home. If they decide to stay, this will be the last time the government provides financial assistance. Homeowners in the area were understandably not happy as they felt the financial incentives offered did not cover the value of their home. But the challenge with a flood-damaged home is that it may no longer be insurable (or insurance may be costly), and ultimately may no longer be worth much depending on the amount of damage. Several legal challenges have been launched against previous homeowners because of the lack of disclosure that a home had flooded. Floods affect real estate values. Relocation is a difficult decision given our homes are our most significant investment, and where our memories and the stories of our lives happen.

A small historic town - High River in Alberta - experienced flooding in 2013 that destroyed neighbourhoods and infrastructure. Over \$100 million was invested in concrete berms, floodgates, and naturalizing the river. Many homes in the floodplain were bought out and demolished as part of the flood relocation program. Most people in these neighbourhoods accepted the buyout, moved to a nearby location, and the

town returned the flooded areas to grassy lowlands so that the river flows freely, and moves water through the village without obstacles. It has not been easy for the town's folks to make these decisions and several families have launched legal action and have yet to leave.

What about berms and engineered solutions? Flood protection structures such as dykes, channels, rerouting or widening rivers or water bodies, building water runoff storage tanks, berms etc. have an important role. But one thing learned from past floods and current research is that green spaces with trees and wetlands are the best approach to storing floodwaters. Since natural spaces absorb water better than concrete and asphalt, these green environments must be part of flood solutions for both rural and urban areas. And where Conservation Authorities exist, these natural areas and wetlands are all part of their system of managing watersheds and flooding.

The Ottawa Valley is only partially covered by Conservation Authorities' flood work. Lanark County and Lennox and Addington have watersheds covered by these organizations, but Renfrew County, the largest in the Province, does not. With nearly a dozen organizations involved in managing aspects of the Ottawa River and out of date watershed management plans for several local Valley rivers; Mr. Hendrickson states it clearly - ***“It is difficult in Renfrew County to have a discussion about water issues, something needs to fill this void of not having Conservation Authorities.”***

HAPPY TRAILS

Correction to Happy Trails July 24 article: The Petawawa River is not a managed watershed. Both Madawaska and Bonnechere Rivers are managed by a Power Generation company that follows a watershed management plan under the authority of the Ministry of Natural Resources and Forestry (MNR). For water quality and other aspects of freshwater management of these two rivers, different organizations are involved (County, municipal/provincial governments and other community-based organizations such as cottage and river associations).



Wetlands are natural storm buffers. They slow wave action and absorb and store rainwater, but they don't always fit in to urban design. Paved surfaces do none of that and gravel washes out. The entire watershed, including groundwater and surface features must be mapped and analysed as part of floodwater management.

The Insurance Industry is particularly concerned about flooding. Rising costs impact their ability to offer insurance at a price affordable to most Canadians and affect their bottom line. The Intact Centre for Climate Change at the University of Waterloo, which is partially funded by the insurance industry, completes projects that test different solutions to protect people and buildings from flooding and extreme weather. One current project is developing a flood risk course for home inspectors so that they can better assess a home. This is all good stuff, but what is happening that will help Ottawa Valley residents?

Meetings held in the Valley over the past few months demonstrated people's frustration. Quebec is offering residents of the Pontiac relocation incentives and on July 18th, the local MPP and Minister of Natural Resources, John Yakabuski announced that Doug McNeill had been appointed to review flood management efforts and what could be improved. Since the 1980s, McNeill worked extensively in the field of flooding and water management in Manitoba. A number of local organizations formed the Freshwater Partners of Renfrew County several years ago to better address and understand watershed issues across the County. Unfortunately, funding has been on hold this past year which has slowed several initiatives. Kathryn Lindsay,

the Chair of the Bonnechere River Watershed Project that administrates the Partners initiative, confirmed that **"There is no forum for coordinated decision-making for watershed and related issues in the County."**

The Mississippi Valley Conservation Authority in Lanark County shares that essentially, **"The best way to mitigate flood damage is to flood-proof existing dwellings, restrict any further development in hazard areas and /or relocate impacted residents."** Meetings, studies and the appointment of an expert are all good things – but ultimately, as Pete Karageorgos of the Insurance Bureau of Canada said: "we need to look at how to do things differently."

Water is the new fire. Flood-proofing and better understanding of our watersheds in the Ottawa Valley is going to take time before there will be change.



Lesley Cassidy has been cottaging near Calabogie for over 40 years. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite passtimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley is married to Andre Mickovitch and brings him on her many adventures. Together they love travelling but Lesley always feels most at home closest to her family roots in the Ottawa Valley.

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Mexico - Ancient City of the "New World"

By Ernie Jukes - Artist, Writer, Rover

As many of our readers know we have been fortunate to guide many from our Madawaska Highlands south to a country that deserves our interest. Join us once again on our travels with some detail we hope you will enjoy.

Over 3000 years of history have shaped the bustling metropolis of Mexico City on a grand scale. Set on a mountain valley plateau overlooked by the majesty of ancient volcanoes, Popocatepetl and Xitle, and Iztaccihuatl that stand like imposing sentries thousands of feet high in the clouds. Their soaring peaks once looked down on a huge but shallow lake of islands called Texcoco. Here in 1325, the Aztecs transformed this lowland into the original Mexico-Tenochtitlan. Causeways linked it to neighboring towns of the area, Tlacopan (today Tacuta), Atlalcuihaya (now Tacubaya) and Texcoco. Xochimilco or Tlahuac still suggest what the city was like before; self-contained areas with their own unique personality.

Tenochtitlan's population grew to 300,000 making it the largest city in the world at the time. In the south the oldest building in the city of lakes is the Cuicuilco Pyramid dating back to 1500 BC, and in the north the pyramid of Tenayuca survives nearby. About 40 miles north-east was the country's next most impressive and important city, called Teotihuacan, built around 300BCE and abandoned about 600CE. It was ancient Tenochtitlan that remained a trade center where people transported their goods from distant villages to barter. To this day Ciudad de Mexico continues as a trade center to the world and as much as 60% of the country's business is done there.

Ever exciting, when the first Spaniards entered the vast Island complex of Tenochtitlan in the 16th Century, a leader said to the effect, "What is that we see? Is it an illusion or an enchantment? How is it that such a large city has been hidden for so long from us who thought we have seen the world?" Perhaps that may also be said today.

In spite of the Aztec ruler Moctezuma's initial hospitality to the Spaniards, Cortez continued his mission in the name of God and Spain to conquer and plunder. With cannons and muskets, they marched on three causeways simultaneously. During a horrific hand to hand battle Moctezuma was killed but their enemy was driven into the hills. The invaders reformed and with naval attacks, cut off the city's supplies. After a year of bloody siege during which many thousands of Aztecs were killed, the capital of their great nation was finally surrendered on August 3, 1521. The Spaniards immediately stripped the city and built their own capital of New Spain atop the ruins, with the surrounding lakes for protection. This eventually became the sprawling 571 square miles of Mexico City we see today.

In Colonial times however the city took on the Spanish flavour of its conquerors, then a French touch as well as Italian architectural styles are all evident. Emperor Maximilian of Hapsburg remodeled Chapultepec Palace built by



Behind the skyscrapers and bourgeois cafés of Mexico City, are hundreds of years worth of history and culture just waiting to be explored. This complex of awesome pyramids, set amid what was once Mesoamerica's greatest city, is the region's most visited destination. The sprawling site compares to the ruins of the Yucatán and Chiapas for significance and anyone lucky enough to come here will be inspired by the astonishing technological might of the Teotihuacán (teh-oh-tee-wah-kahn) civilization. - Lonely Planet

the Spanish, and established the large park, one of the largest in the world, and the grand boulevard now named Paseo de la Reforma. It reminds one of the Champs Elysees in Paris, from which it was copied, but perhaps it is even prettier due to the abundance of trees, fountains and benches along the walkways and is certainly no less romantic. The park contains many Museums including the world-famous Museum of Anthropology, Museum of Modern Art and the huge Zoo. Unfortunately, the fascinating city of over 27 million people (almost the population of Canada) is sinking slowly, about one inch per year into the ancient lake bottom. I suppose one should not dawdle to see the great Ciudad (City).

Still this grand cosmopolitan city combines the finest of the past, present and future in all aspects of living, education, business, food, art, sport and entertainment. Its many parks like Chapultepec of lakes, lawns, plazas, trees and flowers maintain the charming restful people places. In all directions there are temples, museums, galleries, mansions and palaces. Within the architecture and courtyards there seems a friendship between men and nature. Talk to any Mexican and they will proudly explain to you why "Mexico" (as the capital is simply referred to) is probably the greatest city anywhere to be enjoyed by day and especially at night as many start their visiting and parties later in the evening.

Even today in the southern part of the metropolis you can navigate some 140 Km of lagoons in gaily painted boats and visit some 25 sq. Km of floating gardens, called chinampas. While on your boat, you may lunch, have a cerveza and be entertained by a cruising mariachi band. In this section called Xochimilco the ecological culture continues with the ancient Chinampa system of cultivation, which still supplies vegetables and flowers to Mexico City and beyond.

Mexico City warmly welcomes over 3 million visitors annually. Traffic is tremendous but moves surprisingly quickly with amazingly few fender benders. Yes, there is pollution. Tourists may encounter sore eyes, usually remedied by drops and for some, a shortness of breath but mainly due to the 8000-foot altitude. The magnificence of this unique city, however, far outweighs the negatives spoken of in media. Like all large cities common sense and safety precautions should prevail. The cultural inheritance from the major civilizations of Mesoamerica such as Olmec, Maya and Aztec all give Mexico a unique and profound identity and a rich heritage for future generations, and an opportunity to visit the dawn of civilization while in one of the most advanced urban centers.

Not only does Mexico City enjoy the best climate in the world but it presents the finest cultures. Magnificent Mexico the city and Marvelous Mexico the country with their bright, friendly and industrious people continue to be, without a doubt, one of the best kept secrets of North America, if not the World. This huge city has a population of approximately 22 million industrious people. The colourful country has about 133 million, probably more. Canada at this writing has 37,303,287 and growing.

Many ancient places have been preserved such as Alameda Park which still continues as a popular leisure area and meeting place from Aztec times. Mexicans are probably, per capita, the most creative race of people on the globe. They have the most university degrees and are very productive. Works of Mexico's artists can be seen throughout the city in statues, murals and architecture, names like Juan O'Gorman, David Alfaro Siqueiro and the list is endless. Smart shops and hard colonnades represent thousands of contemporary artists and artisans. A host of quality products from distinctive pottery and statues, to

rugs and clothing and jewelry are distributed here, at reasonable prices. I have been fortunate to create with them for many years. Fiestas and ceremonies are celebrated with much intensity, pride and enthusiasm in the Zocalo, the main square, Plaza de Constitution with its impressive National Palace and Cathedral. The "Angel", a statue of winged victory atop a high column commemorating the Centennial of Independence in the center of a large roundabout on the Reforma has become an emblem of the city.

There was a time that the Country of Mexico stretched almost to Kansas. I fail to understand, why, that after stealing half their country in the ridiculous name of "Manifest Destiny", that the Americans are currently giving our Mexican amigos some very bad and inaccurate press.

My wife Audrey and I enjoyed our first visit to wonderland on our honeymoon... Get this... 65 years ago and we continue to share those friendships today. So, if you are considering this exciting country for the first time, we welcome you to drop into Camp J and review our photos and paintings to help you plan, perhaps, the best winter of your life.



R. Ernest Jukes
Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.

Our Kinship to Food

By Susan Veale

Summer's garden bounty has been late this year due to our lack of spring warmth. Just last week, I was able to harvest my garlic. My tomatoes are large and green each clinging to a healthy bushy mother plant. As I was pruning my way through the garden, I paused to reflect on the different smells the leaves and flowers give off each promising a new edible fruit or vegetable. Pollinating bees kept me company as they journeyed from plant to plant. On an overhead branch, a robin watched closely as my husband weeded and turned the soil.

A month ago, I harvested my new crop of organic garlic scapes. Scapes are the flower stock found on the stalks of the Allium family (onions, leeks, chives and garlic). As the garlic grows, the scape curls upward, and when it straightens, a seedpod appears. When in full curl, the scapes are tender and delicious to eat.

One hot day my daughter and her friend stopped over for a visit. For refreshment, I made lemonade from scratch using the juice of fresh lemons, sprigs of mint, and leaves of stevia for a touch of sweetness. Three glasses later, my daughter's friend stated it was the best lemonade she had ever had.

Her statement encouraged thoughts as to how smart Mother Nature is in providing plant foods akin to ourselves.

For example, a slice of a carrot looks like the human eye. Our modern



research shows that carrots enhance blood flow and function of the eyes.

Like the heart, tomatoes have four chambers. Each tomato vegetable contains lycopene, a phytonutrient (gives the natural red colour), which acts as an antioxidant, something great for the heart and blood.

Walnuts resemble a brain complete with a left and right hemisphere and upper and lower cerebellums. Even the little folds resemble the neo-cortex. Research has shown that eating walnuts, and walnut oil support brain function, specifically neurotransmitter activity, and it helps in lowering high blood pressure.

Avocados, pears and eggplant help with uterus and cervix health. The shapes of these foods are similar to the organs. Research has shown that when a woman eats one avocado per week,

its properties may help to balance hormones, shed postpartum weight and help to prevent cervical cancers. The avocado takes nine months to develop from blossom to fruit. Is there a coincidence?

Sweet potatoes resemble the pancreas and may help to balance the glycemic index for those with high blood sugar.

Onions look like the body's cells, and research shows that onions may help to clear waste matter from the cells.

The flesh of the pineapple is made of little berries and contains a natural digestive enzyme called bromelain, which may ease heartburn.

Mother Nature does provide for us. She has filled our foods with healing clues connected to our bodies. In just these few examples, we see how the garden pharmacy, full of whole, fresh, raw and local foods nourish, heal and pro-

vide fuel. If you want to keep your body in peak performance, choose foods high in nutrients found naturally within. Try to limit processed foods, those containing chemical preservatives such as sodium nitrite (a known carcinogen), artificial flavourings or colourings, trans-fats, emulsifiers, bleach and synthetic vitamins.

Local crops are now available. As a natural health practitioner, I highly recommend nature's offerings over synthetic laden foods. If you like a challenge, make and eat one complete dinner without any processed foods and notice how you feel. If you want to learn more about food combining and the nutrition tree, visit my website and send me an email and I will send you a free nutrition tree copy.



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: www.calabogiemindfulnessmeditation.com www.wellnessnaturalhealthcentre.com

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By Lois Thomson

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2nd Runners-up: "Perfect Execution: and Other Short Stories" by Michael Joll

3rd Runners-up: "Persons of Interest" by Michael Joll, publication pending

Judges:

Michael Joll, author and President of the Brampton Writers' Guild

Kenneth Puddicombe, author

Garry Ferguson, writer, editor, former Madawaska Highlander contributor

Diane Bickers, Stakeholder Relations, Ontario Shared Services at Ontario Ministry of Government and Consumer Services, writer and enthusiastic reader

Roger Neil PhD, author and former associate editor of the Canadian Journal of Education

Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to the general public including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 20, 2019. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

Primarily in English. Original. Never published before. 1200 words maximum not including the title. Should not include your name or identifying information. Should only include category and title

Sending Stories:

Enter any time before September 20, 2019.

Email your story as an attachment to info@reelimpact.tv

Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email

Go to www.madawaskahighlander for complete rules and to enter

DEADLINE IS SEPT. 20

Have you Started? Is it Finished?

"For some artists, a work is done when it leaves the studio. Others keep tinkering in the galleries. One waits for the piece to 'cry uncle.'"

- Anne Landy, ARTNEWS.com

As hard as it is to get a story started, it can be even harder to know it's finished. Have you ever had the experience of "fixing" a paragraph or two, only to find you have gone down a rabbit hole that requires a complete rework to make the new paragraphs flow with the rest?

For this I have two pieces of advice:

- One is to keep a copy of the original story. Every time you sit down to revise, save it as a new file. That way you can always go back and "unfix" what you "fixed".
- The other piece of advice is walk away for a few days when you find yourself changing things and then changing them back. After a break you are better able to read your work as would someone who has never read it before and might like it just as it is. When you get too close to your work you can lose perspective.

"A writer writes... ALWAYS"

- Writing instructor Larry Donner
"Throw Momma from the Train"

When you are writing a short story, you are working on a big puzzle that can preoccupy your mind as you do other things. Even when you are not actively putting words down, your subconscious continues to work. A writer writes... always. In the time when you walk away to do other things, you might hear something or notice something that triggers a thought that will get you going again. Write it down before you forget!

It is often hard to know when you should stop trying to "fix" your story and declare it done, which is why a deadline is so important. In reality, it's only truly finished when it is printed, or you hit the send button.

This is the last notice. At this point only a few entries have been received, which means you have a good chance of seeing your story printed or even of winning, so go ahead and declare your story done. Enter online at madawaskahighlander.ca or email to info@reelimpact.tv. Check entry details under "Sending Stories" on the left side of this article.

Good writing and good luck!

It's a Dog's Life

By Antonia Chatson

After recently experiencing the trauma of the changing of the dogs, I began to reflect on the parade of canines that have graced my life. Our first dog that we got from, I am not sure where, was a beautiful English Springer Spaniel, black with white markings. He was a companionable creature who graced our home with love and fellowship. But he had a rather nasty Achilles' heel. At that time my father was teaching in a private school in Newmarket. Part of his pay was living accommodation. This was a refurbished upstairs of a large farmhouse. The occupants below ran the farm that was on the property. More than once, we answered a knock on the door to find the farmer holding a dead chicken by the legs. Apparently, our Michael could not control his natural instincts when it came to a moving creature. And this played out even worse when we arrived at the farm. After being sort of cooped up all week, Michael could not wait until he leapt from the old Ford and took off. As we were engaged in off-loading items from the car and getting the lamps going and the fire laid to ward off the cool spring evenings, we paid little heed to Michael's whereabouts. When we had got things underway, we would sit down to a steaming cuppa and some toasted bread with local honey. We would loll in our respective chairs, replete and content, just waiting for the kettle to boil again for our hot water bottles. These were a necessary item to warm cold sheets that had been accumulating damp since the previous weekend.

As we were semi dozing off, a sound wafted through the house, that curdled our blood. There streamed through the kitchen howls that would have put the hound of the Baskervilles to shame. This would be punctuated by high pitched screams. We ran to the back door and opened it to find the origin of the caterwauling. They came from a neighbor's swamp about half a kilometer from our house. We would call and call, but Michael would only come when he had eliminated the competition, which we assumed might be a coon. When he finally traipsed homewards, by the light of the lantern, we could observe the glistening of his wet coat. But upon closer examination, relying on our sense of sticky touch, and the cloying scent that assailed our nostrils, we discovered that he was soaked in the blood of his opponent. And so, the hot water bottles had to wait while we scrubbed the old boy down.

Apart from this fatal flaw, he was a very intelligent creature. I was only 8 years of age but was determined to make him work for a living. I got him to the stage that he would sit in my wagon while I pulled him around. But tit for tat. The next stage was to get him to pull me around in the wagon. My father fashioned from an inner tube of a tire, a piece of rubber about 8 inches in height and wound it around Michael's chest. He then attached ropes to this collar which led to a piece of wood behind his back legs, onto which was fastened another rope that attached to the handle of the



What? I'm a hunting dog and I'm darned good at it, too! It's not my fault penned chickens are so easy to catch...

wagon. In no time at all Michael became quite excited about this new form of exercise. To make it easier for both of us, we did our stints on the gravel road in front of the house. Now this strip of road had a small grade to it. It did not take Michael long to realize that it took more energy to pull me up hill, and less energy to pull me downhill. If I tried to get him to pull me up the grade, he would sit down, look away from me and refuse to move. But the moment we switched places he was one happy camper having me pull him up the grade.

When I was about 13 years of age, I decided to learn how to make bread. When the dough was in its sponge stage, I knew that it had to be kept warm for the yeast to activate. In a sheer stroke of genius, I hit upon the idea of placing the wooden bowl in which the sponge was rising over a heat register in the dining room. I carefully covered it with a cloth and went about other chores till I figured the dough would be ready for its next stage. When I went to retrieve it, I had an awful shock. The towel had been flung to one side and there was no evidence of any bread dough at all. My mother and father were not at home, and I knew that the cat was outside. Short of a local light-fingered baker, there was only one choice of culprit left. I looked all over and finally located Michael, hiding behind a sofa. He was lying in a most uncomfortable position, his head sunk between his paws, and looking up at me with a most guilty and doleful expression. Soon he moved his position and as he did so, an enormous burp emanated from his mouth. I then observed that his stomach was very bloated and becoming more bloated all the time, despite the release of air from his mouth. At first, I was annoyed at him, but as I watched his discomfort, I began to see the humorous side to it. I also realized that he had learned his lesson and would never do a repeat performance of that trick. His discomfort lasted for a few hours, a few noisy hours, I might add, with surplus air now being released from both ends.

Being of a romantic disposition, I basked in the thought that when he died, he would turn into a handsome prince, whom I was to marry. So, for all you wannabies, who harbor similar sentiments, I have to disillusion you. It ain't gonna happen.

After Michael's demise, we felt the need for another doggie. We went to a shelter and choose a beautiful Alsatian shepherd, a puppy about 6-months old. We felt the need for someone who meant business, especially at the farm when my mother and I would go there by ourselves on weekends. Well, he sure did mean business. After he had knocked down the paper boy, the mailman, and the lad who mowed our lawn, my parents realized

they had to fence in our small property in town. In view of potential lawsuits, they decided upon a 5-foot-high chain link fence. We named our new arrival Tigger as he was so bouncy. Now bouncing around in a small enclosed space did nothing to wear off his energy, so my parents decided upon a plan of action. At the still hour of midnight, my mother would drive, and my father would hang out the passenger window, holding on for dear life to a strong lead, at the end of which was Tigger, bouncing to his heart's content. My parent's only prayer during this time of exercise, was that no other dog appeared on the horizon. All good dogs seemingly were sound asleep during the depths of the night, but on one occasion, they passed by a lone ranger of the night, unfortunately at a stop sign. The man took in the situation and tore a strip up one side and down the other of my parents, citing cruelty to animals. He swore he would contact the S.P.C.A., but nothing ever came of it.

Tigger was very musical. My father would often play the piano and we would all gather round and sing. Tigger would be sleeping peacefully throughout this musical interlude until we hit on a piece of music that was in a minor key. He would instantly rouse himself, sit up straight, throw his head back and howl to beat the band.

His culinary preference was ice cream. We could go to the fridge 70 times a day and Tigger would doze through it all. But the moment one of us touched the freezer door above the fridge to retrieve ice cream, he was right there sitting politely awaiting his bowl full. You could get anything else from the freezer and he would pay no mind. It was only when ice cream was in the offing that he was alerted. Tigger moved on to a happy hunting ground, and I moved on too.

After my husband and I were married and living in Denbigh, my husband thought to get a dog for our son. We saw an ad for Border Collie puppies, so we snagged one of them. Rusty was a lad with a very definitive personality. He was terrified of thunder storms. When one was on, he had two ways in which to express his fear. One was to hide under the kitchen table and pant and drool. He lost so much moisture that way, that it would run across the floor. The other method was to climb the stairs to the walk-in attic above the kitchen. My husband's father had kept old files up there, and Rusty would tear them to shreds until the storm subsided. We would joke that he was doing his accounts. He was very territorial when it came to food. We had given him a real bone to chew on, and one day my son thought to tease Rusty a bit. He put his foot on the bone and Rusty became so annoyed that he bit through the rubber boots he was wearing, and



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Our bouncy bouncy Tigger just loved ice cream.

there were teeth marks on my son's foot. Another time, we had a roast of beef for supper. After the meal, my husband went into the bedroom for a nap. My daughter and I were clearing the table, when we suddenly realized that the remainder of the roast was not on the table. We each thought the other had put it in the fridge. Not the case. We both thought the same thing at the same time and went looking for Rusty. We found him sleeping beside the bed where my husband was napping, happy, content and replete, with his head resting on the bone of the roast.

His main claim to fame would have to be his penchant for fresh peas. We would find him going up and down a row of peas snapping them off and eating them. He knew just how to give a quick tug and twist to get the pod off the vine without pulling the stock up. Now that took talent.

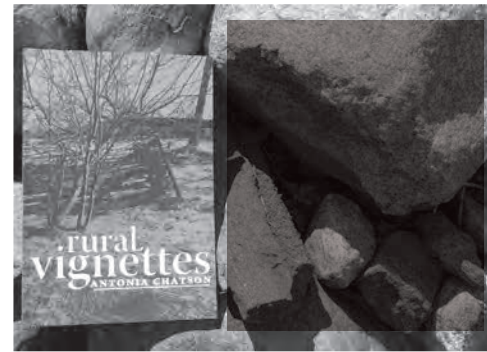


Rusty was a wonderful, confident dog... until thundestorms struck..

Later, he developed cancer, and tumors would grow in different places on his body. We took him many times to the vet to have them removed but others kept reappearing. One time we were in the waiting room at the vet's and there would have been about four other people sitting on the benches with their dogs on leashes at their feet. Rusty looked all around at the situation and decided in favor of the humans. He suddenly jumped up on the seat beside us and proudly looked down on the canines grovelling beneath him. Getting him to the vet was another thing altogether. Every night my husband would load Rusty in the box of the truck and take him for a spin around the block. Rusty expressed his pleasure at this form of entertainment by barking his head off the entire time. If another car passed, he would go into a frenzy of barking and snapping. So, on

our way to the vet, we had him in the cab sitting between us. He showed great interest in the scenery we passed, which was fine. But when another vehicle came from the opposite direction, he would go into a frenzy of barking, put his front paws on the dash and ramming his face against the glass. All the time he would be barking, snarling and snapping at the oncoming vehicle. As it came closer, Rusty would swing himself over onto the steering wheel and my husband's lap. The only solution I could think of was "out of sight, out of mind". So, when I saw a car approaching, I would cover up Rusty's eyes. That did the trick.

Yes, it is heart-breaking to lose our furry friends, but when they are with us, they enrich our lives immensely. Or is it that, we enrich their lives!



Get Antonia Chatson's book "Rural Vignettes" on Amazon, Glaeser's Store in Denbigh, & Denbigh Public Library



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.

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The Almost Forgotten Harp Guitar

By Peter Chess



Left to Right:

- 11-Course Nylon-String Harp Guitar - Knutsen, ca. 1898
- 11-Course Steel-String Harp Guitar - Knutsen, ca. 1902
- Harp Mandolin - Knutsen, ca. 1910
- 12-Course Harp Hawaiian Guitar - Knutsen, ca. 1920
- Harp Ukulele - Knutsen, ca. 1915
- 20-Course Harp Guitar - Knutsen, ca. 1913

It seems incongruous to consider that Scandinavia would be the birthplace of three guitar makers who would have a lasting, yet almost forgotten, effect on North American popular music. A Swede and two Norwegian brothers are now recognized for their ingenuity in adapting an 18th century baroque stringed instrument into an original form that became a popular accompaniment to the wave of mandolin orchestras of the late 1800's and the Hawaiian ensembles of the early 1900's. The instrument I speak of is the harp guitar, or as the original models were called, "the one arm guitar".

In 1865, a three-year-old Joan Christian Kammer emigrated to the U.S. from Norway with his parents seeking a better living, settling in Minnesota. He was an accomplished

guitarist by the time he moved west in 1895 to Washington state where he changed his name to Chris Knutsen and began tinkering with and building his own guitars. His first patent was registered in 1896 for a "one armed guitar". Using a traditional 6-string acoustic, he added a hollow necked arm that flowed out from and up to a joined headstock that held the 6 strings. To this new fretless chamber with it's own sound hole, he strung 6 bass strings, attached to a much larger bridge capable of holding all 12 strings. The bass strings were tuned an octave lower and could be plucked or act as compatible resonators. The larger body produced a much louder and richer tone, allowing it to be heard in an orchestral setting much easier than a regular guitar. By the time he had perfected



Chris Knutsen, an accomplished musician in his own right, created a sensation with his patented harp guitar. It produced a louder and richer tone which made it a welcome addition to orchestras and larger ensembles. It became a staple in the popular Hawaiian movement.



A Knutsen "cloud head" harp guitar. The earliest ones had 5 bass strings. Later ones had 6 strings. Each one is unique, as Chris Knutsen's creativity knew no bounds.

the instrument, following numerous model changes, there were Hawaiian musicians touring the west coast who eagerly took to its possibilities, and within a few years it became quite common. By 1915 when the Pan Am Exhibition took place in San Francisco, the official catalyst that drove Hawaiian music to it's great popularity, he had patented a "harp uke" and a "harp mandolin" and a line of custom Hawaiian steel guitars, which were snapped up by aspiring and accomplished musicians. Up until 1930 or so, having moved to Los Angeles, he built hundreds of instruments in a dizzying variety of styles, all with the same concept of floating bass strings over a hollow, fretless neck. Collectors today cherish the Knutsen guitars and only several hundred have survived.

The Norwegians I referred to were the Larson brothers, Carl and his younger brother August. The Larsons were tenant farmers and the boys would have grown up working the land with their father and acquiring carpentry skills while building their own home and outbuildings. Leaving Norway in 1885, Carl the first to emigrate, landed in Chicago where he found work at the Cubley Drum Co,

where he acquired new woodworking skills. His brother August followed two years later to Chicago and obtained a job at the same factory. During this time they would have learned about mass production, distribution and shipping, since Chicago was the rail hub that acted as a distribution center for all sorts of manufactured goods. In 1893 the Crumley factory was destroyed by fire and the Larsons found themselves suddenly unemployed. They did find work in short order though, with Robert Maurer and Co., a manufacturer of musical instruments since 1886 with a reputation for high quality and a strong following of musicians. This was their introduction to the art of lutherie, which in a short period of time they seem to have mastered. Mind you, there were no machines involved, no electricity even, so each piece was hand crafted to rigid specifications. In 1900 Robert Maurer decided to retire. The Larson brothers were quick to act, seeing the business opportunity that had appeared, and with the financial aid of two investors purchased the business. Suddenly they found themselves becoming notable players in the industry with a reputable company and a multistate dis-



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It is amazing that Knutsen harp guitars stirred so much wide-spread interest at the turn of the last century and yet today many people have not heard of these highly collectable old instruments.

tribution network.

For most of the shop's history, Larson Brothers was a two-man operation. They were extremely productive, working well with each other. So well, in fact, that their strong work ethic and dedication enabled them to produce a greater output than many small companies with more employees. The majority of their instruments were made under contract to distributors or corporations without manufacturing capabilities, who could then offer a wide variety of goods without any downside risk. The advantage to the builder was an inexhaustible national market with little or no overhead for advertising, dealership or distribution costs, enabling them to focus on quality, design and catering to the musical community and its preferences. The largest of these retail outfits was the W. J. Dyer & Bro. who operated a huge musical emporium in Minneapolis, replete with its own music school and recital hall. It featured pianos but carried every type of musical instrument available in America. They also had a distribution agreement with Chris Knutsen, dating back to 1898 and when Knutsen's patent expired for his one armed harp guitar, Dyer & Bro. purchased the pat-

ent. They then contracted the Larson Brothers to build the harp guitars, although there were "strings" attached to the deal. They hired Knutsen to sign the labels inside the guitars, even though he was not involved in their manufacture. Over the course of the next seven years, the Larson Brothers modified the original patented design to their own liking, improving the instrument as they went along and Knutsen got paid to sign the label for something that was not now his own creation. This ensured that the public was always led to believe that the entire harp guitar line was still manufactured by Knutsen.

From 1900 to 1924, the Larson Brothers were content to build a wide variety of instruments for other firms. These included mandolins, tenor and baritone mandolas, mando cellos, mando basses, guitars, and of course, harp guitars. During this period they continued to produce under the Maurer brand, continuing a tradition as Maurer had produced guitars under the Champion brand up to 1900. For a clearer identification of their own product, they retained the Maurer name as well as Prairie State and Euphonen brands, which was introduced in 1934 to capture market share

with the introduction of a larger body guitar, the dreadnought, by C.F. Martin and the SJ200 by Gibson. Over the decades they introduced significant changes and refinements to the bracing and general construction of the guitar, including the insertion of a metal truss rod in the neck which stabilized the guitar and made it simpler to adjust the neck tension and thus the distance of the strings from the fret board, which became the industry standard still in use today.

Generally speaking, the crash of 1929 hit instrument makers pretty hard but the fact that the Larson shop was small, the needs were few and the demand remained high due to the quality and their limited output. The Larsen Brothers remained intact and ate well throughout the depression years. In 1940, Carl was hit by a car while crossing the street and never fully recovered from his injuries, forcing him to retire. August soldiered on, not very productively, for another four years, until his death in 1944. Carl passed away in 1946, aged 79. The shop was shuttered and the assets sold. Even the company books were tossed. The Larson Brothers enterprise just disappeared.

The instruments, however, live

on, and if truth be told, a Larson Bros made Dyer Symphony Harp Guitar with the new "Cloud" style headstock added in 1907, with 5 floating bass strings and a label signed by Chris Knutsen, lay in its original hard case in the hall closet of the wartime house I grew up in. It was not alone. Tucked neatly in beside it was a Gibson custom Hawaiian steel guitar, circa 1910. Lying on top of these two was a small, faded green corduroy carrying case containing a gut stringed mahogany C.F. Martin ukulele that I believe was built between 1917 and 1920. We were told as small children, without any sense of irony, not to play with them.

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 Coop de Ville, formerly called The Pickled Chickens String Band.

SURVIVOR GUY

Camping & Survival Skills: Tents, Tarps, & Shelters

By David Arama



Where you place your camp is as important as the type of shelter you use. When you camp, summer or winter, makes a difference for your choice of shelter. How you are travelling, by car, canoe, or on foot, also helps determine the size and weight of your tent. Tarps are important elements to any camp and can be used for multiple purposes. Tarps should be included on your checklist.

Choosing a tent depends on what type of camping you're doing. If you're going on a canoe trip in the backcountry, with portages, a lightweight expedition tent makes sense. For winter camping, I like a "hot tent" complete with wood stove and pipes. For car camping, basic inexpensive tents will do the job. No need to waste an expensive tent for campground camping.

My ideal campsite setup involves setting up a Mountain Equipment Co-op tarp, having a campfire in one corner, and setting up the tent in the other corner. This is ideal, since even when stormy weather happens, you are high and dry.

Selecting a Campsite:

Look for a safe campsite, not just the one with the best view. Avoid setting up your tent on a game trail, near widowmaker dead trees, or too close to the campfire or cook stove areas. Check the ground be-

fore you setup your tent for hornets nests or rattlesnake nests. Avoid open areas near tall trees (lightning). If in the backcountry, ribbon off the trail to the out-house or "thunderbox".

Bear Proofing and Safety:

Hang your food up in a tree, at least 5 metres from the ground, and away from the tree trunk. Leave no food or toothpaste in your tent. Don't gut your fish catch anywhere near the campsite and keep the campsite free of food waste. Clean up right after finishing meals. Never use any gas or propane stove or lantern inside a tent.

TIP: keep a Lantern and or Campfire Coals going all night. A well-lit campsite discourages critters.

Camping on Crown Lands:

90% of Ontario is Crown Land. As a Canadian resident, you can camp free

of charge for up to 60 days on most crown lands. There are some exceptions, including municipal shoreline allowances, whereby you need to book campsite permits. The OMNRF website has free downloadable maps, or you can order physical district crown maps from "Backcountry Maps".

Tent Designs and Models:

The big question is three-season versus four season tents, and also capacity and weight. Four season winter tents typically are dome or tube designs. Four season tents have very little or no mosquito meshing and have aluminum poles, aluminum or titanium pegs with teeth, and feed-through poke sleeves. Whereas, non-winter tents have either fiberglass or aluminum poles, clip-on poles, and lots of meshing.

Other tent options include Bivouacs, that are essentially a solo tent/sleeping bag combo, and car popup tents.

TIP: high quality tents have double stitching, YKK brand zippers, large vestibule compartments for storing gear and boots, and an attached footprint that negates a separate ground sheet.

My favourite tent brands are Eureka, North Face, Mountain Hardware, and Esker. Esker hot tents accommodate a woodstove and pipes, and a three-person setup weighs around 20 pounds but will set you back nearly \$2,000. Decent Eureka tents start at around \$250, and a nice K-2 Dome Tent is \$699. Other choices include one-piece wall tents, costing over \$1,000.

Hammocks:

Some folks prefer a hammock tent versus sleeping on the ground. They're not recommended for winter usage. Popular brands include the Hennessy Hammock, and the Eureka Chrysalis Hammock. They can be ordered with bug screening

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There are many different shelter styles available, including just a hammock and a tarp, or no tent at all. Consider all possibilities when choosing a tent and where to set it up. If you buy the right type of tent for your camping trip, it should take a few minutes to set up. A primitive shelter, though it costs nothing, can take hours to construct properly.

and tent cover and we recommend setting up a nice tarp over them.

Sleeping Bags and Underpads:

Sleeping bag designs include Mummy and Hunter styles. Mummy bags are typically warmer, but it depends on the composite fill. The lightest fill is Thinsulate, followed by Polarguard, and Hollofill. If the material tag says, "unknown fibers", it's likely cheap fill and rated for summertime only.

I would recommend that you buy the sleeping bag based on your needs. I like a minus 30 Celsius rated Polarguard bag for all seasons and situations.

For a sleeping bag to be true to its temperature rating, you need to have a loved cell foam underpad, or ensolite pad. My favourite is a self-inflating Thermarest with core foam, or even a down featherbed. And the older I get I really appreciate my new Eureka Cot!

Tarps:

The best tarpaulin that I have used is the MEC Tarp. Also, Woods and Chinook and Eureka camp tarps are decent quality, under \$50 lightweight reinforced tarps. MEC tarps are in the \$75 range, but are fire resistant coated on one side, making them great to have a campfire underneath. And, they are heavily double stitched with reinforced grommets. I have one that's lasted 30 years of camps and even reality show episodes

Shelters, Designs for Short Term Emergencies:

Compared to setting up a tent in minutes, even short-term A-frame and lean-to shelters take hours to build. A simple emergency tarp and solar blanket shelter can be erected in less than thirty minutes. Simply string a rope between two medium sized trees, then lean an MEC tarp over it, and attach a solar blanket for heat reflection on the inside. Build

a fire against a rock at the entrance, or pile rocks or logs to reflect a fire. Make sure to place some bough bedding on the ground, or fill garbage bags with leaves to make a mattress.

Bottom line:

I would rather have a good tent and a snug sleeping bag than have to construct an emergency shelter! Now get outside and enjoy the great outdoors.



Go to madawaskahighlander.ca to download a free copy of my survival book, *How to Start a Fire with Water*, or purchase a copy to keep handy in an emergency.



Remember, be prepared, you are biodegradable.



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps. marblelakelodge.com wscsurvivalschool.com

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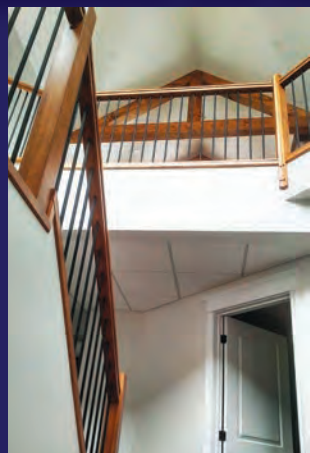
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