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The Madawaska Highlander

July - Aug. 2017
FREE Vol.15 Issue 3
Next issue Aug. 23, 2017

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

Look on the bright side. It might rain for a minute or two, but not for long! The lakes are warm. The air is fresh and summer is in full swing in the Highlands.

Welcome!



This crazy weather does make some beautiful sunsets. The sky put on an inspiring Canada Day light show.

...To mid summer in the Highlands where the livin' is easy. It's time to explore nature's delights, summer music and theatre festivals, and the many continuing Canada 150 celebrations.

Summer seems to be slipping by so quickly this year. If you are asking, "Where did the time go?" Garry, Skippy, Angela, and Marcella can tell you, with stories about what we did with it and what's coming up. Make sure to check the ads, too, for things to do and enjoy when you're not on the water.

We have plenty of water to enjoy in the Highlands and Survivor Guy tells us how to enjoy it safely. A wild shoreline is not a public beach! The Algonkin legend of Awankan Rock demonstrates that, as retold in a story by Noreen in Our Home On Native Land.



Young Addington taking advantage of summer sunshine at his local lake in the Madawaska Highlands. Photo Alyson Copeland

Safely on land, Highlands Hiker takes us on a journey through the mixed forests of the Madawaska Highlands for a peek inside nature's ancient medicine cabinet. Howard takes us over the hill, up the line, and over the hill again and Ernie extolls the benefits of Tai Chi for people of all ages, over the hill or not.

Every journey starts with one step, so Susan reveals the complexity and importance of our feet as we tread life's path. But why walk when we could fly our bikes again instead? Lesley tells us how support for cycling is gaining momentum as adults rekindle that feeling of freedom along better, interconnected trails.

It's freedom vs power as the Power of Song faces powerful politics, but it is nothing like Antonia's power struggles with politically motivated potato beetles!

Enjoy...

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The Madawaska Highlander

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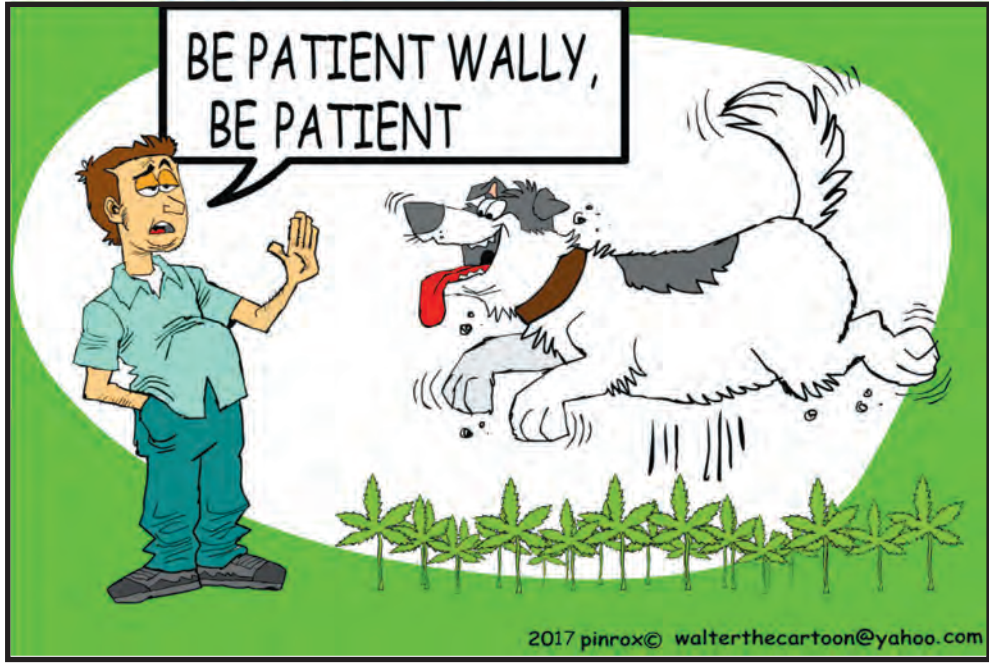
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**Next contribution deadline:
Aug. 11 for Aug. 23 publication
madawaskahighlander.ca**

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

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By Garry Ferguson

It's probably not necessary to remind readers of the **Denbigh Griffith Lions' Show and Shine on August 26** (See ad Page 13); it has been our lead article for months. But according to a breaking (snicker) news flash, there will be, besides the music, hot dogs, beer garden and hamburgers –oh yaa, I forgot; classic cars too – inside displays of local history. On the same day, the **NU2U (read Greater Madawaska Housing Corp.)** folks will have the store open and hundreds and hundreds of acres – well, at least the back yard, covered with gently used treasures offered at much better than walk-up-three-flights-and-save \$prices.

Old Mother Nature (or the rain gods) smiled on **Matawatchan** and virtually *^%# (well you know what) on **Ottawa over Canada Day**. From my perspective (pretty low to the ground) this might have been – crowd wise – the biggest Matawatchan picnic ever with no security lineups. Party goes stopping at the gate just long enough to say "Giddy," to John Reid created the only wait - 10 seconds max - at security. **See photos – taken in bright sunshine.** Eat your heart out Ottawa.

Renfrew's **Valley Heritage Radio 98.7** (see photo) came for its annual afternoon of fun and frolics to its Griffith broadcasting home away from home – the **Pine Valley Restaurant** - on the afternoon of June 29. Due to a scheduling mishap, Bert the Singing Proprietor/Busboy had to scramble, last minute, to round up good entertainment. We're not sure how he did it - whether due to his persuasive personality or his persuasive prayers. Whichever, it all turned out a real success.

Unfortunately, Derek and Sue of **Calvyns in Griffith** had to postpone the **Grand Opening of their licensed patio** due to a double-barreled whammy; one musician, serving time in both Saturday-scheduled bands, felled by a grave sickness and the persistent, dire predictions of weekend cloudbursts. The outdoor festivities, which were to take place on the afternoons of July 8th and 9th, have been rescheduled for a later date. Meanwhile, the **Tall Boys** got to try out the newly-built stage when they came to serenade Calvyns customers on the Sunday – nothing to do with the official opening. I think musicians must be approaching seven feet in height just to get into the Tall Boys band. So, if the structure held up under them, then there's no worry for us lightweights in other local bands. Keep an eye out for info. We hold out great hope for



Pastor Robert Sprague of the Denbigh Apostolic Church was guest speaker at the June 11th annual Vennachar Cemetery Memorial Service held this year in the brand new Vennachar Free Methodist Church. Organized by Eythel Grant of Vennachar Junction, the service alternates yearly between the old retired United Church in the village and the Free new Methodist Church along the Matawatchan Road



The familiar face (centre) of an expat Matawatchite, Corinne Parks (nee Ferguson), presently a resident of The Water Tower Lodge in Barry's Bay, cutting up (of course) with Judy Kitching (left) and Carol Ferguson (right) roadies for the Hi-Way 41 Band that played at The Lodge on June 30



Local band (GriffMatDenbigh) Highway 41 on stage at the Renfrew Legion in aid of Renfrew's Golden Age Activity Centre on June 16. The Centre is an important place where seniors go to lunch, be entertained, participate in a wide variety of activities or just socialize. Matt Bridges And Friends as well as Dave Hurley also lent their musical talents for the fund-raiser. From left: Garry Ferguson, Matt Bridges (guest bassist) Joe Grant, Harold Kaufmann, Al Kitching and Elinor Duncan. Bill Griffiths of Calabogie, foreground, provided and operated his sound system for the evening. Membership in the Centre is only \$10 for the year. For info contact Fay at 613 431 8289.



The band "Woodstack" (get it?) lent its incredible talents to the Canada Day celebrations at the Matawatchan Hall on July 1st. From left: Chris Morgan, Kevin Carnegie, Mike Mulcair and Rick Paniatowski.



Who says the world hasn't heard of Griffith? On the afternoon of June 29th, Heritage Radio 98.7 FM came to the town's Pine Valley Restaurant to broadcast local culture and - due to modern day streaming - make the Pine Valley and Griffith famous around the world. From left: Producer John McMaster, Christa Pare Radio Host and summer student Brock Poirier.



Griffith-Matawatchan Fish & Game President, Brian Sutcliffe addresses interested stakeholders gathered in the Matawatchan Hall on June 27 to discuss declining fish stocks in the Madawaska River System.



As they do at all major local functions, our Fire Brigade from Station Two came out to add to the Canada Day festivities and to show off its skills through demonstrations. Helping to prepare for the activities is Junior Fire Fighter Charlene Holleran.



A great time was had by all on a sunny (yes, you read it right, a sunny day for the 135th Matawatchan Picnic on Canada's 150th birthday. This American Alligator (6yrs stunted growth) from Waddles and Wags Family Zoo in Eganville seems quite content with the warm day and a little attention from two curious bipeds about the same age.

that sick musician's improvement, but alas, not for this year's weather.

Don't forget to check **Matawatchan.ca** to tune into the "Hall" activities. They are so numerous that a separate column would be needed to cover them.

To all our friends, summer neighbours ("neighbors" just for you) relatives and MH readers from the United States; a belated "Happy Fourth!"

To those with ties to the **Matawatchan Cemetery; the Decoration Service** will take place at the Cemetery on July 30th at 3p.m. with Pastor Barbara Creelman officiating. This annual event is a vital fund-raiser providing funds for lawn and gravesite maintenance. Your much-needed support is greatly appreciated.

Author's Notes: (1) Illiteracy is no shame: I readily admit to it. (2) To those readers who might also be inclined to that persuasion, you

may want to move on to next item: this is all about reading and library stuff.

Lois Thomson – that name sounds vaguely familiar – has been collaborating with the powers that be to get a **Greater Madawaska Public Library (GMPL) station in the Matawatchan Hall** for all to use, regardless of whether or not you're a duly-sworn-and-licensed, card-carrying member of the GMPL.

Continued, next page...



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A few familiar faces - to Mata-Griffites that is - among the many who came out to support the Golden Age Activity Centre fund-raiser on June 16th. They were once country folk living among us but now have pulled up stakes and converted to "Townies." From left: Marion and Gerry Adamson, Jon and Marg Williams.

Books will be available any time the hall is open, but especially during the Saturday (S) Mashups. Loans for up to a month will be made on the honour system by simply recording the title, author, your name (an X is not sufficient), postal code, date and return date.

A certain number of historical books labelled "Library Use Only" are to be used in the hall only. Donations of books for the library or \$'s (fenced items, negotiable stocks or bonds might also be accepted) for the hall are always welcomed. See accompanying photo of Lois accepting first books from GMPL Librarian Sharon Shalla in Calabogie.

On second look, it could be interpreted as **taking** books from Sharon: it appears to me that Lois may have a painful arm lock (that's raslin' talk I learned from the TV) on her. Take a squint and see what you think.

The Griffith-Matawatchan Fish & Game Club (GMFAGC) gathered with other like-minded organizations, and stake-holders in the local tourist industry, for a very important meeting in the Matawatchan Hall on the evening of June 27. The purpose of the meeting was to gather info and opinions to be forwarded to something called **The Fisheries Advisory Board** which would send them on to the **Ministry of Natural Resourcefulness** which would send them on to **some Minister** who would send them to the **Legislature** which would sit on them for a year, make some rules and then send them back to the **Fish & Game Clubs**.

It soon became apparent to me that the powers-on-high have created a gridlock of rules, whims, wishes and regulations. On different waters, anglers are allowed walleye over and under a certain size - or maybe that was over. After trying to absorb a dizzying jumble of edicts that allowed one over and two under, two over and none under, none over and none under, licensed minnow bait yes, minnow bait no, minnow bait maybe, I started to hyperventilate, became disoriented - might even have passed out for a few moments. It will take a lot of brave souls armed with a heap of logic, practicability and common sense - like those folk gathered there at the hall - to help untangle this web. Throw a goodly number of differing zones (even with zones dividing certain lakes) into the mix and you can better understand why I called these folks **brave**. Fortunately Club President **Brian Sutcliffe** (see photo) and a host of other well-informed folk (look at the photo again and count) seem eager to have at 'em. Brian's detailed - sticking to the real facts - article on the subject on this very page.

I, like most MatGriff country folk, look forward to waking to the trill of a songbird choir (except after my afternoon nap) so I



Greater Madawaska Public Librarian (GMPL) Sharon Shalla, letting go of some of her charges for the formation of the new Griffith & Matawatchan Public Library (GMPL) inside the Matawatchan Hall. Hall Board President Lois Thomson on the receiving end, literally.

hesitate to start criticizing those twittering wee critters. It might be akin to putting motherhood down. However, enough is enough! I've had it with red-eyed vireos. From dawn to dusk, our current little, red-eyed, avian neighbour never ceases for a second in his quest to drive me around the bend.

My very first encounter with his ilk - I say "his" because the female is too busy incubating to spend her day indulging in day-long verbal diarrhea - was several years ago when one decided to do some male bonding with me. From a distance, he kept stating, "Your sister's a twit," then asking, "Is she a twit?"

Since I had no sisters, (he didn't mention half-sisters) I didn't take it too personally but he kept repeating the question while getting closer until he sat on a limb over the shed that I was building - fixing me with his beady stare, bobbing and leaning down for a more intimate conversation. Soon he would be waiting for me in mornings and afternoons until he decided to follow me to lunch and wait in a tree by the door. Eventually he decided to lunch **with** me; that is until he became acquainted with screen doors. He was a tough little buddy though, and got up to carried on the friendship until I went back to the city.

Back to our **current** red-eyed neighbour: he is not so friendly. He hurls invective at me from a distance. Imagine having to listen from sunup until sundown to, "Twitter, (something or other foreign sounding garble)," then clearly in English, "You're a twit." That's nasty. As if I needed some birdbrain to keep telling me that.



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



A Round Table Discussion was held at the Matawatchan Hall on Tuesday, June 27 2017. There were 32 attendees representing commercial bait trappers, bait dealers, resort and camp ground owners, cottagers, residents and Fish & Game Clubs.

We would like to thank all those who attended. A special thanks to Bob Pultzer who is our rep on the Fisheries Advisory Committee for FMZ 15 for enlightening us with the information on how the committee is structured in order to address Fisheries Policy for the Region in the future.

The purpose of the Fisheries Advisory Committee is to gather input from stakeholders and make regulatory recommendations to the MNRF. The MNRF is taking a landscape approach to Fisheries Management. This means they are considering a fishing zone in its entirety and less on a lake by lake basis. The intent is to streamline the regulations to make them more user friendly by having fewer lake-specific exceptions in the future. However, they are still considering exceptions or regulations based on classes of lakes with similar characteristics.

The MNRF will be using a broad scale monitoring program as a baseline for biological data used in the review process. The broad scale monitoring program collects data and checks trend lakes for walleye, lake trout and brook trout which are sampled at least once during each cycle (5 years). The goal for the BSM program is to provide strong consistent science-based decisions for fisheries management. So far, only cycle one (2008 - 2012) has been completed and data reviewed. Cycle 2 (2013 - 2017) is still in progress. We know MNRF conducted a netting survey in 2015 on Black Donald Lake and Calabogie Lake in 2016. The results of these surveys have not been made available as yet.

There are many different ideas as to how to solve our fisheries problem. The OFAH as well as the public are concerned about OPG dams and the effect they have on the ecology of the river system due to water fluctuations which may be in excess of 3 metres. Bob Peltzer expressed a desire to approach OPG to join in their Fisheries Management Committee Meetings.

Water fluctuations have destroyed spawning beds, vegetation (weed beds), bait fish, mollusks and all other aquatic animals (e.g. frogs, turtles)

The Griffith & Matawatchan Fish & Game Club planted wild rice in the summer of 2013 which did not survive past one season - due to water fluctuations. During the draw down periods bait fish and minnows get trapped in the bays and perish. Hibernating aquatic animals die of exposure. Because of these reasons the river system, including lakes, is a nutrient poor system and few fish grow to the present 19.7 slot limit (this slot targets the large female spawners creating a bottle neck effect).

The MNRF is concerned about a change in the slot size creating a bottle neck effect. Because of the slot size (19.7 in), most fishermen have switched to fishing bass, pike or perch or somewhere else for walleye. There are a few dedicated Walleye fisherman,

but the fishing pressure for walleye has substantially decreased over the last 15 yrs. Those that continue to fish for walleye, can land anywhere from 40 to 100 fish before catching a legal walleye. There is a great deal of concern for the mortality rate of all those fish that are released under the present 19.7 slot limit. This indicates that the river system is successfully reproducing and the walleye population has increased to the point where a sustainable fishery is established here where those fishing can keep a snack.

In order to address the question of fishing pressure and bottle necking in the Madawaska waters between Hwy 41 bridge and Calabogie lakes, it was proposed that we have a slot limit of two walleye (any size), such as they have in other areas currently e.g. 4 under 18 in., one over. This slot would not put undue pressure on the fishery and address concerns about bottle necking at a certain size (age group).

The Griffith & Matawatchan Fish & Game Club has been trying to have a Creel Census in our area for the last two years and will make a greater effort to get it up and running to determine what the fishing pressure is. We know under the present conditions, that people are keeping illegal fish out of frustration, but given this slot limit of 2 (with a Sports Fishing Licence) we are sure that those who decide to keep the smaller fish (under 14 in) will be in the minority. Anyone with a Conservation Licence would only be allowed to possess one walleye. This proposed slot limit would streamline your exceptions to the rule and make them easier to understand and help to establish a sustainable fishery.

We as a group of concerned stakeholders propose that there be more law enforcement (CO's) in the area and that they exercise their right to search motorized vehicles, (water and land) and to exercise their authority to check freezers in residences as they have in the past.

The Griffith & Matawatchan Fish & Game Club in the past has approached MNRF re stocking program or developing a hatchery in the area but were refused on the grounds of a nutrient poor environment due to the water fluctuations.

Environmental Enhancements and projects are high on our priority list and if your committee has any suggestions we would gladly participate.

We wish the Fisheries Advisory Committee all the success they can muster, and the Griffith & Matawatchan Fish & Game Club will help however we can.

Reminder: The Kids Fishing Derby, Saturday, July 15 will take place this year at Airds Lake from 10:00 am to 3:00 pm. Lots of prizes!!!

Annual Pig Roast/Red Neck Golf Tournament, Saturday, August 5 Golf begins at 12:00 noon at Holleran's Hide-a-way, Hutson Lake Road. Dinner will be held at 5:00 pm. everyone welcome!

Indigenous people explain why they see reasons for hope amid Canada 150 celebrations, because reconciliation is a high priority in Canada. Canadians are becoming increasingly aware of residential schools and their impacts on First Nations people.

It seems most Canadians did not know about the "Pass System" that was in effect for 60 years on reserves across western Canada. Any First Nations person who wanted to leave their community, for any reason, had to have a pass approved by the reserve's Indian agent that they would carry with them, stipulating the leave's purpose and duration.

Almost 600 injured turtles have been treated by Ontario Turtle Trauma Centre this year. The Centre is unsure if it's because more are being run over or that more people are bringing them in for surgery. Although very busy, they will continue to take them in. (Story on page 27)

Between 1900 and 2015, nearly half of 177 surveyed mammal species lost more than 80 per cent of their distribution. This 6th mass extinction event is bigger than that of the dinosaurs.

Chemicals from contraceptive pills being flushed down drains is causing male fish to turn transgender, a study claims. About a fifth of male river fish are displaying feminised traits and even producing eggs.

Outlet Beach at Sandbanks Provincial Park has received Blue Flag designation, an international eco-certification recognizing the beach as clean and accessible with great water quality, high safety standards and excellent shoreline and ecosystem protection.

A conservation group said Monday it had bought 16 hectares of property in Eastern Ontario that is a hot spot for many grassland birds such as the endangered eastern loggerhead shrike. The Nature Conservancy of Canada said its Napanee Plain Alvar Nature Reserve, between Belleville and Kingston, is in one of the rarest ecosystems in the Great Lakes region. The group said it had been working on the deal for a year, and the purchase brings the total conserved area in the Napanee Plain to 747 hectares.

The so-called "capybabies" born in February at the High Park Zoo in Toronto to the famed escape artists Bonnie and Clyde will be named Alex, Geddy and Neil for the band Rush's members. The band members feel honoured.

Ontario Seeking Feedback on Draft Northern Transportation Strategy. Residents and businesses can read and comment on it at nomts.ca July 12 until Sept. 15.

Ontario Seeking Public Input on Federal Plan to Legalize Cannabis. Province to Prioritize Public Health, Road Safety and Harm Prevention. To participate, visit ontario.ca/cannabis before July 31

New opportunity for fruit growers due to popularity of craft hard cider made from Ontario apples, pears and other fruit. When the CanGro cannery closed in '08, it left few outlets for imperfect fruits.

Ontario's cap-and-trade rules try to curb climate-changing greenhouse gasses. Greenhouses consume the carbon dioxide they produce. Fans blow food-grade CO₂ into the greenhouse to aid plant growth, but that CO₂ is still taxed as high as \$50,000 a year, which could put Ontario's 2,900 acres of commercial greenhouses out of business.

The federal government announced a new online risk management tool for agribusiness. Beyond common agricultural or financial risks, such as pests, disease or environment, it may include aspects of work-life balance, family dynamics and diversification strategies.

Ontario cottage sales surge amid double-digit price increases. Grand Bend, Haliburton and Rideau Lakes areas see largest sales spikes.

The eastern tent caterpillar has a white stripe, lays eggs in tents and has stable populations. The forest tent caterpillar lays its eggs in small sacks, has white spots and comes by the millions every 10 years or so. They are a native species and shouldn't be controlled.

Renfrew County designates 219 km Algonquin Trail portion of the Ottawa Valley Recreation Trail (OVRT) as multi-use.

Ontario will spend \$3.2 million to reduce wait times for hearing tests for newborns, part of the routine screening usually conducted within days of birth.

A phase 1 clinical trial, the results of which were published in the medical journal Lancet has deemed a new dissolvable microneedle flu patch to be "well tolerated" and safe for possible use.

California is the first state to require Roundup to come with a label warning that it's known to cause cancer.

Bayer recalls RestoraLAX laxative sold at Costco due to potential choking hazard. Health Canada says consumers should stop using the product and seek medical attention if they're having trouble swallowing or breathing after using it.

Drug-resistant 'superbug gonorrhoea' is emerging, WHO warns, calling for quick development of new drugs to treat sexually transmitted disease.

Engineers at the University of California San Diego have developed a prototype of what they call "The Language of Glove," a Bluetooth-enabled, sensor-packed glove that reads the sign language hand gestures and translates them into text to help hearing impaired communicate.

Ontario published proposals for changes to real estate agent rules and penalties, and is seeking public consultation. One of the proposals is to ban — with some limited exceptions — agents from representing both the buyer and seller or more than one potential buyer in a trade.

The Arnprior reeve wants Queen's Park to reduce the number of school boards to one, noting it is not financially sustainable to have three boards when enrollment is dropping.

The Royal Bank was the last of Canada's five big banks to get slapped with a multi-million dollar penalty for charging customers excess fees for investment products like mutual funds. Affected customers will be reimbursed \$21.8 million and \$975,000 will be paid to the Ontario Securities Commission (OSC) to cover the investigation and other charges.

New family physician, Dr. Ben Blaine coming to the Calabogie Medical Centre in September and will compliment the high-quality, comprehensive healthcare offered.

Huron County CAO, Brenda Orchard, resigns to take position in Lennox & Addington County. Orchard has been commuting back and forth to Kingston on weekends for the past two and a half years.

The GO train turns 50. It started with 40 coaches, 9 self-propelled cars and 8 locomotives, on 65 route-miles. GO now has 656 coaches, 75 locomotives on 281 route-miles.

Facebook Inc. said it plans to hire an additional 3,000 people in the next year to review posts. That's on top of the 4,500 people it currently has reviewing posts. Facebook deletes 66,000 posts a week in anti-hate speech crackdown. Company said that deleting posts can "feel like censorship" but it is working on explaining its process better. Facebook said it now counts two billion active monthly users, as the social giant's founder Mark Zuckerberg highlighted his new mission — not just connecting people, but helping them find common ground.

Pope Francis has opened up a 4th path to sainthood: Giving up your life for another person.

The Supreme Court determines Google is prohibited from displaying the websites of a company accused of counterfeiting a Canadian technology company's products. The high court said Google, which controls 70-75 per cent of all global searches on the Internet, might not be the one causing the direct harm to the small B.C. tech company who was affected, but it is not a bystander. Rather, Google is a key player that "facilitated" the harm.

Last week, Google said it was cracking down on terrorist propaganda and other extremist videos on its YouTube site amid intensifying criticism about the internet's role in mass violence. It also said it was hiring more people to monitor hate and extremism online, and to prevent its dissemination through YouTube.

Apple has sold more than one billion iPhones since June 29, 2007, but the first iPhone, which launched without an App Store and was restricted to the AT&T network, was limited compared to today's version.

Trump Tower Toronto to stop using Trump name and property management deal. Juniper Capital Partners and Cowie Capital Partners teamed up to buy hotel and residential units and most of its commercial, retail and amenity space after the development failed to make payments on a construction loan.

Scientists have directly observed a pair of supermassive black holes 750 million light years away orbiting one another. If confirmed with follow-up research, this will be the first time two black holes have ever been seen moving in relation to one another. This discovery sheds light on what happens just before two black holes collide—a catastrophic event that causes ripples in spacetime (gravitational waves) that echo throughout the universe. Furthermore, with the Milky Way poised to smash into our neighboring galaxy Andromeda in around 4 billion years, the findings could help us understand what will happen to our own part of the cosmos

May 26, 2017 The Law Society alleged that Christopher Paul Merla, 1979, of Burnstown, committed professional misconduct. The panel determined that the following allegations were established: Between July 2016 and February 2017, the respondent failed to cooperate with a Law Society investigation by failing to reply promptly and completely to communications from the Complaints Resolution Department. <https://lawsocietytribunal.ca/Pages/Orders.aspx#43>

Hasting, Lanark, Northumberland, and Leeds Grenville Counties are fighting a private members' bill that would force them to pay thousands more for insurance coverage for long term care workers. The bill would force Counties into another category of employee insurance, costing an extra two to three hundred thousand a year. Counties would have to make cuts to residents' care to make up the shortfall in the budget.

Japan intends to put an astronaut on the moon by 2030. They will first join the NASA-led mission to build a space station in the moon's orbit in 2025, as part of NASA's longer mission to reach Mars.

A "toxic cocktail" of chemicals that can wipe out living organisms have been found on the surface of Mars, diminishing the prospects for life on the red planet, new research has found.

An air force pilot and a lecturer at the University of Cambridge have been named Canada's newest astronauts, joining David St. Jacques and Jeremy Hansen as future Canadian representatives in space.

Moon Express revealed plans to begin commercially harvesting moon rocks by 2020. It is likely to be the first commercial presence and aims to establish a permanent lunar outpost.

Hyperloop One has successfully tested its full-scale system and was able to levitate the moving test vehicle over the track in what it describes as its "Kitty Hawk" moment toward firing passenger pods through tubes at supersonic speeds, as envisioned by Elon Musk.

Giant iceberg the size of P.E.I. breaks off Antarctica. A68, was already floating before it broke away so there is no immediate impact on sea levels, but the calving has left the Larsen C ice shelf reduced in area by more than 12 per cent.

Camp Rathbun and Camp Mohawk Memorial on June 10, 2017

By William (Bill) McNaught

At 1:00 p.m. on Saturday June 10, 2017, several hundred people watched representatives of the Royal Air Force, the US Air Force and the Royal Canadian Air Force (RCAF) raise the Union Jack, the Stars and Stripes and the Canadian Flag to commemorate the hundredth anniversary of Camp Rathbun, a pilot training centre just east of Deseronto, Ontario. It took place at the Gold-Wing Ranch on Deseronto Road beneath sunny skies with a gentle breeze from the south off Lake Ontario. There was little visible trace of the air training facility or the hundreds of pilots who received their training here in 1917 and 1918. Even the weather was deceptive, masking the deaths of cadet-pilots who died in this location.

Among the participants was a busload of RCAF airmen from the nearby Armed Forces base at Trenton. Their Commander gave a short address recognizing the efforts of the pioneer airmen from whom both the RCAF and US Air Force got their starts. The Commander also recognized the assistance and support of the local communities, especially the Mohawk nation on whose lands the sister air training centre, Camp Mohawk, operated. The success of the pilot training program was a combined effort, military and civilian, that was vital to the Allied Victory in November 1918.

By the end of 1916, it became apparent to the Allies that the Great War was a marathon not a sprint. The Allied Offensive on the Somme River in the summer of 1916 ended in a bloody stalemate after the loss of thousands of lives. The battle at Verdun was a mutual slaughter of enormous scope.

While there were many reasons that prevented an Allied break-through including a shortage of artillery shells and the failure of the shells to cut the mounds of barbed wire protecting the enemy lines, the main defect was the inability of headquarters to communicate with the front line troops in a timely manner so that a break-through could be exploited before the enemy identified the gap and closed it. The fog of war dominated, resulting in many deaths from friendly fire.

In order to surmount the lack of timely communications, several strategies were developed such as the creeping artillery barrage which relied on the advancing

troops following the shells at a pre-ordained pace. A second strategy required every soldier to know the objective and the lay of the terrain to achieve it. In this way, the artillery had an idea where the soldiers were at all times. These strategies were very effective during the successful Canadian Victory at Vimy Ridge.

In 1917, air communications became essential to the rapid deployment of reserve troops to exploit gaps in the enemy lines. The Allied leaders began a push to win air supremacy in order to attain the knowledge of enemy movements and to prevent the enemy from determining Allied troop movements. A shortage of pilots arose during the battle for the skies.

There was also a shortage of training facilities in Britain. The solution was to recruit and train pilots in Canada. Very quickly, in early 1917, five airfields were developed in Ontario - Long Branch (Toronto), Borden (north of Toronto), Beamsville (near St. Catharines) and Camp Rathbun and Camp Mohawk near Deseronto.

C.W. (Bill) Hunt has written a dramatic description of this project in his book "Dancing in the Sky", ISBN: BNC2008-903963-7. Cadets were sought with natural skills such as quick reflexes and an ability to absorb new concepts. "Only the best and brightest young men were eligible as pilots. Flying an airplane required perfect eyesight, quick, athletic reflexes and a keen mind." Cadets were attracted from across Canada and the United States, which had just joined the Allied cause in February 1917. At its height the pilot training program was producing 600 pilots each month.

The training was rigorous. Cadets arrived at the School of Aeronautics at the University of Toronto, where they learned flying techniques, instrument understanding, map reading and minor repairs since there were few airfields and fewer mechanics in Ontario. If a plane had to be put down, it was up to the pilot to complete the repairs and get airborne again by himself. The courses were given in a classroom in which a complete plane had been assembled so that theoretical knowledge could be combined with hands-on training.

After graduation, the cadets completed their training by flying a circuit from Long Branch to Borden to Beamsville to



WWI plaque was unveiled on June 10, next to the Town Hall in Rathbun Park, Deseronto, as part of the 100th anniversary of Camp Rathbun.

See more pics like this at deserontoarchives.wordpress.com

Deseronto. The flying exam required solo flights, after which the cadet was promoted to Second Lieutenant. The planes were rudimentary. Each Camp had along with the mechanic and blacksmith shops, a "dope (glue) shop". Six thousand mechanics were needed to begin the program and rose from there. It was difficult to attract and keep trained mechanics. Finally, women were hired to perform "light mechanical work". As a result the great success of the program depended on skilled women.

The unreliability of the aircraft is reflected in the list of casualties recorded by Author Hunt, 137 in total beginning on April 4, 1917 with the last training death on November 22, 1918 at Beamsville. The pilots also received advanced training in machine gunnery and Morse code. "Sending and receiving in Morse code from an aircraft was primitive in the extreme. A pilot had to work his transmitter, mounted outside his airplane's cockpit with his left hand while manoeuvring the airplane with his other hand and right foot."

If the pilot survived this initial 3-month training in Canada, he was transferred to Britain for two months of specialized training as preparation for the Front. During the climax of the Great War, when air superiority was achieved, the casualty rate for pilots was 400%. As the Commandant from the Trenton Air Force Base described in his Memorial Address at Camp Rathbun, the life expectancy of a pilot in 1917 and 1918 was two missions. Nevertheless, the strategic information provided by these airmen, greatly assisted in blunting the enemy's offensive in the spring of 1918 and aided the subsequent Allied Offensive in the summer and fall that same year by permitting proper and rapid deployment of reserves, based on reliable information.

After the address by the Commandant, the three flags, the Union Jack, the Stars and Stripes and the Flag of Canada were lowered to half-mast. The Last Post was played by a bugler, followed by the haunting strains of the bagpipes playing "The Lament for the Fallen Warrior". The crowd rose and sang all three national anthems. It was a solemn ceremony as spectators and participants reflected on the sacrifices of the airmen who trained at this location and elsewhere one hun-

dred years ago. The realization that no one knew these fallen airmen made the occasion more poignant for we could visualize what must not be forgotten.

The Memorial was arranged by the owners of the Gold-Wing Ranch where Camp Rathbun once operated. Nancy Bruinsma is the event organizer. She hopes that the Memorial will become an annual event. There are plans to commemorate next year the hundredth anniversary of the Royal Air Force and the Royal Canadian Air Force.



Vimy: Letters From the Front

John Leslie Ball, son, brother, uncle, boyfriend, left his farm in Vennachar, Ontario in the Fall of 1915 expecting to return in time for spring plowing. Instead, he signed Attestation Papers and died in France on April 12, 1917 during the Battle of Vimy Ridge. His family resisted efforts by the Canadian Government to transform his death into a heroic act. Ninety years after his loss, John's descendants gathered to celebrate his life. William McNaught, the author and grand-nephew, tells the story from the perspective of the family of Private John L. Ball, #835576

Meet the Author Book Signing:

William McNaught will be at the 135th Matawatchan Picnic & Canada150 on July 1st from Noon - 5 (Book signing & presentation)

Profits at the picnic go toward the Matawatchan Hall's "Almost There, Toonie or Two" Renovation Fund.

Pick up your copy at Matawatchan Hall events throughout the year: matawatchancentre@gmail.ca for info

Glaeser's
Country Store

Art & Giftware
Groceries - Fresh Produce
Bacon - Sausage - Eggs
Milk - Cheese - Icecream
Homebaked Pies
Hunting & Fishing
Confectionary
Fresh Brewed Coffee

Open 7 days a week
8:00am - 7:00pm

See you in Downtown Denbigh!

Owners, Karen & Peter Lips

DENBIGH POST OFFICE



BOTTLE RETURN DEPOT

156 Bridge Street, Denbigh 613-333-1313

Drop by for a visit and let us know how we can assist you.

Also check:

www.matawatchan.ca/Events
www.greatermadawaska.com
www.addingtonhighlands.ca
www.northfrontenac.com

CHURCH SERVICES:

Matawatchan St. Andrew's United
 Sundays 8:30 am from February
 through July and
 11:30 am August through January

Hilltop Tabernacle
 Sunday School 10:00 a.m.
 Morning Worship 11:00 a.m.
 Office 613.762.7130
hilltop.pastor@gmail.com
www.hilltopchurch.ca
 Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church
 424 Matawatchan Rd.
 613-333-2318
 Services June to August 10 am
 Sunday service time returns to 11am
 the weekend after Labour Day

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

Emmanuel United, Schutt 8:30 a.m.

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

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

Burnstown
 St. Andrew's United Church
 Sundays at 10:15 a.m.

Calabogie
 The Calabogie Bible Fellowship
 Congregational Church
 The Mill Street Chapel 538 Mill St.
 Regular service - Sundays 10:30
 a.m. Information: 613-752-2201

Most Precious Blood Catholic Church
 504 Mill St., 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.

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

REGULAR EVENTS CALABOGIE:

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

Pickleball, Mondays and Wednesdays
 6:00 pm 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
 mornings

Back Fitness and Stretch
 Mondays 3:45

Mindfulness Meditation
 new programs starting
calabogiemindfulnessmeditation.com

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

Renfrew South Women's Institute
www.rsdi.ca CalabogieWI@gmail.
 com Branch meetings held at
 Calabogie Community Hall
 2nd Thursday of the month at 7:30
 Contact: Marg MacKenzie, Pres.
 613-432-3105 or Hennie Schaly
 Sec. 613-752-0180
 Guests and new members welcome!

Calabogie Arts and Crafts
 Every 2nd Monday (If holiday, then
 3rd Monday), 10:00 am - 1:00 pm,
 Community Hall, (\$15 per year),
 752-1324

Lion's Club Bingo every Wednesday,
 7:15 pm, Calabogie Community Hall,
 752-0234.

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

SPECIAL EVENTS CALABOGIE:

Canada 150 Garden Party at
 Fletcher's Octagon Studio, Sat. July
 22, 10am - 5pm. See our ad on
 page 13.

REGULAR EVENTS

GRIFFITH & MATAWATCHAN:

**Matawatchan Hall Events, 1677
 Frontenac Rd. Check online
 calendar at www.matawatchan.ca**
 Matawatchan Walking Club
 Wednesdays April to Oct. 9:00 a.m
 Nov. to Apr. 10:00 am
 Start at Matawatchan Hall
 Info: Bridgitte 613-318-8308

Matawatchan Mashup Saturdays
 Every Saturday 9:00 to 4:00(ish)
 9 - 11 Morning Social (tea, coffee,
 baked goods, craft making, (bring
 craft supplies and do it with friends)
 Noon - 2 Lunches (money goes to
 the chef, or goodwill to the hall)
 Sign up for activities on the list on
 the bulletin board outside the hall.
matawatchancentre@gmail.com
 See article page 20.

Family Sports Nights Tuesdays and
 Thursdays at 6:30. We have new
 sports equipment this year. Kids
 choose the sport of the day.

Tai Chi with Maggie every second
 Saturday 3 - 4pm (July 29, Aug.
 12, 26, Sept. 9, 23. Looking for
 volunteers to lead more sessions.
 (goodwill offering) Times could
 change

Denbigh-Griffith Lions Club Events at the Community Hall Hwy 41 Griffith:

Bingo every second Tuesday at 7:30

AA Meetings (Alcoholics Anonymous)
 Weekly meetings Every Monday, 7pm
 One hour meeting open to Men and
 Women Coffee and Refreshments

Fellowship Lunch at Noon-Third
 Wednesday of the month. Everyone
 is welcome. Contact Mary McKinnon
 613-333-2791

Northern Lights Seniors at the Lion's
 Hall after Fellowship Lunch
 Aug 16 - B.B.Q. Potluck with the
 Pickled Chicken String Band
 General Wellness Assessment by
 local Paramedics available from
 11:00am until after lunch

Diabetes Outreach Program
 every 3 months

Euchre First and Third Friday of
 each month, 7:00pm - 9pm Contact
 Dennis Barnes 613-333-1488

Kids Club at the Griffith Rink, 15
 Ginza St. 6:30 - 8:30 Wednesdays
 July 19, 26, August 2, 9. Come out
 and enjoy an evening of fun and
 games.

The Pickled Chicken String Band
 Mondays from 5 pm to 7 pm
 At the Pine Valley Hwy 41, Griffith
 Bert's Music Jam Every Thursday
 5 to 7:30 p.m.

SPECIAL EVENTS

GRIFFITH & MATAWATCHAN

Sunday, July 30 at 3pm, Decoration
 Service at the Matawatchan
 Community Cemetery, Pastor
 Barbara Creelman officiating
 August 5, 9am - 2pm.

Treasure Hunt (Yard Sale) at the
 Matawatchan Hall. Tea, Coffee and
 Baked goods starting at 9:00
 Noon - 2pm Lunch with proceeds to
 Greater Madawaska Seniors Housing.

August 5, 9am - 1pm
 Rummage & Bake Sale at
 St. Andrew's United Church

August 5 Griffith & Matawatchan
 Fish & Game Club Annual Pork Roast
 and Redneck Golf Tournament.
 Golf starts at noon. Dinner at 5pm.
 Everyone welcome!

August 19, 3 - 7pm Corn Roast
 BBQ Celebration of Summer and
 ribbon cutting for Hall Winterization.
 BBQ, live music, historical displays

and more. "Ontario150" plaque
 presentation with representatives
 from the OTF, Greater Madawaska
 Township Mayor Glenda McKay, MPP
 John Yakubski (to be confirmed)
 Rain or Shine!

REGULAR EVENTS:

DENBIGH & VENNACHAR

FREE weekly "Play to Learn"
 playgroup at MAYO COMMUNITY
 CENTRE in Hermon Tuesdays 10:00
 am to 12:00 pm. snack provided

Denbigh-Griffith Lion's Club Hall
 25991 Hwy 41 Regular Events:
 LIONS CLUB BINGO
 Tuesdays 7:00 p.m. - 8:00 p.m.

Denbigh Music in the Park/Hall
 Every second Sunday from 1 to 3 pm

Denbigh Diners:
 Full Course Meal \$7.00
 Nancy Dafoe 613-333-5164

Denbigh Hall Exercise Group:
 Monday classes at 10:00 am.
 Thursday classes at 1:00 pm.
 TOPS Tuesday at the Denbigh Hall
 Basement @8:30am Contact Mary
 McKinnon 613-333-2791

DACRE REGULAR EVENTS:

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

DACRE SPECIAL EVENTS:

Mark your calendars for Canada's
 150! DACA Centre will be
 celebrating with a Homecoming and
 Old Time Fair to be held on August
 19 and 20.

CLOYNE & NORTHBROOK

REGULAR EVENTS:

Exercise Bootcamp at the Clar-Mill
 Hall in Plevna Tuesdays & Sundays
 7:00 pm \$5 per class. Bring indoor
 shoes, a water bottle and a mat.

MILK BAG MATS



Drop off your large milk bags at the Griffith
 and Mount St. Patrick Waste Transfer Sta-
 tions. **There is a bin for them by the office.**
Please do not leave them in the Donation
bin, which is only for clothing. The Ven-
 nachar Free Methodist Church women will
 weave them into sleeping mats for disad-
 vantaged and displaced people around the
 world. Please help by dropping off milk bags.

SEND US YOUR EVENTS:

Lois and Mark Thomson

**The Madawaska
 Highlander**

3784 Matawatchan Rd.

Griffith, ON, K0J 2R0

info@reelimpact.tv

613-333-9399

Bogie is a Happenin' Place!

By Skippy Hale

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

O Canada!

Oh Canada! Happy 150 Birthday to you! Actually, Happy Confederation Day when we celebrate the formalisation of a union created by the Fathers of Confederation. No Mothers? Pshaw, earlier less informed time, but I digress! Canada is much older. Many peoples were here before the colonists arrived from France and England. Settlers would not have survived without the knowledge shared by the folks who were here already. We all live on Algonquin Territory. Newcomers have not been the greatest guests, but that is a topic for another day!

There were many events happening in the village to celebrate this historic anniversary. We started the day at the Community Centre with a delicious Pancake breakfast. The Calabogie and Area Snowmobile Club provided the pancakes, sausages, baked beans, scrambled eggs, toast and local Maple Syrup. Pins and flags were provided to complement the red and white togs sported by all present.

Most Precious Blood Catholic Church had an Open House and tour of their historic church. Cookies, tea, coffee and lemonade were served to the guests. A tri-partite brochure was produced illustrating a brief history of the church and parish. These are still available inside the doors of the church. The parish welcomed Father Kerry Brennan on July 1 as their new Parish Priest. He shares his duties with St. Francis in Renfrew.

Local artists held a gallery of paintings of many of the historic houses and buildings from Calabogie's earlier days during the breakfast. Alas, many are no longer here such as the Moran and Legree hotels and the original Charbonneau's Store and Post Office.

A lovely commemorative calendar was produced containing plates of these paintings. Only 150 were printed, so they are collector's items selling for \$15.00. Contact Bonnie Wellman to purchase your copy. After the breakfast, the paintings were moved to the lawn of St. Andrew's United Church with the artists on hand to discuss their work.

Bonnie Wellman interviewed many locals about the history of the vil-

lage. Helen Charbonneau shared her memories of people, places and events. I was interviewed as well about the house I live in. It was the original Train Station until a newer one was built about 1906 between the Trestle Bridges. Sadly, it burned down, but my house is still standing in spite of a train rolling by for many years. The Waiting Room door was moved to my cellar by a previous owner.

We needed to wait until the County bought the former track to apply to buy the land beside the house. We were required to have a survey done and discovered that the Railway, then subsequently the County, owned half of our living room and thus the upstairs loft! All of the historical houses had signs in front with a note about its history. Several of us acted as Storytellers on Madawaska Street until the thunder, lightning and rain sent us scrambling.

The Fire Department, Home Support, Tamatha Strachan and other clubs and organisations lined the street with contests, goodies and demonstrations.

After the deluge I dripped my way home. I was dead-beat after several weeks of preparation for my various committees. After donning dry clothes, I rested and watched the beautiful fireworks from my comfy, warm bed...no mosquitoes!

Calabogie is famous for the beautiful light show put on every Canada Day. The lights reflect over the lake and local boaters float out to watch the show from the water. Many decorate their crafts with coloured lights to add to the glory of the show. The Township sponsors the show and the Fire fighters light the sparkling packages safely.

When we were looking for a home here, our agent told us about Canada Day when the skies light up in a blast of colour. He told us people come from Renfrew, elsewhere and I met someone from Ottawa who declared it was the best fireworks show he had ever experienced. The agent said it is the only time there is a traffic jam in Calabogie where often a police officer can be seen directing traf-



Calabogie fireworks reflected over the lake on Canada Day in Calabogie. Photo by Rebecca Neudorf.

To Your Health!

Busy, busy, busy! Rain, rain, rain! This certainly has been Noah's Ark weather. The County is trying to repair the roads and gutters on Lanark Road in the village. It has been delayed due to the weather. I look forward to its completion. So far, the sidewalks, gutters and new drains look fresh and neat. They replaced the guard fence on the curve by my place as well. In order to do that the big machinery mangled my daylilies, but since they are on the road allowance, it is no problem. I will just transplant some more as well as some ground cover to fill in and keep noxious weeds away. Speaking of which, the roadway is well populated with Wild Parsnip plants. Having suffered a severe allergic reaction two years ago, I do hope it is nipped in the bud, (pun intended).

We are privileged to have a Home Support Program here. I thought it was just for the elderly in poor health or with mobility problems. It is not. It is for all seniors. Marg Neudorf suggested I sign up since I do not have a car. What a great suggestion! Friendly volunteer drivers have taken me to dental and medical appointments. I usually do my banking, shopping and other chores while I am out. Depending on the distance, there is a modest charge. Frozen dinners are also available for purchase. Contact the Calabogie and Area Home Support Services at (613) 752-2828 to register. The Board is also looking for new members as well as drivers.

Calabogie is benefiting from many health care specialists, both traditional and western. We will be welcoming a new doctor to the village in the fall which will give us coverage 5 days a week. He will join Dr. Max Buxton and Dr.

Kristian Davis at the Calabogie Medical Centre. Dr. Ben Blaine has a wonderful academic background having received his Bachelor of Science in Kinesiology (Honours) from Brock University and his Doctor of Medicine from the Michael G. DE Groote School of Medicine, McMaster University and acquired clinical experience in the Intensive Care Unit at The Ottawa Civic Hospital; Emergency Medicine at The Ottawa General and Civic campuses; and Rural Emergency Medicine and GP Anaesthesia with Dr. Forbes in Almonte. How lucky we are when so many small municipalities have no physicians at all. We are grateful to the Renfrew & Area Health Services Village Physician Recruitment Committee.

Fred J. Shepherd, RMT, Registered Massage Therapist has an office at 1101 Francis Street. He is proficient in General Swedish Techniques, Deep Pressure Massage, Assessment Testing, Hot Stone Massage, Pregnancy Massage, Myofascial Release and Joint Manipulation and Sports Injury Rehab. He will provide Chair Massage for special events. Tamatha Strachan RDH CDA is an independent Dental Hygienist registered with the College of Dental Hygienists of Ontario. She has started 'Calabogie Smiles' a mobile dental hygiene business. This is a wonderful addition to the health services available in Calabogie.

I look forward to presenting more information about Dr. Blaine, Mr. Shepherd and Ms. Strachan in the next edition as well as others who help keep us healthy in body and mind. I do hope local health care practitioners will contact me so I may share their services.

**Colton
Creek**
PROPERTY
MAINTENANCE
613-334-8010
coltoncreekpmm@hotmail.com

JOEY ROSENBLATH

**Dock Install and Removal
Spring & Fall Cleanup · Pressure Washing
Brushing & Chipping · Cottage Checkup
Tree & Stump Removal · Landscaping
General Household Maintenance & Repair**



This was on Canada Day. I am dressed in Period costume to be a storyteller



Most Precious Blood Church under construction and L to R: Denise McLean and Kathy Lemenchick with Canada Day Open House at Most Precious Blood Church.



Calabogie Lions Club

Every Thursday Night folks in yellow and blue vests and a yellow apron surf through Shooter's Bar & Grill. Who are these folks? Why, they are volunteers who provide all sorts of financial support to many in the village and world-wide. These are Lions and they sell 50/50 tickets to help fund some of their charitable works.

Calabogie Lions Club received its Charter on May 12, 1952. The Charter President for 1952/53 was W.R. Geddes; the Secretary was Carl F. Huffman and the Treasurer was Mike Killoran. There were 26 members. The ceremony took place at the old St. Joseph's School Hall, followed by a dinner and dance at the old Community Hall. There were 280 guests present from Lions' Clubs throughout the Valley. The International Secretary of Lions Clubs International was in attendance and the Charter was presented to the Calabogie Club by Dr. A. Brown of Renfrew, the sponsoring club.

The work they have done over the years is enormous and I believe most are not aware of the scope of it. I suggest you go on their website and check out the history of the club. Every year two students from each school (used to be a Public School here as well as St. Jo's) who had the highest marks leaving Grade 8 were awarded \$50 which was a lot of money in the 50's and 60's. They support the CNIB, purchased eye glasses for many village children who would otherwise do without and supported Guide Dog training. They provided transportation for many months for a child needing eye treatments, in

Ottawa. In 1960, they paid for the Polio vaccine for the children in the village.

Many families who were burned out received funds and the Lions collected clothing and household items to get them started. The Calabogie Rink, where the Calabogie Bible Fellowship Church is now, received constant support as does the new rink in the village. They supported many families over the years and served as an unofficial Food Bank.

This is a mere drop in the ocean of kindnesses which they have provided since their inception as a club here. In the earlier days, they even purchased a fire truck for Bagot and Blythfield, as we were then.

The Christmas Season starts with the Parade on the first Sunday in December and the visit of old St. Nick. The history on the website only goes to 1992, so I cannot imagine the contributions since then.

They have built a bar at the Community Centre and they are trained and licensed to serve. It will make renting the hall for events much easier now with this service available. Contact a Lion to get the details.

One last thing, the club is to be congratulated on their gender equity. As of last year, women are now welcomed as members. I was so impressed when I heard that Calabogie was not behind the times! Congratulations to all those who voted in favour of this. It is the 21st Century after all!

Speak to a Lion if you are interested in joining this wonderful organisation.

Calabogie Food Bank



Peggy Williams, retired Assistant Manager, Scotia Employee presents a cheque for \$1,000 to the Calabogie Food Bank on behalf of Scotia Employee Volunteer Program. L to R: Pierre Demarais, Judy Herweyer, Board President, Peggy Williams, Pastor Bill Griffiths.

We are fortunate to have a Food Bank in Calabogie. This was initiated through the efforts of Diane and Bill Griffiths at Calabogie Bible Fellowship Church. While all three village churches are involved, it is located at their church at Mill Street. The organizational chart is in the midst of change at the moment. The Food Bank will be run by a Board of Directors. Newly elected President is Judith Herweyer. It will remain at the same location at 538 Mill Street.

On Sunday, July 9, Peggy Williams donated \$1,000 to the Food Bank on behalf of Scotia Employee Volunteer Program. This program encourages Scotia employees and

retirees to record volunteer hours and then apply for a charitable donation to the charity for which they have given time. What a wonderful corporate program! Along with Pierre Demarais and other local musicians, Peggy has logged many hours performing in several Kitchen Parties at the Valley Food and Drink Restaurant.

The money collected during the 'Pass the Hat' continues to go to our Food Bank. Another Kitchen party will be held in the fall. Watch for announcements so you can bring your talents and join in the musical hilarity for a good cause!

Oh, Give me a Home!

The first mating season of the cat world is over and the village is overrun with wee ones and Moms and Dads are anxious to pass on more of their DNA. This needs to stop! Kittens are so cute, but they do grow into mature cats with active hormones. The Calabogie Homeless Cat Caregivers are attempting to remedy this. As mentioned previously, I am a member of this group of concerned volunteers. Our colonies are full of cats and their offspring. We do this work on a shoestring...actually, frayed, broken laces! It takes a lot of cupcakes and empties to spay a cat, especially females. Right now, I have two females left, including the poor wee one with the missing rear right lower limb. There are many kittens in all of the colonies in the

village. If any of you have been feeding and caring for these growing families, please contact me, Sharon White or Allison Graham to let us know the genders of the cats since we seem to get called about availability. Having said that, we aim to capture, spay and neuter the feral cats and kittens, but we are NOT in the cat business!

We try to find foster and/or permanent homes for these furry friends. We accept donations of food, litter, time and of course money! You may drop Booze cans and bottles off at Shooter's, my house or at Calabogie Rustic Furniture on Murphy Road. However the biggest messages are, 'Spay or neuter your cats' and 'do not drop off litters of kittens here, or unsterilized cats!'



Skippy Hale is a Retired Nurse and Librarian. She and her husband settled here in December 1999. After her husband's death in 2014, she decided to stay in Calabogie where she enjoys many friendships and is engaged in several volunteer projects. The loves of her life are her 3 children, their spouses, her three granddaughters and one grandson. She keeps busy with arts, crafts and getting stories for the Highlander.

This column will seek to recognize historical individuals and locations of First Nation and Metis history in the Greater Ottawa Valley.

Traditional Algonkin Land has Always included the Madawaska River Region

By Noreen Kruzich

I stood at the Madawaska River. It's a powerful water way and carries many powerful stories. At least at its most downstream point before it joins with the Ottawa River, one cannot help but notice the many rock faces along its banks. Stories have been told in rock through pictographs and petroglyphs, and cairns, but sometimes the rock itself tells the story.

Algonkins journeying along this river offered tobacco at a specific rock formation as a way of recognizing its power, and often they did this for safe passage. It was known as the Wankan or Awankan Rock. The first peoples believed everything held a spirit. This rock carried a legend of holding a human spirit, that of an Algonkin woman.

The legend, passed down through the ages, went like this. The Algonkins of this area at one point in time were constantly in fear of attack from Iroquoian-speaking Mohawks from the south. At that time, a band of Algonkins had an encampment on a sandy plain, now known as the Flat Rapids. One such time when the Algonkins spied a group of Mohawk creeping into their territory, they decided to take action by planning an attack the next morning. A morning they believed would prove to be a bright and cloudless so that the sun would blind the Mohawks to their attack.

But the legend didn't begin on that day. It began two moons before when an Algonkin woman, the daughter of the Chief met up with a Mohawk man from that very



Awankan Rock painting by Gloria Laronde Tippins depicts the legend of an Algonkin woman and a giant rock in the Madawaska.

tribe. They fell in love. So much so, that she crept out of her encampment before the light to warn her lover and his tribe. She did not want him killed.

The story has been retold a few times and passed down by the sons and daughters of early settlers such as John Box Campbell and Janet Stewart Carmichael...



Awankan Rock sculpture by Gloria Laronde Tippins, owner of Awankan Rock Studio and Farm in Burnstown. The studio is not far from what came to be known as Johnstone's Rock. Could it be the actual Awankan Rock of legend?



"A photo of Agnes McLeod at Johnstone's Rock, which is now covered with approximately 35 feet of water." Photo and description from the book "Burnstown Remembered" by Margaret Robertson, Burnstown Publishing.

In their passage up the Madawaska the Indians had to portage from the foot of the Flat Rapids at Stewartville to a point higher up the river, and their pathway lay near the present travelled road. On one occasion, a tribe returning from a war-like skirmish on the lower Ottawa had camped on a sandy plain. Here they held a council over a complaint against the Chief's daughter. She was accused and judged guilty of notifying her lover, a young brave of the enemy's camp, of the intended massacre. For this wrong she was condemned, banished by her father... forbidden ever to return to her tribe. Her cries of anguish were heard by all, until they were cut short with one loud shriek. Next morning, driven by curiosity, the Indians went out to learn the fate of the condemned child.

There before them, in a worn path along the banks of the river, they found this

rock standing at about where her last cries were heard. They believed the rock to be erected by the Great Spirit.

Sometimes rocks tell stories. The rock remained sacred to the Indians, a creation of some greater energy.

Awankan in an old Ojibway dictionary is said to mean "enslaved" and the word wankan translates as "grave", as in gravesite. The Ojibway and Algonkin both speak an Algonquian language also referred to as Anishinabemowin (Anish-in-nabee-mow-win).

There is a rock in off the Burnstown shoreline, now some thirty-five feet under water in the current of the Madawaska just beyond the concrete supports of the old bridge. Photos of this rock in 1920, before the dams were built, show it to be quite large and by itself—a tall pillar. It was referred to

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by the settlers as Johnstone's Rock for a logger who drowned nearby. Is this indeed, as suggested by some, the same rock from the ancient Algonkin legend?

Gloria Laronde Tippins is Algonkin by heritage. She also happens, by no coincidence, to live along the shores of the Madawaska, right in the vicinity of the rock. Gloria's story, Algonkin heritage uncovered, which I heard now near twenty years ago, is not an unfamiliar story in the Ottawa Valley.

"I was always told I was French," I remember her saying. But she knew in spirit she was of the Algonkin Anishinabe also. "My father lived and died not knowing he was Algonkin." Gloria was able to uncover the truth a few years before our meeting. Especially in the early 1900's, Algonkin ancestry and native ancestry in general was often covered up by families or not spoken of for fear of prejudice, being overlooked for employment or being sent away to residential school among the reasons. Gloria, an Algonkin Anishinabe artist built her home and studio on a rock overlooking Burnstown, the Awankan Rock and river. Given her Anishinabe name just prior to moving to her new home was fitting, Manido Sibi Ikwe, Spirit River Woman and so too her home, Awankan Rock Studio and Farm. Rocks, she maintains, have always captured her spirit. Gloria says she learned that Wakan (spelled without the 'n') means Great Spirit or sacred or powerful to the Lakota people.

Sure, the Awankan Rock is marked a legend. Legends are symbols of bigger ideas. Truths are solid, they remain. The young woman banished from her tribe, no matter, she was still of this ancestral land.

When you enslave something you hold it, hide truth. The truth doesn't remove itself. Such is with the peoples who have lost their identity, their ancestral ways of knowledge, of living... it will surface.



Noreen Kruzich is the author of *The Ancestors are Arranging Things...a journey on the Algonkin Trail* (Borealis Press/Ottawa/2010) nominated by the publisher for that year's Governor General's award.

Kruzich was recently awarded the Prix Gemeaux for Best Research on the documentary *Trick or Treaty* written and produced by award winning filmmaker Alanis Obomsawin. Kruzich specializes in First Nation and Metis family genealogy and social history.

www.noreenkruzich.com

Children's Summer Program at Greater Madawaska Library Celebrates Canada

By Sharon Shalla



Children listen intently as GMPL summer student, Cassandra Mulvihill reads a Canada story.

Our Summer Reading Program has begun with a celebration of Canada in honour of Canada 150. Stories, crafts and activities are integrated into the program to bring children and families together in celebration. Our Storytime children recently participated in a Canada Day activity and came dressed in their red and white. They looked very patriotic!

On July 13th we had a special visit from Michelle Freemark, a local Canadian Author, formerly from Renfrew and now living in Almonte. Michelle returned to the library to share her very popular story "Emerald's Big Adventure" with the story group. This is a delightful book introducing children to multiculturalism and diversity. The story is told through a box of coloured crayons, and teaches children to accept all cultures.

We have many reasons to celebrate this great country of ours, one of them being the multitude of Canadian authors that have stood the test of time. Children's books by popular authors such as Jean Little, Robert Munsch, Kenneth Oppel, Paulette Bourgois, Marie-Louis Gay, Deborah Ellis, Phoebe Gilman and Lucy Maude Montgomery continue to be enjoyed by young and old. Be sure to

drop by and see our Canadian Children's Author book display during the month of July.

I'm pleased to announce that our Book Lending partnership has begun with the Matawatchan Hall Board. Lois and Mark Thomson visited the library recently to collect the first delivery of boxes that I put together. They were filled with books that will go into the lending collection at the Matawatchan Hall. It has been a desire of the library Board and CEO for some time to have a physical book collection in the Griffith-Matawatchan area in addition to our delivery service to the area, so this is a great beginning and a long time coming. The books are free to borrow for anyone in the township.

As I write this article, it is with a heavy heart that I reflect on a truly exceptional and inspiring member of our community and Library Board member. I learned today that Hennie Schaly has passed away. I am saddened that I will no longer have the pleasure of sitting in a Library Board meeting or engaging in book discussions at our Library Book Club with Hennie, or serving her at the library circulation desk. The world needs more people just like her. Rest in Peace.

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Adult Non-fiction

Green Planet Solar Power by Rebecca Pettiford
Hip Osteoarthritis Can be Cured by Susan Westlake
Now You Know Canada by Doug Lennox

DVDs

Billy Lynn's Halftime Walk
The Birth of a Nation
Elle

The New Griffith & Matawatch Mini Library by Lois Thomson

The new branch of the Greater Madawaska Public Library (GMPL) is now open at the Matawatchan Hall. Sharon Shalla provided the books to get this mini library started and people are donating their own books. It's only three shelves big at this point, but it has a very good selection of up to date books you can sign out for a month, a reference section with 70 local historical books for in-library use only, and the expanding "Drawer 12 - Wall in the Hall Museum" with local historical photos, drawings, paintings, fire tower records, DVDs and other writings.

The hall will be open at 9 am for tea & coffee socials and lunch every Saturday and the library is open any time the hall is open. Book donations and local historical images, records and writings are welcome and the GMPL will continue to refresh the selection. Thank you!

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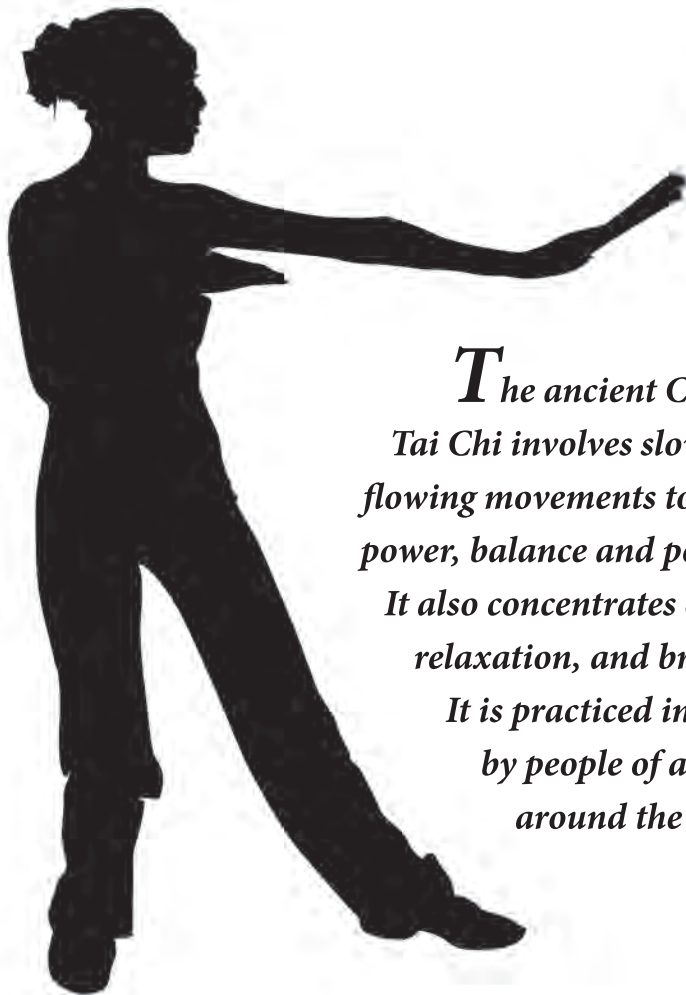
Live Better with Taoist Tai-Chi at Any Age By Ernie Jukes of Camp J

Well here it is..... the back nine of my life and it catches me by surprise.... as it will my amigos that follow. How did I get here so fast? Where did the years go and where did my youth go? I learned a long time ago that it is health that is truly wealth! And that's why I continue to promote Tai-Chi. Old is good in some things, like Old Songs, Old Movies, and best of all... Old Friends. Have you ever noticed how many good friends are gained simply by doing things you enjoy together? And its not like we really have to get old... It's about remaining young at heart and keeping love alive. Don't waste time on negative issues. Be proud of yourself. Be as active as possible, and have hobbies and shared activities that make you and others simply feel better. Find the humour in any situation. Be at peace and as happy as you can be. Did I say laugh? Yep ... laugh a lot!

The Taoist Tai-Chi Society was founded by Master Moy Lin-Shin in Toronto, Canada in 1970. The origin can be traced to the earliest periods of Chinese culture. It has sought to restore body and mind to complete harmony and is now in 26 countries. This practice so helped Master Moy regain his own health that he devoted his life to bringing its benefits to others as economically as possible.

On a huge property near Orangeville, Ontario the society built a Health Recovery and Training Centre where members from around the world could meet and train. It is now the Fung Loy Kok Institute of Taoism.

Queen's University in Kingston, Ontario offers a study of Taoism and it's



**The ancient Chinese exercise
Tai Chi involves slow, gentle,
flowing movements to boost muscle
power, balance and posture.**

**It also concentrates on mindfulness,
relaxation, and breath control.**

**It is practiced in varying ways
by people of all ages
around the world.**

connection to Western culture in modern times.....known as "Healthism." John and Winnie Hawkins both studied Tai-Chi at the Orangeville Centre and in Kitchener-Waterloo, Ontario. Being ardent RVers they would do it outside as they travelled across North America. Audrey and I caught up to

the Hawkins in PAL RV Park, in San Antonio, Tlayacapan, Mexico in January 1998. With others we learned the 108 moves right on the same clubhouse terrace we use today. The Lake Chapala, Mexico, Taoist Tai-Chi Group was born.

Dona Dean moved from Texas to Lakeside in 2000 and took over from the Hawkins in 2006. She ran a very solid group until her premature passing in 2010.

All teachers have known the importance of warm up exercises before the actual set. That class is still being run 3 times a week at the same terrace now called el Parque, by a dedicated couple. I have enjoyed them all!

Alice and Randy Tumblin arrived on Lakeside in 2007 from the USA and took over the Tai-Chi classes in 2010. They have successfully carried the group to a membership in high season of about 40 members, many of them Canadian snowbirds. Here's what a few of them have to say...

Derek Firth - *Ajjic, I have continued Tai-Chi for 14 years while living in Mexico because it relieves stress, maintains blood pressure, and helps my body balance in a land of cobble stone streets, preventing falls. Being among like-minded participants helps keep us socially involved.*

Don Chaloner - *Montreal, Age 91, Former Dental Surgeon and WW2 RCAF. I am interested in fitness without extensive gym workouts. I was advised by a Mexican amigo to try Tai-Chi and was delighted with the results. Within the exercises there is also an aspect of meditation. I would not hesitate to recommend it to anyone to achieve a level of well being.*

Heather and John Earl - *Cobourg, Ontario. After returning from China where people did Tai-Chi everywhere, our attitude toward this gentle exercise changed noticeably. They looked serene and fit! We just began participating in it while wintering in 2017 in Mexico. At first it appeared too gentle but the slow movements relaxed and strengthened stiff*

HERB

TOM LAVIN & THE LEGENDARY

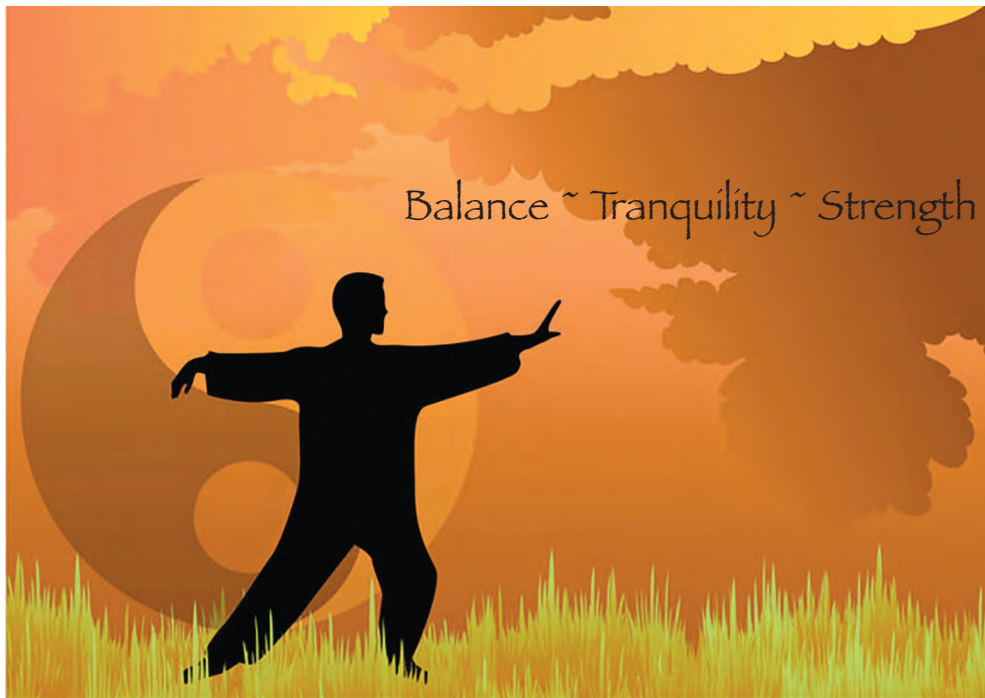
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joints without chance of injury. The more we exercised the more improvement we began to see in balance and range of motion.

It takes a while to become comfortable with the sequence, as one move flows into the next of this Meditation in Motion, but little by little it is coming, as are the benefits. When we return to Ontario we hope to find another nice group so that we may continue.

Ron Nigrini – Near North Bay, Ontario, Musician. *One of the first things I can say is that I miss it if I go more than a week without the exercises and the set. Tai-Chi keeps me adjusted and limber when I maintain a regular schedule. Three times a week seems my minimum and I prefer more. I commenced it at 55 years and noticed the positive influence on body, mind, and spirit almost immediately. I then realized I had taken my body for granted. Doing the set gives me focus, meditation and exercise while restoring balance and attitude. I simply feel better!*

I'm 68 years now and I know that Tai-Chi's gentle exercise will be with me for the rest of my life. And the beauty of it is – it's never too late to start!

Dan and Phyl Gaskell – Formerly British Columbia now Lakeside, Mexico, *We have enjoyed it for all the same reasons but would like to add, that once learned this practice has wonderful portability and can travel with you. And like Phyl's many dances it's finer in a flowing group.*

Soon it will be happening in Matawathan.

Well we all recognize that some exercise of some kind is important to feeling

better. Soft sports like walking, hiking, swimming, skiing, golf, tai-chi, even yoga or horse shoes have their place. Activities including gardening or gathering wood are also productive and fun at the same time, at least in our neck of the woods. Eating properly must also be considered valuable to longer life, and being active mentally and physically can always help you feel better. Fishing and hunting in season and canoeing or kayaking and camping are still great hobbies, particularly here amongst our endless rolling hills, thick woods and clean waters of North America's gigantic last wilderness.

You may or may not wish to stay aware of what is going on in this crazy world but keeping in touch with old friends is important at any age. Give advice, not criticism if asked. That could be an opportunity to remind younger folk that yesterday's wisdom may still apply very well today.

Embrace your golden years mentally as well. Life is too valuable to waste. Spend more time with happy people, it rubs off! Do things you like, such as going to the breakfast club, art galleries, the theatre, museums, even your family genealogy can be darned interesting. Learn Bridge and try some drawing or painting classes. How about writing a song? Is it ever too late to learn another language? However, when all is said and done, we all know that some physical activity is still required as we mature. Sure, use a cane if it helps. I enjoy Tai-Chi with a cane and a leg brace at the young age of 85. Do what you can and appreciate it with others if possible...the best may yet arrive? Enjoy! ...Ernesto

Researchers studied 1,500 people who had either cancer, heart failure, osteoarthritis, or chronic obstructive pulmonary disease (COPD).

The Tai Chi training programmes studied were for 12 weeks, with most sessions lasting an hour, two to three times weekly for 12 weeks.

Tai Chi was linked with definite improvement in physical capacity and muscle strength. The study was strictly observational, with no search for cause and effect.



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

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Madawaska Highlands: Nature's Medicine Cabinet

By Colleen Hulett



Mixed Forest: view from Eagle's Nest Cliff. Coniferous, Deciduous mix



Beech stand under a Maple canopy. Deciduous forest zone on the south side of a hill on Bear Claw Trail, Calabogie Peaks. The Beech is covered in bear claw tracks. Bears love Beech nuts, otherwise they have a very smooth bark



Hemlock Forest: Coniferous forest Calabogie



Boreal Forest: Lake St Pierre, Madawaska Highlands

Whether we realize it or not, our highlands are an iconic place to all Canadians and the world. When one thinks of Canada our thoughts usually turn to images of our four seasons or possibly to the exposed bedrock of the Canadian Shield made famous by the Group of Seven painters. A romantic place of forested hills, cottages, canoes, loons, rivers and lakes. Did you know we have more lakes in Canada than people? Did you know that much of these lakes are right here centered in the highlands? Unlike many Canadians living in other provinces, we highlanders

are fortunate to experience it all. We live in the world's "Canada".

Cooler than that fact is the Highlands are uniquely situated in a funky zone of transition. It's a zone where the northern Boreal forests mix with the southern Deciduous forests. Parks Canada on their website states that the following Deciduous trees: Sugar Maple, Red Maple, Basswood, White Elm and American Beech are at their most northern limit here in the highlands. Similarly, northern Boreal trees: White Spruce, Black Spruce, White Birch, Jack Pine and

Balsam Fir have reached their southernmost limit in the Madawaska Highlands. In other words, these trees cannot be found past their zone limits but thankfully intermingle with our resident trees, namely, Eastern Hemlock, Yellow Birch, Red Pine and White Pine. I can confirm that our mixed forest makes for a very interesting hike around the highlands. For example, on the Manitou Trail system at Calabogie Peaks one can hike through an Eastern Hemlock forest, a Maple forest, a Beech forest, etc., all on the same trail depending on which side of the peak's slope you are traversing. Switching from one forested area to the other is obvious as the trees change, the canopy changes, the temperature changes and so do the plants living among the trees in question.

Living in a zone of transition, plant species from Ontario's southern zones spread up to the highlands to reach their northern limit and Northern Ontario plant species come down to their southern limit. This makes the Madawaska Highlands an important place for hikers and plant lovers like me because here we are immersed in a variety of flora. In fact, did you know that approximately 70% of plants species indigenous to Canada can be found right here in our back yard? As you can imagine many of these plants found in the area are medicinal in nature. A natural 'medicine cabinet' so to speak. Something our First Nation peoples have known forever. More importantly, and

much to our delight, Canadian traditional medicinal herbs can be found flowering on hikes in the Madawaska Highlands. A good guide can help you identify them as timing is everything here in the highlands due to the changing seasons and types of forest.

Several healing herbs found in the Highlands were used extensively in 19th century modern medicine. Unfortunately, there are too many examples to give you here in this article. For your enjoyment, I'd would like to share knowledge of three medicinal herbs found scattered throughout the highlands and why they were sought out and used in the past century by many physicians. These herbs are the Maidenhair Fern, Bloodroot and the Yellow Lady's Slipper.

MAIDENHAIR FERN

The Maidenhair fern is beautiful and easy to find in the rich woods and limestone ravines of the Madawaska Highlands. It is distinctly shaped like a horse shoe (see picture) and is very delightful to view. It was highly valued in 19th century modern medicine as a cooling herb with expectorant and anti-rheumatic actions. There are several types of Maidenairs around the world but the Canadian perennial Adiantum Pedatum was the most sought-after variety, according to Mrs. Grieves in her 1930's herbal compendium. She states the whole fern was used in cough syrup form and administered to those with phlegmatic colds and feverish flus. As expected, First Nation peoples used



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Bloodroot, Calabogie Woods



Yellow Lady's Slipper Wabun Lake, Madawaska Highlands



Maidenhair Ferns Calabogie Woods

the fern for the same reasons but also brewed the stems in a tea to rinse the hair, make it grow, appear darker, healthier and shinier. The earliest written mention of the medicinal properties of Maidenhair fern was by the ancient Greek physician, pharmacologist and botanist Dioscorides (circa 40-90 AD). His medical book was widely used for over 1500 years. In the 1700's, Maidenhair Fern was an ingredient in a well-known syrup called Capillare and was used to flavour cocktails. Today we sell this beauty of a fern in fine garden centres to enhance our yard.

BLOODROOT

Bloodroot is another common medicinal herb found throughout the highlands in the early spring soon after the snow melts. My favourite hikes are undoubtedly when a blanket of bloodroot is flowering under the deciduous trees. As suggested in its name, when one cuts the root it bleeds an orange-red staining juice. The root has long been used by First Nation peoples as a dye for their bodies and clothes and has been successfully used by American and French artists in the 1900's. Bloodroot is part of the larger Poppy family and contains many alkaloids. One such alkaloid is Protopine that is also found in Opium. (Caution: Bloodroot is listed as a toxic herb with Health Canada and not recommended for use). Bloodroot is an emetic, cathartic expectorant and emmenagogue. Traditionally, according to many sources, the root juice has been valued for its medicinal use in asthma, bronchitis and croup. Mrs. Grieves suggests that the taste is so 'nauseat-

ing that it may cause expectorant action.' Too funny. Either way it works. In her book *The Modern Herbal*, bloodroot was used in minute doses for congested lungs, nervous irritation and helpful in slowing down the heart rate. The fluid extract was applied externally for ringworm, fungus growths and ulcers and "cancerous affections". Mrs. Grieves explains the symptoms from toxic doses of Bloodroot are a burning stomach, intense thirst, vomiting, faintness, vertigo, intense prostration with dimness of eyesight. Herbalists Foster and Duke also mention Bloodroot was used by First Nations Peoples for bronchitis, fevers, laryngitis, and as an emetic. Formerly, in the states, Bloodroot was also an ingredient for cough syrup and used as an arterial sedative.

LADY'S SLIPPER

Lady's Slipper plants are scattered throughout the highlands. I took my photo of the picture included in this article from Wabun Lake. They bloom between May and July in rich woods and Bogs. Yellow lady's Slippers were more common in the past but heavy harvesting for medicinal use in the last century has decreased its population. Did you know the highest concentration of Lady's slippers in the area (and possibly highest in Canada) is found right along the Ottawa River near the Braeside quarry on private property? No worries, you can take the McNamara Trail in Arnprior near the end of June to the beginning of July and see a spectacular close view of this medicinal herb in large numbers. Yellow Lady's Slipper was used as a

gentle nervous stimulant and anti-spasmodic actions. According to Mrs. Grieve, the Yellow Lady's Slipper was commonly known as American Valerian, having the same properties as Valerian but in a milder form. Several varieties of lady's slipper (including the pink one) were used around the world by physicians but our Canadian variety found here in the Highlands, *Cypripedium pubescens*, was the most sought-after Lady's slipper around the world. At the time of the books publication in 1931, American Valerian was still being officially used in the United States pharmacopoeia to produce a fluid extract for physicians. According to herbalist Foster and Duke the Yellow Lady's Slipper was widely used in the 19 century America as a sedative for nervous headaches, hysteria and insomnia, nervous irritability, mental depression from sexual abuse and PMS symptoms.

One can envision, from learning a little history about the three plants above, how the Madawaska Highlands was a very resourceful and important place in our 19th century medicinal history. We really do live in a natural medicine cabinet of the past. Today, hiking in the Madawaska Highlands, is like walking back in time as I look for the same flowers our medicine men and woman searched for so long ago. Knowing we live in an important and fruitful zone of transitions is also realizing we live in a zone with a constant pulse. The heart of Canada.

Please Share this article with a child.

Glossary

Alkaloid: A large varied group of nitrogen-containing compounds, usually alkaline, that react with acids to form soluble salts, many of which have physiological effects on humans. Includes nicotine, cocaine, caffeine, etc.
Anti-Inflammatory: Reducing or neutralizing inflammation.
Anti-Rheumatic: Counteracting rheumatism.
Anti-Spasmodic: Preventing or relieving spasms or cramps
Emetic: An agent that induces vomiting.
Emmenagogue: An agent that stimulates or increases menstrual flow.
Expectorant: An agent that induces the removal of mucus secretions from the lungs.
Nervous Stimulant: An agent that affects, strengthens or calms the nerves.
Sedative: Promoting calm or inducing sleep.

Sources:

A Field Guide to Medicinal Plants and Herb of Eastern and Central North America. Steven Foster and James Duke, 2nd Edition. Boston 2000.
 A Modern Herbal. Mrs. M. Grieve F.R.H.S., 1st Edition. Great Britain 1931.

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. Hulett.Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



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Wasn't That a Party! Canada 150, Cloyne Pioneer Museum & Archives Season Opening, Benny's Lake Heritage Park Dedication
By Marcella Neely



After days and days of rain the sun emerged on the morning of Saturday June the 24th and guided the entire celebration. A large crowd gathered to recognize this special occasion jointly organized by the Township of North Frontenac, Mazinaw- Lanark Forest Inc., Land of Lakes Garden Club and the Cloyne & District Historical Society.

Musical groups entertaining were the Pickled Chicken string band, Tunes and Tea Ukulele band, First Nations Drum Band, Bon Echo Rocks Choir, and French soloist Martine Buissart.

Eileen Flieler recited a poem about Benny's Lake, Carol Morrow presented the Museum with a beautiful quilted work depicting provinces and territories of Canada, Benny's Lake Heritage Park was officially recognized with ribbon cutting and speeches. Hand painted floral art by the Land of Lakes Garden Club was displayed on the museum walls, the new footpath and newly planted trees in the park were introduced.

We were honored by the presence of Mayor Ron Higgins (North Frontenac Township) and Reeve Henry Hogg (Township of Addington Highlands). Uniquely Cloyne sits

partially in both townships. Mayor Higgins acknowledged the work of volunteers and Reeve Hogg reminded us of the devastation of the park by the microburst in 2002 that necessitated the replanting that was done by Mazinaw-Lanark. Also adding greetings was Chief of the Shabot-Obaadjiwan First Nation, Doreen Davis and MP for Hastings-Lennox and Addington, Mike Bossio.

The 2018 Heritage calendar was available from Cecily Matacheskie and Wendy Hodgkin unveiled her Irish Chain Quilt being raffled for the museum.

Many volunteers and donations made this celebration possible. We are humbly appreciative.

More information and photos at cloynepioneermuseum.ca and Flickr. At the museum during July & August every day 10 to 4.

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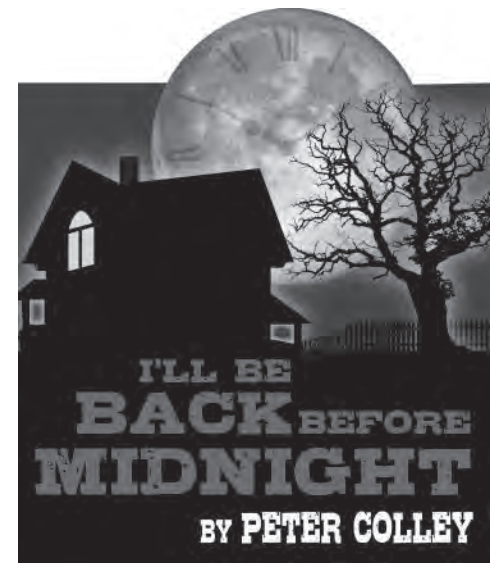


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July 21 to August 13



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If you enjoy the edge-of-your-seat anticipation of an Alfred Hitchcock psychological thriller, you'll love this "gaslighting" tale of a young couple who rent an old, spooky country farmhouse. Is our heroine really seeing and hearing things, or are they the after-effects of her recent nervous breakdown? And just who is that mysterious farmer from down the road? You'll discover why this is the most widely-produced Canadian play (*Globe and Mail*), a hit in over 30 countries worldwide.

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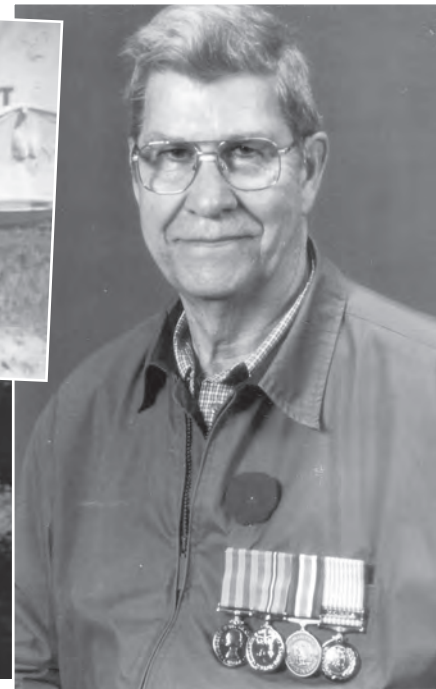


Over the Hill(s)
By Howard Popkie

The first years of my life I went over the hills from my old log home in the bush to Black Donald with my Mother to go to Jack Wilson's Store, or to the Catholic Church on Sunday. Soon I was travelling the path each weekday with my brothers Rueben and Donald to get to school.

On my first day of school I went over the path with my two brothers. On the way we could hear my first cousin Ruth Stubinsky on the road coming from the powerhouse singing the song Paper Roses. We met at the Church and my cousins Mervin and Bert were with her. Mervin was my age and even though we were both seven years old, he was a year ahead of me in school. I had to be big enough to make it through the snow on our bush path in winter, so started school a year late. He handed me a marshmallow candy on a toothpick he carried in his hand all the way from home where they all lived at the powerhouse.

I came into the school and the teacher gave me a seat and some Plasticine to play with. I got a small piece of it and rolled it on my desk to make a snake and used my pencil to poke holes for eyes. Then I made some animals with a head, four legs and a tail. The teacher asked me what kind of animal it was and I told her I didn't know, because it wasn't very well made. I got out my Grade One Reader I had just bought at Jack Wilson's Store. It cost 4 cents and was called Mary John and Peter. I looked at all the coloured pictures in it that day and it took Frank Legris a year to teach me how to read it. I learned how to add and count and after a year I was all ready for grade two.



I went on the path until I was 15 years old in September of 1950. My Dad wasn't big on school. For some reason he failed grade one three times and quit. He told me I was old enough to find my own way in the world.

My brother Rueben had an army truck to haul logs and drove me to Calabogie, where I took the Kick & Push Railway to Woodstock Ontario. The Kick & Push is a nickname for the K&P Railway. It was supposed to go from Kingston to Pembroke, but never got there, only making it over rough terrain as far as the Town of Renfrew, where I was born just 15 years before.

I was 16 years old by the 29th of September that year and I spent the winter building houses for Howard Losee. I lived with Howard and his wife Lorene at 149 Waterloo Street.

Woodstock was really a small town, but huge compared to Black Donald. As I walked the streets of Woodstock, I saw an army tank for the first time. It was parked at the armouries where the army cadets lived. I always wanted to be a soldier and went in to see them and very willingly became a child soldier on the 18th of June 1951. I was 6 feet tall and 200 pounds and they liked me as much as I liked them, so I signed up to be a cadet in the Oxford Rifles Light Infantry right on the spot.

The Oxford Rifles was a reserve army named that because Woodstock is in Oxford County. I got a battledress uniform with new boots, a hat badge and web belt. It was the first all new suit of clothing I had ever worn and I was very proud to wear it.

We drilled in the drill hall with a 303 rifle for a half an hour, then the bar opened up at a corner in the drill hall. There were a lot of old men in the Oxford Rifles that wanted to play soldier. Today the cadets are all kids, but in the early 50s it was called the Home Guard.

I didn't know if they would serve me beer, so with my web belt on upside down, I approached the bar where a Corporal was popping off the tops from the beer and asked him if I could drink beer in here. He said, "If you're old enough to join the army, you're old enough to drink beer." So I said, "Set her up!"

I was in the army now, but the Oxford Rifles wasn't a fighting unit and I wanted to go to war, like my Uncle Charlie had when he helped liberate Holland in WWII.

By the 16th of June I got a transfer to the PPCLI. I had to go to London Ontario to join. They thought I looked too young and sent me back to get a letter of permission from my mother.

Hell I was 16 years old. I was no damn lad! I backed up time for my birthday by three years so I would be a man of 19 on paper and asked Lorene Losee to write me a letter and sign my Mom's name on it. She was a churchgoer and said no. I knew a girl my age at the restaurant that was a waitress and I was wearing my gold medal that I got from the Gold Medal People in Toronto for selling seeds and Christmas, Easter and Valentines cards at Black Donald. I sold \$100 worth for 5 cents each to get the Gold Medal.

I told the waitress I got the gold medal for boxing and I would give it to her if she would sign my Mom's name to give me permission to join the army, because my Mother wouldn't do it. She said I had no business trying to go to a war in Korea.

In those days you didn't use a whole sheet of expensive paper to write a note, so the girl in the restaurant wrote what I told her, "I give my son Howard my permission to join the army. Yours Truly, Beatrice Popkie." and tore off the part she wrote. I went to London with the scrap of paper that got me in the PPCLI.

I trained for a year and then it was time to leave for the PPCLI in Alberta. My mother wrote a letter to the army and said she hadn't signed permission and she didn't want me to join the army because I was too young to be in the army, but it was too late for her. My Captain of the Machine Guns knew me well by then and he tore up the letter and threw it in the waste can. He looked up at me and said, "I never got this letter."

By the time I was 16 I was in a famous regiment, the PPCLI and training to go to the Korean War. While the kids were reading stories in school like Sally in the story "Hoop Skirts", Robin Hood, The Mad Tea Party or poems like The Boy with the Little Bare Toes, I was getting educated in rifle and bayonet with range qualification. I passed 1st Class Light Machine Gun with range qualification, Grenades, Battle craft and tactics, Fieldworks, Field crafts, Watermanship, Personal Survival, First Aid, Mine Warfare. I was so good with the water-cooled Vickers Machine Gun I stayed with it all through the Korean War.

When I was in Wainwright Alberta training for my first year, I missed the days when I went over the hills to school and I would lay in my tent at night and picture in my mind every turn and dip and creek crossing that I travelled on my way to school.

In some way I must have fallen in love with my path back home, because after I trained in the army for a year I got a month's leave to come home. I came on a train to Renfrew and took a taxi to Black Donald after I bought a 24 of beer at the liquor store. When I got to the Black Donald Store I left the taxi behind because I wanted to experience one more walk over the old path to school. By now it was dark at night and I finished my second beer by the time I could see the dark outline of my log home. As I came down the path to the house I heard the patter of running feet and my big dog Shep came racing up the path to meet me. He hit me right in the chest with his big body with a paw over each one of my shoulders and licked me smack on the face, tail wagging and jumping for joy. I have to say all the time I went over the hills on the path, this one was the best one I ever took.

Now that I'm old I am over the hill myself. Somehow when I was climbing those hills, my name got changed from Howard to Mr. Popkie, but I'm the same person now as I was then.



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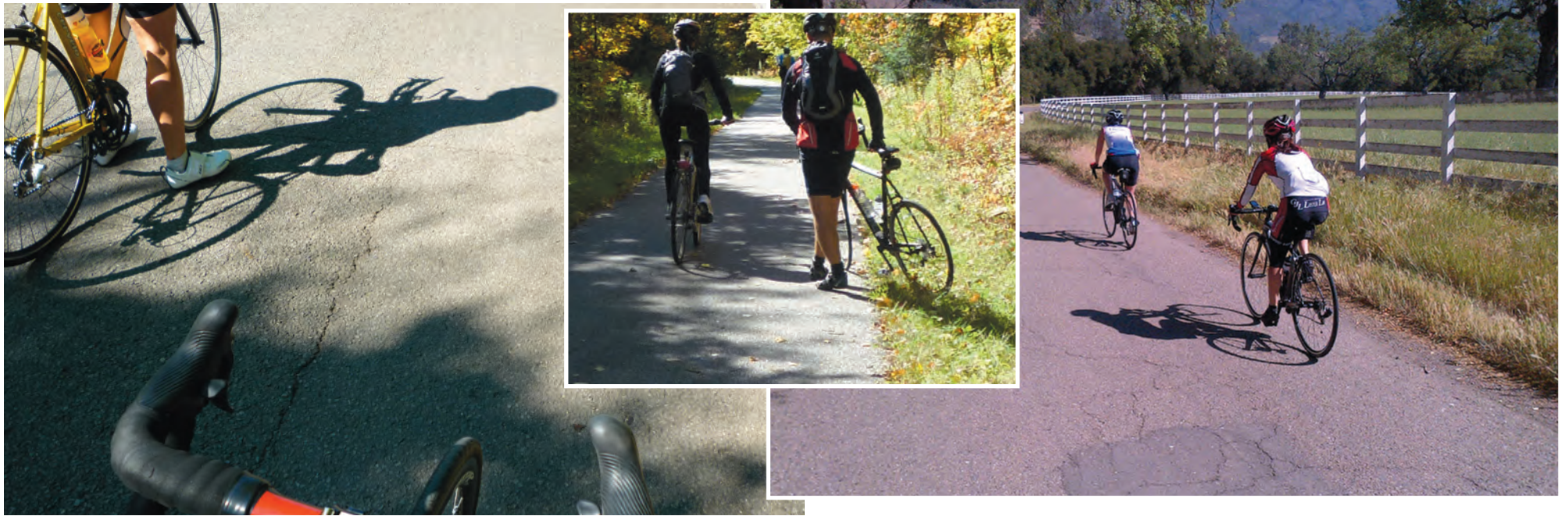
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Growing Momentum for Cycling

By Lesley Cassidy



Time flies along the trail as we regain the feeling of freedom and escape that we felt when we learned to “fly” on our bikes.

A bicycle. Two wheels, a seat and handlebars and as a kid you could pedal it and go anywhere. Across town, along the hard-packed trail or over to the beach to hang out with friends. Then, as we became teenagers, our attention was turned to a driver's license, car, all-terrain vehicles and our bicycles sat abandoned, unused in garages and barns. And somewhere along the way we forgot that wonderful feeling of riding a bicycle we enjoyed as a kid.

Participation in cycling is increasing, as a choice for transportation, to run errands, to enjoy a ride through town with the family or to explore new countryside. Volunteer organizations, municipal governments, cycling clubs and public health units are working on making cycling safer in the Province of Ontario through the paving shoulders of roads, designating cycling routes with signs, developing cycling route maps and promoting “share the road” campaigns.

Ontario recently developed a cycling strategy, however, most cycling infrastructure and changes are found in large urban areas. These urban centres typically enjoy support from a larger tax base, more volunteer resources and numerous multi use paths, canals and streets that connect different neighbourhoods together. Rural areas have tougher choices with a limited tax base, hundreds of kilometres (or thousands) of roads connecting communities and towns, and many competing demands. The good news is that numerous rural areas in Ontario are making cycling safer for residents and visitors and promoting cycling to bring tourism dollars to their communities.

Not far from the Ottawa Valley, in another County with many lakes, summer tourism, rolling quiet country roads and spectacular scenery is Haliburton. It is nestled just to the west of the Ottawa Valley and through the dedication of a team of volunteers working with public health, local businesses and governments, they developed a Cycling Strategy in 2008 for the area. Their Strategy outlines realistic ways to improve safety for cyclists and attract cycle tourism to the region. As Sue Shikaze from the Haliburton, Kawartha, Pine Ridge District Health Unit states: “the Master Plan sets the vision and it was a way to engage the community and council in a discussion about cycling”.

Haliburton's work in cycling is unique because it was led by volunteers who secured funding through two grants to develop the Plan and moved it forward – it was

ahead of its time for a large rural area.

And the cycling plan is working for Haliburton. There are more visitors coming to the area with their bikes to cycle as part of their vacation. Cycling maps for Haliburton are updated regularly and a “Share the Road” campaign, with signage and spring radio announcements remind cars and cyclists to share the roads. The County has paved shoulders on over 60km of roads, somewhat intermittently, and has a plan in place to pave shoulders on roads that are being redone as part of their infrastructure spending program. A commuter challenge is also run each year. As well, the Ontario by Bike website lists several bike friendly accommodations, attractions and restaurants in the Haliburton area. Ontario by Bike is an important network that works with the tourism industry to certify and promote bicycle friendly businesses in Ontario.

In the Ottawa Valley, there are well over a thousand kilometres of quiet forested rolling roads, several rail trails, lakes, less traffic and numerous communities with interesting attractions including museums, craft breweries, fishing, white water rafting, artist studios and restaurants. In many local communities, cycling or active transportation plans are in place or being developed, cycling maps and routes are being planned or are already complete and shared online with important information about length of route and cyclist level, and kilometres of shoulders are being paved.

Mississippi Mills (Almonte) has made significant progress in developing a cycling friendly town. Starting with an Active Transportation Strategy that has been endorsed by council and is being implemented through the dedication of an active volunteer base and several committed staff and council members. By the end of 2017, 175 kilometres will have both shoulders paved out of 561 kilometres of County roads. Mississippi Mills also has an active bicycle month (June every year) with numerous rides and activities focusing on promoting and encouraging cycling, parking for bicycles at schools and libraries and some government and business buildings, and painted bike lanes. Honourable mention was given to Mississippi Mills by the Bicycle Friendly Community Award Program in 2014 that is part of the Share the Road Cycling Coalition in Canada. Feedback received noted: “The encouragement and educational efforts taking place in Mississippi Mills are exceptional for a small community”

Progress is slower in Renfrew County. It is the largest county in Ontario and it is responsible for 810 km of arterial roads. It has an approved Trails Strategy that addresses cycling as part of trail management. Active transportation policies have been developed and the County has over 170 kilometres of paved shoulders which are interspersed throughout the County. The Ottawa Valley Recreation Trail, a partnership with Lanark County and the Township of Papineau-Cameron, is a former rail line being acquired from Canadian Pacific with 218 kilometres within the Renfrew County boundary which will connect numerous communities within a few years. Ron Moss, Secretary of the Ottawa Valley Active and Cycling Transportation Alliance (OVCATA) shares that as “more cycling infrastructure is in place in the County, more visitors will come”.

Building infrastructure is critical to cycle tourism success. A recent Cycling Tourism Plan developed by the Provincial government just released in 2017 indicates that: “Cycling and trails tourism was identified by stakeholders as a crucial area for both government and industry to work together. There is an opportunity to build on existing cycling products, experiences and infrastructure to position Ontario as a premier cycling tourism destination”.

Cycling Tourism is one area the Ottawa Valley could really benefit from. This Tourism Plan and other past studies highlight that cycle tourism is increasing as areas become better known as bicycle friendly

destinations. It is still a small industry that is starting to show economic promise with 1.7 million cycling visits, accounting for 1.2% of total tourism visits to Ontario. Cycling visitors spent \$428 million, or 1.8% of total visitor spending in Ontario. Two new bed and breakfast associations that cater specifically to cyclists have formed. As well, cyclists generally spend more money per trip than other visitors, spending \$255/trip compared to \$171/trip for total visitors.

Recently, the Province of Ontario announced \$50 million dollars towards municipal cycling programs. More importantly, the funding is not simply geared to urban areas, there is a rural component as well. One stream is geared to smaller municipalities with populations of less than 15,000 of which there is up to \$25,000 available on a first come basis to be put towards new cycling infrastructure or enhancing what a community has already started to establish. The funding will pay 80% of the approved projects costs. This is good news for Renfrew and Lanark County residents and tourism. As Ish Theilheimer, a Director of the OVCATA said about the future: “I hope my grandchildren can take advantage of good cycling infrastructure to ride safely and happily in Renfrew County”.

And no doubt if we pulled out our rusty bike, dusted it off, added a little oil to the chain and took it for a ride, we might be able to remember that happy feeling we had as a kid riding a bicycle.

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Doing Great Things on Other People's Money

If it seems that all the good cultural, social, educational and health activities happen through the hard work and passion of volunteers, it's because it does. The charitable and nonprofit sector includes small community service organizations as well as large hospitals, public libraries and universities. In fact, most of the things we love about our own communities and our country are only made possible through volunteers who work without compensation to achieve common goals. Although they are non-profit in a monetary sense, their output results in an immense profit, or benefit, to Canadian society.

In 2013, the vast majority of Canadians (82%) gave over \$1 billion annually to Canadian charitable and nonprofit organizations, which contribute an average of 8.1% of total Canadian GDP, more than the retail trade industry and close to the value of the mining, oil and gas extraction industry combined. That's a lot of people doing great work with other people's money!

About 44% of people aged 15 and over are involved in volunteer organizations, a figure that is among the highest in the world. This high volunteer involvement and well-controlled balance between boards and funding is what makes Canada such an exceptional country to live in, but it's a lot of money being handled by boards of varying skills. Most of the time this goes very well, but it is the responsibility of each board of directors to make sure they know which Act governs their actions, and current rules and procedures. Malfeasance or misunderstandings can cost the directors personally, could destroy the reputation of the non-profit and confidence of the community.

Don't assume the status quo is correct! Ignorance of the law is not a defense.

Laws change and the previous board might have been operating on false information. If you were a director of a registered charity and later join a public library board, the rules are quite different. One thing all boards have in common is that no board member can profit from the decisions of the board and board employees cannot serve on the board that hired them. Municipal boards can't have municipal employees on their boards and less than half the members can be on council. The other thing you can count on is that transparency is essential. When we dim the lights of transparency, conspiracy theory monsters emerge. Know the rules, follow the rules, keep up with changes, be transparent, and you should have no problem.

The good news is that governing bodies that create the Acts also provide excellent guidance for volunteers and boards to help them stay on track to achieve their intended goals. Plus there are board associations and non-profits who help other non-profits, such as the ONN, which is an "independent network focused on policy, advocacy, and services to create positive change for Ontario's nonprofits and charities". And there's Imagine Canada that offers "programs and provide resources that help strengthen charities and their operations, so they can, in turn, support the communities they serve."

As well, the Ontario Ministry of the Attorney General has a page "Charitable Donations - Get the Facts Before You Give", intended to protect people who donate. Large sums of other people's money make tempting targets and people deserve to know that their donations will be used properly.

By now I'm sure you heard about the Ontario150 Capital Communities Program grant the Matawatchan Hall received to winterize the hall. And you might know that



The Matawatchan Hall will serve the community for generations to come. I'm the current president. (full disclosure).

Before getting the grant, the hall scraped by with support and an annual grant from GM Township, earnings from events and the occasional donation. It was hard to get donations to winterize the hall, because what turned out to be \$74,800 for the work seemed impossible to achieve and the board was scrambling to keep up with repairs, largely caused by effects of the freeze-thaw cycle. No one wants to put their money into a black hole with no perceived results. This is the kind of situation where it makes sense to apply for a grant - assistance out of the hole.

All grants are considered to be investments that will achieve quantifiable results. Funders make sure they aren't throwing money into a black hole, either.

The grant was never about fixing up a building. It was a leg up to create 3200 square feet of new space (in winter) and affect the lives of approximately 1,117 people in the area the hall serves in the remote parts of three counties. Now that people know the work is being done, they are generously donating to our "Almost There - Toonie or Two Renovation" campaign to help us repay a loan from the township, and to complete other repairs and upgrades. Community support is amazing and this is exactly why the province, township and Fish & Game Club invested.

Their investment is already paying off. With the assistance of the Public Library, we now have a "mini branch" with current books. Just sign it out and return it later.

Many people have offered to lead new activities and revive old favourites. Some of these programs have already begun. Most are free, or "goodwill offering", but there's no reason why people can't charge for lessons to cover supplies and make a little money, too, so whoever leads the activity does not have to pay a fee to the hall.

We have people ready to lead: Tai Chi, painting & sketching, pottery (hand building), paper embossing, glass painting, beginner bridge, twig furniture making, knitting and crochet, bake your own bread in the adobe oven, multi-cultural cooking, group canning and preserving, horseshoes, bocce, badminton, jam sessions. All of this came out of one meeting at the hall on July 8.

Every Saturday we have coffee, tea and baked goods socials from 9 to 11 and lunches provided by local chefs. Where the proceeds go is up to the cooks. The hall and board members can't profit, but local cooks, restaurants and charities certainly can. The hall's mandate is to "take and active interest

in the civic, cultural, social, and moral welfare of the community", not just to maintain a building and rent it out.

For example, Saturday August 5 from 9 am 'til 2 pm is our Treasure Hunt (Yard Sale) that is put on in conjunction with St. Andrew's United Church's Rummage and Bake Sale from 9 am - 1 pm on the same day. Greater Madawaska Seniors Housing Corp. volunteers will put on the lunch at the Matawatchan Hall, with all proceeds going to their cause.

A little further down the road at Holleran's Hideaway is the Fish & Game Club's annual Pork Roast & Redneck Golf Tournament starting at noon (everyone welcome). They consider the Matawatchan Hall to be their official clubhouse and a big result from their investment is they'll never have to face frozen waterlines again during their Ice Fishing Derby at the hall. Yay!

We are calling our new activities at the hall Matawatchan Mashups, because they will be a bit of everything, with some things happening at the same time. If you are interested in participating in any of the events or would like to lead an activity of your own, drop by the hall and sign up or just show up on Saturday mornings from 9 am to mid - to late afternoon (this will firm up later). You will see a large MASHUP SIGNUP HERE sign at the front of the hall. The sign up sheets for all of the activities listed in this article are on the bulletin board to the right, outside on the porch. When we get enough signatures for any activity we'll schedule it on the day of the week that works best for your group. After that it will be pretty much self-directing.

But wait. There's more! **We invite everyone out to celebrate our renewed community vitality on Saturday August 19 from 3 to 7 pm during our annual Corn Roast BBQ.** This will be a media event with representatives from the Ontario Trillium Foundation, our Mayor and Ward councillor, and MPP John Yakabuski (to be confirmed) for the ribbon cutting and plaque presentation. Mostly though it will be live music in famous Madawaska Highlands style, historical displays, good food and another chance to sign up for your favourite Matawatchan Mashup activity.

It's exciting to see what can happen when volunteers use other people's money wisely and with full transparency for the benefit of the community. It's equally exciting for the people who work for agencies such as the OTF to see good results from the decisions they make.

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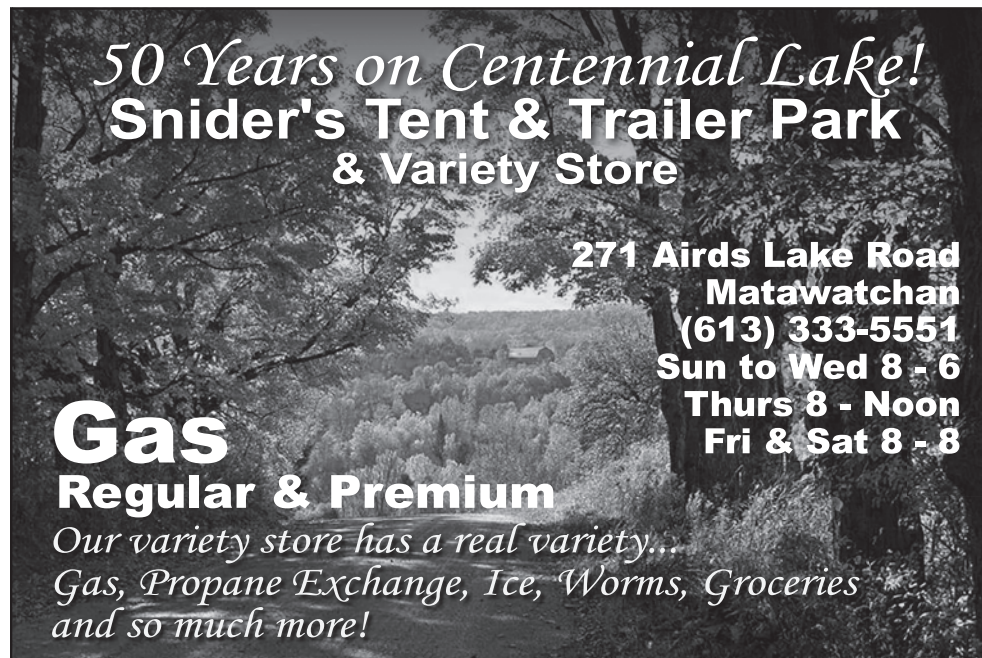


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Changing Health, One Foot at a Time

By Susan Veale

A recent Internet quote reveals that an average moderately active person takes around 7,500 steps a day. If you live to 80, and walk with an average stride, the distance covered is about 216,262,500 steps. This equates to around 110,000 miles or 177,027 kilometers. So how important are your feet?

Could they be your path to better health?

Anatomically, the feet make up one fourth of the body's bones. Each foot has 26 bones, 33 joints, more than 100 tendons, muscles and ligaments and about 250,000 sweat glands. Now you know why your feet sweat so much.

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able for disease.

The body is divided into zones. This energy travels through these zones. In the practice of Reflexology, reflex points throughout the body correspond to organs and glands mapped to areas located on the hands and feet. Reflexology uses gentle pressure on these specific mapped points to stimulate a particular organ or gland. This will help maintain the flow of energy up and down the body.

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old or chronic lung problems such as in asthma, bronchitis or the after effects of smoking.

After a Reflexology treatment, independent research has shown people feel more relaxed, calm and sleep easier. Some people feel immediate relief such as a release of sinus congestion, constipation and edema. Often the feet become more "awake" and in cases of neuropathy, an increase in feeling may occur. Long term benefits of Reflexology include a decrease in PMS symptoms, increased immune response to cold and flu virus and reduction of muscle pain.

If you are having health challenges or wish to relieve tension, why not start from the bottom up and favour your body and feet through the comfort of Reflexology.?

For an appointment, contact Susan Veale, BSc. Kin. Certified Reflex Therapist. Wellness Natural Health Centre Calabogie 613-752-1540

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: 613-752-1540



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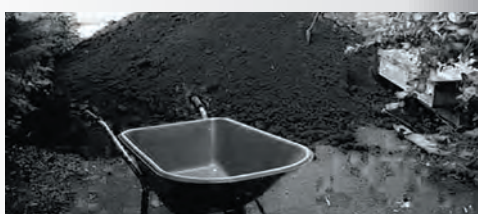
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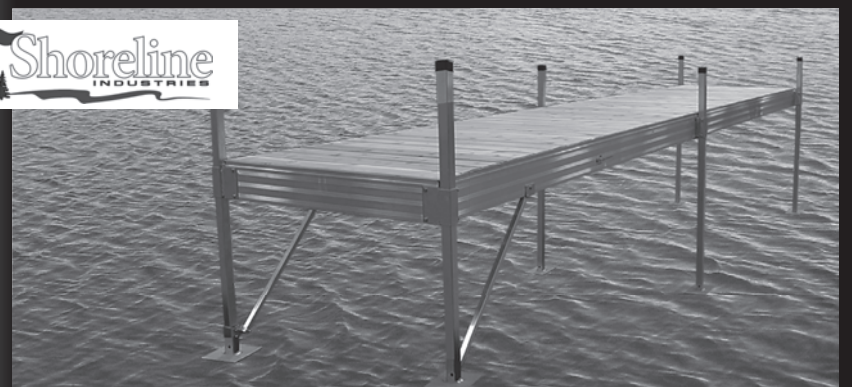


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The Dreaded PB!

By Antonia Chatson



You think I hate potato bugs... It seems any time American troops went to Europe the bug followed. Cold War posters claimed American planes were dropping bugs behind the iron curtain. If it's true, it's too bad they didn't drop ALL OF THEM!

It is difficult to know which creature takes precedence in the number one role of annoyance to the gardener - the potato beetle or the raccoon. I think it would have to be the potato bug, for it manifests itself at the first sign of the emerging plant, till the day it dies to the tenth generation of plants that are planted in the same patch. The coon makes his appearance for a couple of weeks just before the corn is ripe to when he can destroy what is left of the last cob, at the end of the season.

I have heard the story that once a cargo ship was held up in the harbor and quarantined

because they had found one potato bug on it.

The potato beetle is ubiquitous and seems impervious to any discouragement. It has to be the most resilient creature in the universe and the most hardy. It survives sub zero temperature down six feet in the ground, to surface the following spring on the first tender tip of a potato plant that surfaces above the ground - gung-ho for anything the weather or the gardener will throw at it. Picking them is the most sure fire manner of destroying them and tenderly placing them in a tin of gas. But with the rising cost of gas it is becoming eco-



A beetle can lay up to 800 eggs a lifetime
A larva can eat 40 sq cm of leaf a day

**IN ALL PHASES,
SQUISH 'EM!**



Who knew potato bugs can predict the weather? Squish them anyway!

nomically prohibitive to grow potatoes! I am sure that if you sat beside a potato plant for a day, you would have a full time job picking them off as they creep up from the ground below, trudge from a neighboring plant or wing it from a neighboring patch, all the time thumbing their noses at you. I have gone up and down on either side of the rows and found just as many the second time round as I did the first time through the patch.

There are several tried and true methods of disposing of the critters. I have mentioned above - the P and G method. Then there is the B and S method. Unlike the P and G method which is particularly hard on the back, the B and S method is torture on the legs. This method involves batting the plants on one side which throws the bugs down onto the ground on the other side. This method is only feasible if the ground is packed hard. Then the perpetrator will grind the bugs into the ground with his steel toed boots. I specifically say "grind" for if one just tramps on them or pulls one's boots over them, they will bounce right back up in eating position, like rubberized bubbles. I actually prefer the B and B Method as it is less time consuming and is the least strenuous on the body. The B and B Method involves the use of a wide mouthed galvanized pail, half filled with boiling water and gently scented with dish liquid. This is placed on one side of the plant or when the plant is large, on the side of one branch. The other side of the plant is batted with the hand or a stick and the bugs will fly off the plant and into the boiling water, where they immediately sink to the bottom of the pail. The only drawback to this method is that the bugs lack the sizzling sound that they make when they are thrown into the tin of gas, as per method number one.

It would take me about an hour to go through the entire patch and as I said before, the bugs sink to and stay at the bottom of the pail. When I had finished, I was wondering what to do with this mixture. It was a long haul back to the house with a heavy pail of water, so I threw it onto a patch of grass by the side of the laneway. The next morning, I went down to the garden to check things out. I thought to take a cursory glance at where I had thrown the buggy water the previous afternoon. The bugs were dotted along the top of the grass. They seemed to have a particularly good color for being drowned. Then a tiny movement caught my eye and I bent down and looked closer. I couldn't believe my eyes. Yes, they were actually moving! I never

made a quicker trip to the house to retrieve a can of Raid. By the time I returned, would you believe it, they were trudging across the laneway, heading back towards the potato patch. But not for long. How much does it actually take to kill a potato bug?

We know that if the potato patch is changed, it will eliminate or reduce the number of bugs during the first few years, until the bugs either find the patch and become well established in it. One year, my husband dug up a patch of ground under the pine trees close to the house. New ground certainly, and since there had been decades of pine needles falling to the ground and deteriorating, it would ensure that the potatoes would have no scab, as they prefer an acidic soil. The first year, the potatoes were magnificent and not a bug on them. The second year, there were half a dozen bugs at one end of the patch which were expediently dealt with. The third year there was a violent infestation of them. We soon gave up picking bugs off the plants which soon became well managed stalks. My husband devised what he thought was a most innovative method of disposing of the bugs. He took the shop vac into the patch and vacuumed them up. This worked so well in the beginning that it vastly lowered the amount of time spent in disposing of them. But as time went on, the infestation became so much worse that he was spending four hours every day vacuuming them. We decided to leave the plants in the ground a little longer in the fall, hoping that cooler weather might retard the population explosion long enough for a few green shoots to emerge and perhaps grow the potatoes a little larger. That theory might have worked, except that one night when we turned the skylight on, we noticed two deer busily digging up the potato plants and eating the potatoes. That precipitated our digging schedule forward by a few weeks and it was quite a race. When we analysed our results, it would have been better to have left the digging to the deer. The average number of potatoes per hill was one medium sized potato per hill. The majority of other potatoes in the hill were the size of marbles, then there were the little ones!

We attributed the phenomenal crop of potato bugs due to the extremely wet and hot summer. But come to think of it, the bugs seem to like it hot and wet, hot and dry, cool and dry and cool and wet. With them, it is a win-win situation. Our neighbor dug up a small patch of ground in the middle of his sugar bush and planted some potato sets there, thinking

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East Germany made schoolchildren gather bugs and drown them in benzene or spirit. This boy set a record for most beetles collected in one day, 2000. The girl managed 800. Come on to my house! Photo by Biscan (10 June 1952)

that if it were new ground away from both his and our infected patches, it might fool the bugs. He also had heard that if you plant the sets later, they will miss the first round of bugs and the first round of blight. So he planted his sets in this isolated spot at the end of June. He reported that he had no bugs on the plants at all, no blight and a fair crop of potatoes. He calls it his marijuana patch! I am thinking that next year, I might have to make my own marijuana patch.

And did you know that potato beetles are good weather forecasters? If the weather is and will be fine, the browse on the top side of the leaf. But if a storm is in the forecast, they browse on the underside of the leaves. If the storm is to be a violent one, with heavy downpours and wind, the bugs will eat at the stalk at and under the ground level. The other day, when I was checking the plants, I noticed that most of the bugs were undercover agents! I wondered if this might portend a storm especially as most of them were feeding on the lower leaves of the plant. Sure enough we had a phenomenal downpour of rain. And if the weather is, or going to be humid, their activity becomes frenetic. I must ask some of them one day if they ever stop for a break! I guess we ought to be thankful that they only feed on potato leaves and we don't have to buy feed for them! But that is not exactly true either, for they are versatile enough to diversify their diet to other plants in the same family, like tomatoes and Cape gooseberries.

I do know this about them- they can drive a person to distraction. One year, a neighbor planted some sets in our garden, and it was a bad year for bugs. (What one isn't?) He became quite frantic saying that he did not know what would have an effect on them. He had tried bug powder, but he may as well have

been dusting them with icing sugar. He told me that when he killed each one separately he would leave their bodies lying around in full sight of other bugs to warn them of their fate if they did not desist. One day he became so frantic that he took an aerosol can of anti-septic spray and gave all of his plants a good soaking. Why he would choose this solution, I don't know other than he had bought the can on sale! When he checked his plants later in the day, he was ecstatic, as he could see that all the bugs had died. He did not, however, check the next morning as I did. My assumption was that even if the bugs were dead, the plants would either be dead too or drunk due to the high alcohol content in the spray - or both! Would you believe it - yes, the plants were dead, but already there was a lively new crop of bugs on the left over stalks.

As they say in Corner Gas - "I just don't know."



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.

By Angela Bright



*The Canada Day 150 celebration in Denbigh was all about good food and toe-tapping entertainment. The weather co-operated, save for a downpour just before dinner, that was followed up by a beautiful evening. Around 100 people enjoyed BBQ'd hamburgers and hotdogs, a table-long salad buffet and red & white cupcakes. There were lots of laughs with The Pickled Chicken String Band, who never fail to entertain. Again this year, a very impressive fireworks show brought out lots of folks, even some who were traveling through stopped along side the road to take it in. A special thank you to Denbigh Volunteer Fire and their families for setting up the fireworks. The Denbigh Recreation Committee would like to thank the community for their support. And we, the community, would like to say thank you to the Rec. Comm. for hosting a great birthday bash!

*The next Men's Breakfast will take place this Saturday, July 22nd, 9am, at the New Apostolic Church, 13 Lane Street. For info contact Rev. Robert Sprague robertjsprague@gmail.com.

*The New Apostolic Church will host Homecoming Weekend, August 18th to 20th. Kicking things off is Youth & Family Night on the 18th, 7pm at the gym. Saturday the 19th is the Men's

Breakfast at 9am, then a Gospel Homecoming Concert at 7pm, featuring performers from around the region, with donations to the Community Food Bank gratefully accepted. Sunday is the Divine Service at 10:30am, followed by a Community Picnic and games & activities at the park. Contact Rev. Robert Sprague robertjsprague@gmail.com. Check out the facebook page for more info.



*Good Food Box order day for August is on Wednesday the 2nd 1-4pm, with pick up on Thursday, August 17th, 2-5pm at Vennachar Free Methodist, 424 Matawatchan Road. Info Angela 613 333 1901. The Good Food Box is available to anyone and everyone who wants to enjoy fresh fruit and veg!!

*Looking for info on what is happening in Addington Highlands over the summer? Head to www.addington-highlands.ca and click on the community calendar for details on special events and regular programs.

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Pete Seeger and the Power of Song - Part 11, Power and Faded Glory

By Peter Chess

It was from their exposure at the Village Vanguard that the Weavers hooked up with the young music-publishing executive, Harold Leventhal. He loved their work, but at the same time, was honest enough to admit that a lack of experience at this point in his career would not allow him to represent the group adequately. Instead, he recommended them to someone who could, a well-connected and respected manager named Pete Kameron. At the same time, they had attracted the attention of Gordon Jenkins, who was currently one of the most in demand arrangers and bandleaders in the business.

After a successful first meeting, Jenkins took them over to the studio at Decca Records, where he was under contract and had them perform for the label boss, Dave Kapp. By the time the audition was over, the entire production crew was clapping and singing along, caught up in the contagious enthusiasm. Unfortunately, at first, no one knew just what to do with four white singers whose repertoire ranged from traditional gospel to work songs, hillbilly ballads and children's songs, so Decca initially took a pass, believing their little if any, commercial upside with mass appeal.

In another twist of fate that appeared at the right time, Mitch Miller, then head of Columbia Records, Decca's



The Village Vanguard opened in 1935 in NYC featuring folk music, jazz, and beat poetry, switching to all-jazz in 1957.



Ruth Alice "Ronnie" Gilbert cut her honeymoon short to accommodate The Weavers' new-found success.



foremost competitor, thought he saw something that Jenkins had missed and offered the quartet a contract. When Jenkins heard about it, he was quick to change his position and immediately made them an offer too good to refuse, drew up a contract, booked a session and signed them on with Decca.

Their first effort was a 10' LP of Christmas Songs that went nowhere, but their second session produced a pair of songs, "Tzena Tzena Tzena", an upbeat and catchy melody based on an old Hebrew folk song, and the sentimental song they had learned from "Leadbelly", "Irene Goodnight". Originally released as singles, "Tzena Tzena Tzena" marched up the charts to top out at #2, followed by "Goodnight Irene" which went to the top and stayed at #1 for an astound-

ing 13 weeks. They were then released on a two-sided single and sold over two million copies. The songs were cut just before the end of the group's stay at the Vanguard in June 1950 and their success caught everyone by surprise, to say the least.

Ronnie Gilbert might have been caught off guard more than the others. Indeed, she had just gotten married and with the Vanguard gig finished, she had planned an extended honeymoon trip out west. As the newlyweds drove across the country they were astonished to hear "Tzena Tzena Tzena" being played on the juke boxes at the diners they frequented, as well as turning up on the radio. She received an urgent telegram beseeching her to curtail the honeymoon and return immediately to New York to help fulfill

the avalanche of new bookings that were piling in, which she did. Fortunately, her marriage survived. For the remainder of the year they seemed to have the world at their feet.

There were as many bookings as their management could accept, and all at top dollar. They had offers for TV appearances and Decca was ready to record anything the group could come up with, which immediately went out through their nation wide distribution channels to all corners of the country and the money came rolling in. The production team, working from arrangements by Gordon Jenkins, fleshed out the simple acoustic originality of the quartet, adding strings and a big brass section on the recordings of the first two major hits, as well as on "Wimoweh (The lion sleeps

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"Tzena, Tzena, Tzena" was written in 1941, in Hebrew by Issachar Miron. Cromwell Music Inc., a Decca subsidiary, claimed the rights with a fictitious co-writer. Miron's publisher successfully sued Cromwell, who had falsely claimed it was a traditional folk song in the public domain.

tonight)" another smash based on an African folk song.

The buying public obviously didn't seem to object and it appears that the members of the group all felt that Jenkins did his very best to keep their folksy appeal intact, while producing a sound that put them into the commercial context of the time. Certainly they would have had no objections to selling millions of records like "Irene Goodnight" or "Midnight Special", both given to them by their old pal "Leadbelly". Leadbelly had struggled for success and recognition his entire career, only to die, tragically the year before.

Their success seemed to bring out the ire of the "folk purists", who openly criticized The Weavers for selling out by allowing Jenkins to add what

they saw as a corruption of the idealistic values of the songs. The addition of strings and horns were a throwback to the European traditions of classical music. This "selling out" refrain resurfaced, if you will recall, when Bob Dylan famously strapped on an electric guitar, accompanied by a "rock and roll group, "The Band" at the Newport Folk Festival in the mid 60's. (An incident which saw Pete Seeger threaten to take an axe to the electrical cables on the stage, it angered him so much. He later claimed it was because he couldn't hear the words). Dylan was nearly booed off the stage and was crucified in the press as a traitor to the nascent ideology of his generation.

The group all knew that their meteoric rise was just too good to last... and it didn't! Ever since their breakout



Folk purists accused the Weavers of "selling out" when their producer added traditional European instrumentation to their records, contributing to their popularity. Bob Dylan was accused of selling out when he appeared at the Newport Festival in the mid-60s with The Band, playing electric guitars.

the club audience demanded of them. The irony was that their newer concert appearances were so politically innocuous; the leftist press derided them as "sell outs" as well. Even their old friend and colleague at "Sing Out" Irwin Sibling denounced them as such. This was while Seeger was still a regular contributor to the magazine he helped to found.

Then, in the summer of 1950, just as they were negotiating a contract for their very own 15 minute television show, their long simmering fears of a backlash from their past political transgressions were realized and the proverbial s**t hit the fan.

Stay tuned...



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

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Basic Water Survival Tips

By David Arama

Photos by Steve Manders



No one would think of running the rapids without a life vest, but you'll note the onlookers at the waters edge have theirs on too. One slip and you're a statistic.

The latest big news story in Ontario is the drowning death of a 15 year old during a canoe trip on Algonquin Park. Early reports and official accounts detail how all of the participants wore flotation devices while canoeing. However, apparently in the evening, some of the kids went into the shoreline water to wash up, and some didn't wear life jackets.

My own experiences over 35 years, leading over 3,000 kids on Wilderness trips, points me to the likely cause of this unfortunate tragedy. Most experts point to swim tests. I point to the very simple safety protocol that I use at all of my camps: no one goes into the water, to swim, to wash up, for whatever reason, in a wilderness lake that is cold and dark and has many dangers, without wearing a properly fitted Transport Canada approved flotation device! No one goes into

the water, especially youth, even if there is supervision and/or a lifeguard on duty.

Wilderness lakes are not swimming pools, or safe sandy shallow beach shorelines at resorts or camps. They aren't roped off with lifesaving equipment and signage and supervision protocols. I recommend that parents understand this when they head to the waterfront, at all times, with no exceptions. You can drown in as little as 3 inches of water. And even if you passed a swim test, you can still end up with a gasp reflex due to cold water, or a health issue that causes you to pass out, and if you go under in a cold dark wilderness lake, you will lose all spatial perception as to which way is back up. This is also why boaters should wear their flotation devices at all times when in any boat, and why Snowmobiles should wear flotation at all times!



Still water looks safe, but under that mirrored surface is a dark, cold, and disorienting world.



Even if you manage to swim to shore, you can't swim with weeds around your limbs and the bottom could be several feet of loose muck, with no solid bottom to push off of.

Boating Survival Kit:

- Hypothermia kit with wool blanket, sleeping bag, space blankets, instant heat packs, woolen clothes, easy light camp stove with fuel and cook pot, high energy foods
- Signal flares. Fox-40 whistle, air horn, marine Flares (e.g. Orion), high lumens headlamp or flashlights
- Smartphone and cell phone booster (e.g. Wilson's Sleek Booster), tracking device (e.g. SPOT, In-Reach)
- Navigation equipment, GPS Unit, topographical maps and charts, magnetic or digital compass
- Weather alert radio, barometric altimeter, and check with Environment Canada and for Marine Radio updates

Small Watercraft Regulations:

For canoes, kayaks, paddleboats, smaller fishing boats, at minimum, boaters should have a properly sized paddle and flotation device per occupant, a 1.1 liter or larger bailer and/or bilge pump device, 50 feet minimum or heaving/buoyant rope (throw bags are the best), and a bright 180-degree light for night travel.

Typically, the O.P.P. and Coast Guard can lay charges for each offence, \$200 per infraction, and could end up laying thousands of dollars in charges. For reckless operation of a vessel, or drug or alcohol impairment, the same charges that apply to your automobile will be the case. Your driver's license could be suspended, boat impounded, and you will face a substantial increase insurance premiums.

Now with safety in mind, go out and enjoy the wilderness and waterways and reconnect with nature. Remember: You are biodegradable. Don't become a statistic.



Shallow water is always deeper than it looks and the current can knock your legs out from under you onto slippery rocks. You can drown in as little as 3" of water.

David Arama
www.wscsurvivalschool.com

My book, "501 Survival Tips that Could Save your Life", is available at major bookstores and Amazon.com. (\$21.95)



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.
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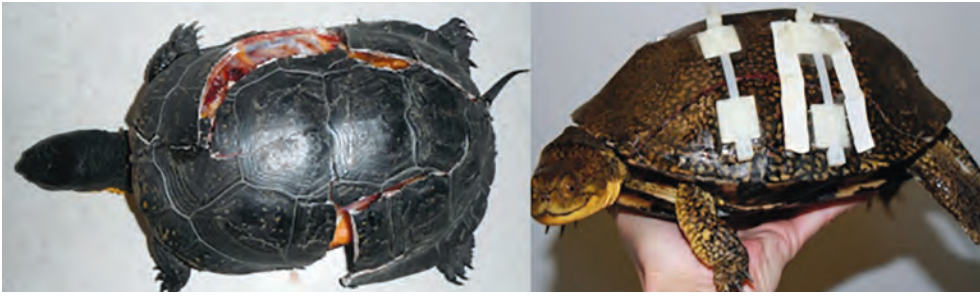
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22 Cruise Lane
DEEDED ACCESS TO COLTON LAKE! 2 BEDROOM COTTAGE WITH INSTALLED SEPTIC AND DRILLED WELL. WALKING DISTANCE TO THE WATER ACCESS. LARGE REAR YARD CAN KEEP THE KIDS ENTERTAINED WHEN NOT AT THE WATER. PRICED TO SELL. MLS# 1064497 \$89,900

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How to Help and Handle an Injured Turtle

A Blanding's turtle before and after a repair to its shell. Broken shells are the most typical injury the centre treats, and usually heals well after eight weeks. Turtle surgeons use everything from endoscopes and dental drills, to super glue and cable ties, to repair shells. (Ontario Turtle Conservation Centre)

While other species of wildlife are also injured and killed on our roads, most animals have young from the previous year ready to mate and replenish the population. Unfortunately, this is not the case for turtles. Less than 1% of turtle eggs and hatchlings will survive to adulthood. This, combined with the fact that turtles can take anywhere from 8 to 25 years to reach maturity, means that it can take 200 eggs and up to 25 years to replace one nesting female killed on the roadside. Every turtle saved is beneficial to the population.

If the turtle is injured, follow the steps below:

1. Carefully place the injured animal in a well-ventilated plastic container with a secure lid (turtles can climb!).
2. Most turtles can be picked up carefully with two hands. When handling snapping turtles keep a safe distance from their head as they will snap at you if they feel threatened. You may want to use a shovel or board to lift the turtle.
3. Watch our video clip for more tips for handling turtles.
4. Note the location (road, major intersections, and mileage) where the turtle was found to ensure it can be released according to provincial regulations.
5. Call us at 705-741-5000
6. **DO NOT EMAIL WITH INFORMATION ABOUT AN INJURED TURTLE.** An injured animal needs medical attention as soon as possible!
7. Do not transport turtles in water. Do not offer the turtle anything to eat.
8. Wash your hands after handling the animal.
9. If you have to keep a turtle overnight, place it in a well-ventilated container with no water and in a cool, dark place, away from pets. Leave us a message and we will get back to you when we open.

Never attempt to treat a sick or injured wild animal yourself. Always contact your nearest licensed Wildlife Rehabilitation Centre.



The Ontario Turtle Conservation Centre is a registered charity operating a hospital for Ontario's native turtle species. Seven of the eight species of Ontario's turtles are now listed as species at risk. Injuries to turtles from automobiles, boats, fish hooks, dogs, and humans, are second only to habitat destruction, as a cause for many of the species' decline. Photos and information in this article from ontarioturtle.ca

If the turtle is NOT injured, here's what to do:

- DO NOT remove a turtle from their area – it reduces their chances of survival. If you find an uninjured turtle in the middle of a road, and it is safe for you to do so, simply help it across the road in the direction it is moving.
- DO NOT dig up nests to protect the eggs – you may damage the eggs AND it is against the law. Tips on how you can help nesting turtles at ontarioturtle.ca
- KTTC is primarily volunteer-run, we do not have a pick-up service.
- The centre accepts injured native turtles only – NOT unwanted pets.

Outside of Peterborough

If you live outside of Peterborough, call us at 705-741-5000. We work with over 30 Turtle First Response Centres across Ontario – these are private clinics, or rehabilitators that we have trained in emergency treatment for turtles; the availability of these varies so please call us to arrange. We will be able to direct you to the appropriate one, while transfer to our hospital is being organized.

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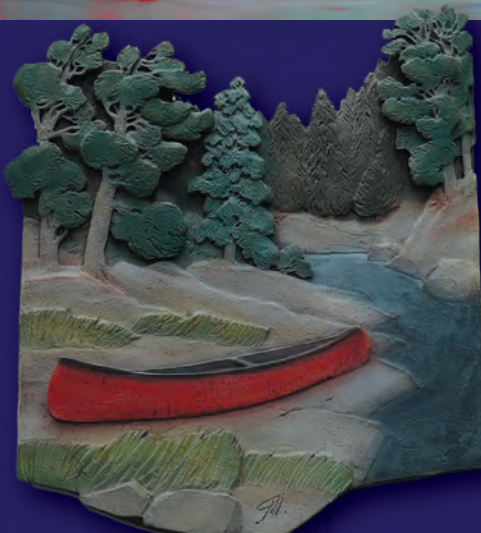


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