

The Madawaska Highlander

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Free

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The Camel Chute Separate School

By Garry Ferguson

Author's note: The author wishes to thank Francis (Moore) McLellan and her late husband T.J. of Arnprior, Aileen (Belanger) Cybulski of Renfrew, Ardean Kelly of Matawatchan, Alden Dodge of Edmonton and Coral Kelly of Griffith for all the time spent with me and for allowing me to listen in on their reminiscences. Without them, this article would have consisted of only a few dates and photos.

When I began researching this article, I'd meant to feature only the old one-room schoolhouse, once known as Separate School #3, near the intersection of the Matawatchan and Centennial Lake Roads. With so many excellent sources of information however, it soon became apparent that there was a much larger story to be told.

I'd forgotten about a photo (circa 1896) I'd seen of a log school situated somewhere in Camel Chute. Ardean Kelly reminded me of it when he mentioned that this building had been moved to his parents' farm and for many years served as a drive shed. It was there when his father, Johnny Kelly, bought the place from Joe Vincent in 1921. Now owned by the Swales, the house is the one with the pond in front, situated along the Matawatchan Road. From Thomas John (T.J.) McLellan, I learned that this original Separate School had stood a few hundred meters toward the river on part of the Trefle Belanger farm where the sand shed now stands. The Belanger farm is presently owned by J.P. DeGrandmont.

During a visit with T.J. and Francis McLellan in the fall of 2008, T.J. showed me the original photo (shown here) and identified a little girl in it, Leah Belanger – fifth from left, front row - who was to become his mother.

The second schoolhouse, a frame building, was built on the same piece of land. Unfortunately it caught fire one morning during classes, the ensuing inferno almost claiming the life of Theresa Helferty the teacher.

Aileen (Belanger) Cybulski, whose parents, Cassimere and Nellie (Marchand) Belanger lived on the property along Lackey Creek now owned by Francis McLellan, remembers that she was re-

lentless in her coaxing to be allowed to start classes at this school even before she was old enough to do so. The fact that the teacher, Theresa Helferty, boarded at her home, ensured that her pleas were heard and she was allowed to begin, providing she spoke English. Since she spoke only French at home, her English vocabulary was somewhere around zero words which created an ongoing battle with Mrs. Helferty. Though dense bush now exists between the DeGrandmont and MacLellan farms, all was cleared pasture in those days so the walk to school was made much shorter by a pathway up the hill and past her grandparents' (Trefle Belanger) house.

On one occasion Aileen and Alden Dodge, who also occasionally accompanied his older siblings to classes, were sitting out beside the schoolhouse where they thought they'd get away with conversing in French. Mrs. Helferty's shrill orders to "Speak English," alerted them to the fact that the window was open and that she had exceptionally keen ears.

Alden Dodge and his wife Doris stayed with Coral Kelly during a visit from their home in Edmonton during the summer of 2008. This presented a great opportunity to sit down with the two ex-students around Coral's kitchen table for some yarnning sessions.

Alden recalled one of the times he'd followed his older siblings to classes before he was old enough to attend regularly. Unfortunately, he went in his old play clothes. His mother, wishing to maintain decorum, brought his going-out clothes and changed him in the outdoor toilet. Because of its close proximity to their homes, many of the students attending the separate school were non-Catholics and so Coral, who lived close by, attended the frame school as had his uncle Peter Kelly attended its log predecessor. Coral, who was a beginner, well remembers the day in the spring of 1933 when the building burned to the ground.

The fire was caused by hot embers taken from the box stove and dumped near the woodshed that same morning. Since the woodshed was situated where it could not be seen by the seated school occupants, both the shed and the back of the schoolhouse were already ablaze when Coral stood up, for some reason, and

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Photo: Bill Graham

Dispatches from Afghanistan (2009-3)

By Major Ross Allan

Editor's note: This is the third in a series of dispatches during the 2009 Highlander publishing year. These dispatches are derived from letters written to his wife while stationed in Kandahar

Recently, the Afghan government stated its hope to improve medical service with something as simple as winter road works – either clearing snow or repairing weather-induced damage such that the sick can be moved from their villages to a medical facility. Last winter, Afghans died because they were stuck in their village and unable to receive care. The Taliban will probably respond by intimidating and, if that does not work, attacking the road crews. Those that build roads are already at risk and do get attacked; our engineers have to provide protection forces even for those jobs where Afghans perform the work and it is not uncommon for gravel trucks to be attacked although it is unclear whether Taliban want to stop the construction or bandits simply wanting to steal the truck. Recently, a commercial compound in Kandahar was attacked, looted, and its trucks torched. It is unclear whether insurgents or organized crime were involved – the insurgents tend to attack people when intimidation fails and this trucking company seems to get attacked a lot while other trucks are left alone which is suggestive of failure to pay the proper people the correct amounts.

I was also happy to hear this week that Pakistan is mounting operations against the militants on their side of the border. It remains to be seen whether it is a serious effort or a show to appease the US but initial indications are encouraging – the scope of the Pakistani activities is large. The last time Pakistan attacked the militants in a serious way, the militants responded by staging attacks throughout Pakistan and the government then negotiated a settlement that reduced the government presence within the areas where the fundamentalists are strong thereby allowing them to grow stronger. The fundamentalists then went on to assassinate a presidential candidate; I hope the Pakistani government is less willing to deal this time. Whatever the outcome, Taliban winter plans are disrupted and, instead of a warm bed in a building within Pakistan, the fighters now face the prospect of wintering in Afghanistan. I will lose no sleep

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Watch out for turtles



Dispatches (Cont)

for Taliban fighters who have to sleep in a cave or a compound that could be visited at any time by a SELF-CENSORED.

In fact, I lose sleep every day as jets, carrying the aforementioned SELF-CENSORED, take off at all hours of the day and night. For the night-time take-offs, the pilots like to use afterburners so that they make more noise and create more light – in the pilot’s self-centred view of life, if the pilot has to be awake in the middle of the night, why should anyone else sleep and not see him at work?

This was a quiet week for contracting although there is a cute addendum to the emergency toilet paper purchase. We got our emergency resupply from a contractor who also provides to some of the toilets about Kandahar Air Field (KAF). The contractor won a competitive process to secure the KAF contract; in other words, the contractor had the lowest-cost bid. Costs are kept low by having inexpensive supplies. As a result, Canadian backsides are now treated with the least expensive paper that money will buy – I

kid you not when I say that the paper is translucent. In contrast, our regular supply from Canada is at least two-ply if not quilted. Consequently, there has been an uptick in luxury toilet paper deliveries within care packages from home. At about the same time we ran low of toilet paper at KAF, we ran out of laundry detergent at our forward bases. We had to buy on short notice – did you know that 400 cases of 6 x 1.5 litres jugs cost more than \$40,000 or better than \$15 a jug? When you are out of detergent and your alternatives are go-dirty or fly-from-Dubai, then you pay \$15 a jug for laundry detergent with a plane ticket. We are not about to fly Perrier to KAF despite the fact that one of my team members is getting cranky about the 50 m walk.

From an operational perspective, it was an interesting week and the operational reports are as terse and humorous as ever. For instance, a mine clearance team found a roadside bomb the old-fashioned way - by driving over it and leaving a few vehicle parts behind. A recovery vehicle went out to drag it back and encountered another mine (no damage). While be-

ing towed back, the mine clearance vehicle found one final roadside bomb using the technique perfected a few hours earlier. Now the mine clearance vehicle had no wheels and another vehicle, with a trailer, had to go finish the recovery job. Fortunately, the Taliban ran out of mines before we ran out of vehicles and no one was hurt. In another incident, our forces spotted a person riding a motorcycle and carrying a weapon. Many Afghans go about their daily business while carrying weapons but carrying a mortar is a bit over the top especially when there is a nearby outpost that gets mortared every second day or so. A warning shot in the motorcycle’s direction convinced the rider that he had urgent business elsewhere - he drove into the first available compound. In the words of the soldier reporting the incident ‘The suspect entered the compound at high speed. Women and children then fled the compound at high speed.’ Imagine if an unknown, armed man drove into your driveway, then ran into your house, with the police in pursuit. Would you want to watch from your living room or would you prefer your neighbour’s living room? Now imagine that the uninvited

visitor is carrying a mortar or, as I like to call it, a “bomb magnet”, and your local police are in constant contact with a pilot who has been up since 3 a.m. and who gets to go home early once he runs out of mortar-seeking bombs. If this were your house or compound, you might want to watch from a living room in a neighbour’s house several miles away, which is what these Afghans chose to do. Fortunately, this story has a happy ending - no one got hurt and a pilot had to put in a full day’s work.

Good news – the Canadian toilets once again feature quilted two-ply paper and Perrier is back in the fridge. What a difference a week will make!

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INVITATION TO PARTICIPATE IN FESTIVAL OF THE SENSES, OCTOBER 2009

Last year’s first Festival of the Senses was indeed a success! Enthusiasm ran high and the feedback indicated that we should definitely do it again. Twenty-four businesses and organizations in and around the villages of Calabogie and Burnstown offered something special the first weekend in October. All indications are that the 2nd annual Festival of the Senses will be even more exciting. So what do you need to know to participate?

First of all, the festival is for everyone: residents, visitors, business owners, community groups and not-for-profit organizations. You are all invited to attend the festival and anyone can arrange an event, exhibition, workshop or special service. If you are in the Township of Greater Madawaska, in or around the villages of Calabogie and Burnstown, and would like to offer a festival site this year, you are limited only by your imagination. The organizers will include you on the festival map to identify your site location.

The Festival of the Senses is already listed in the 2009 Ottawa Valley Tourist guide and on their website. We are also listed on the Festivals of Ontario website. The dates are October 3 and 4, 2009. Check it out! We are there!

For people offering a site, the cost is \$40.00. This “participation fee” will cover the cost of signage, advertising and printing. For people attending the festival offerings, there is a mix of free activities and some that are not. Some activities require pre-registration and most do not. Community groups can use the

festival for fund-raising, if they wish. If you wish to offer an activity, call Skip at the library at 613-752-2317 by June 31, 2009, since we need to start preparing the advertising right away.

We are looking to add evening entertainment, this year, to encourage visitors to “spend the night” in our area. There will be enough activities to keep people busy for two days. Some of the highlights last year included an art show featuring 22 valley artists (a sense of colour), 16 new geocache sites for hikers with GPS units (a sense of discovery), a drum workshop (a sense of rhythm), chocolate desserts (a sense of decadence), coffee roasting demos (a sense of calm), Richard Gill’s Annual Open House at Fog Run Studio (sense of artistry), a chair lift up the ski hill (a sense of adventure), free guided track laps at Calagie Motorsport Park

(sense of speed), natural health therapies (sense of well-being) plus 14 more things to engage your senses. That was last year, our first annual festival. Imagine how much better this year’s festival will be.

So, now is the time for all of you to start thinking of your involvement. Will you offer a site or will you be selecting some sites to visit? Want to add a site of your own but you are stuck for an idea? We have lots and are willing to share them with you, if you need some inspiration. The event will be advertised with all the details on the web site www.calabogie.org. Brochures with a list of activities and a map will be available at the library and at Munford’s Restaurant and Gas Bar in Calabogie and at Neat Coffee Shop in Burnstown before and during the festival. Mark October 3 - 4 on your calendar today!

CABA BUSINESS DIRECTORY

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Camel Chute (Cont)

saw what was happening. Mrs. Helferty ordered everyone to take nothing and get out immediately. Unfortunately, she failed to take her own advice.

Johnny Kelly (father to Coral and Ardean) was working one of his fields when he saw the smoke. Thinking quickly, he drove his team to the fence nearest the school then ran as fast as he could. As he arrived, the teacher had obviously decided to retrieve something important – Aileen believes that it was the register - and had gone back into the building. Mr. Kelly ran in and physically hauled her out – no small feat as she was a very large woman – just before the flames burst through the front door. For the rest of the school year, 1933 and 1934 - classes were held in Cassimere and Nellie Belanger's front room.

The third schoolhouse – now owned by Peter Liqiri and used as a cottage - was completed for the following school year and Francis Moore, (now McLellan) who'd been born and raised at Black Donald Creek, became the teacher. She taught at this school until it closed in 1960.

Alden doesn't remember a lot about his grade one during the first year at the new school, except for the day he shot a skunk on his way to classes. After the pupils were seated, the teacher began to sniff the air. When she'd rooted out the culprit, she sent him home with orders to stay away until he'd lost his scent.

Non-Catholics attending this new school included, Amy Thomson, Donald and Tessie Thompson's family, Nora, Tommy, Donny and Doris as well as Coral's younger brothers Garnet and Ardean. When a public school - now the Eagles Rest Store – was subsequently built in the area, Tommy and Donny, among others, transferred to it. This meant that they met Alden each morning as he walked to school in the opposite direction. On one

Rear left to right: Pat Diffy, Nora Thompson, Art Diffy, Aileen Belanger
Front left to right: Arnet Kelly, Doris Thompson, Ardean Kelly, Marion Scully



particular morning, the two talked Alden into skipping classes to hike off into the bush on the hill behind the spot where Richard and Audrey Copeland's house now stands. After a day spent around a camp fire – which at one point got away on them, threatening to roast a snoozing Tommy - exploding shotgun shells and yarning, they walked down to the road to watch for other less-adventurous pupils making their way home.

The truants might have gotten away with such a deception but this was one of those times that fate stepped in to deliver a cruel blow. Alden's older sister had taken a liking to a dress in the Eaton's Sale Catalogue but was not sure if the sale was still in effect. She had sent Alden to school that morning with instructions to get this information from Miss Francis Moore who seemed to know these things. When he arrived home that evening and was asked for an answer, he casually lied saying "Miss Moore said sale is still on." Because of the distance to the McLellan home where Francis boarded, she took her lunch with her. For some reason, the

one day of the year that she didn't was the day after Alden's misdeed. It happened that Alden's sister was there to mail her order to Eatons – the post office was in the McLellan home – and thanked Francis for the information sent home with Alden. That's when the cat crawled out of the bag.

Nothing was said when he got home. Later, however, as he was feeding the cows, his father came up from behind and got a few good swings at him with a heel chain. "I'll teach you to skip school, you little bugger," was all Alden heard before he outran his arthritic father. He hid out until everyone was in bed that night then sneaked back into the house. Nothing more was said about the matter but as I understand it, Alden never played hooky again.

Though times were hard and the winters long during those first years that Francis taught, - she remembers carrying a tiny Doris Thompson through the high snow drifts of a snow-clogged road after a day-long snowstorm – both Francis and those who were pupils still have fond memories of that time. They speak of the sliding sessions on the hill between the school and the river where Peter Fischer's Misty Morning Cottages are situated – even before Bill Thomson built a saw-mill there – and the little parties and concerts that spiced up the school year.

The closing of the school in 1960 brought to an end the schools in Camel Chute. The remaining students being educated by the Separate Board were then taken to the little school in the pines next to the cemetery in Griffith.

End



Rear: L to R: Ida Leclair, Tommy Thompson, Coral Kelly, Ernie Dodge Front: L to R: Aileen Belanger, Harry Leclair, Donny Thompson, Alden Dodge



seperate school today



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Road to Calabogie:

Jim and Phyllis Campbell's Slant

By Wes Bomhower

Editor's note: This is the second in a growing series of accounts about residents of Calabogie whose lives are featured in one of Wes' *Road to Calabogie* stories.

Foreword:

Once upon a time, someone said, "All roads lead to Rome", and no doubt that city was the hub of the then known world for some time. But with the fall of Rome to the barbarians, the approach of the Dark Ages and the eventual discovery many years later of new lands and peoples, things changed considerably until in the year of our Lord, One Thousand Nine Hundred and Twenty Nine, Jim Campbell was born on the shores of Calabogie Lake in what is now part of Greater Madawaska Township, Renfrew County.

And as he grew into manhood, Jim discovered that many roads indeed led to Calabogie, and many more roads led away from that small metropolis. Jim refused to follow any of them; he stayed in Calabogie.

His good wife, Phyllis James, was born in Perron, Quebec, (now a ghost town near Val D'Or) This is a small part of their story.

Jim Campbell was born December 8, 1929 at Calabogie Lodge where his father, Neil Campbell was caretaker for the Barnetts who then owned the Lodge. There was longevity in the Campbell family, Jim's father lived until the age of 94 and his mother who was a DeMarche from Cameron Bay near the old K. & P. Railroad, hung on until the age of 103. The DeMarche family lived near Mac Ferguson's farm on Tatty Hill and close by the Martin Closs farm also. A school once stood there near the turn to Richs' place-originally part of Isaac Nicol's farm, and before that belonged to Cecil Riddle.

Jim's father, Neil Campbell, was born in Burnstown and his grandfather came out from Scotland, probably with the MacNab settlers who settled that township with their infamous Laird MacNab.

Jim attended school in Calabogie and one of his earliest memories was the great fire that swept down through what was then the main business section of Calabogie in 1938, wiping out stores, the big apartment block and some houses, including the small house where the Campbell family resided, just east of the Calabogie Public School. He recalls the sound of running feet and the pounding on their door in the middle of the night, the terrible cry of, "fire, fire, get your family out while you can", and grabbing a few clothes to rush

outside in the darkness and high wind that was fanning the flames. A terribly rude awakening indeed for a boy of nine years and he has never forgotten the trauma of that night and the following days when they had to seek shelter in a building where now stands Calabogie's indoor golf driving range, almost opposite the Calabogie Lodge.

After Jim finished school, he gained employment with Ontario Hydro in Calabogie through a line foreman by name of Chuck Palmer. Big Mike Killoran and Bill Chiddle were employed on the same line crew and they often worked with the Annprior area gang to bring hydro into the Village of White Lake and other places. Jim eventually transferred to Ontario Hydro's Mechanical Maintenance, their headquarters at Barrett Chute, and there he worked with Bert Stubinsky for many years. Bert's father, Albert Stubinsky, was the operator at the old Black Donald Power House on the upper Madawaska which supplied power to the Black Donald Mines, and Bert's grandfather was the first operator there one hundred years ago.

Jim married Phyllis James in 1953 after a number of years of courtship. Phyllis's father originally came from Wales at the age of 14 years to settle in Quebec Province at Perron, a small town near Val D'Or where he worked in the mines. The mines eventually ruined his health.

(Perron no longer exists, and what is left is just a ghost town). Phyllis attended elementary school at Perron, but there being no English high schools in the vicinity, she came to Renfrew to finish her schooling and boarded with the Ostroskie family at Bammer Lake near Springtown. Phyllis met Jim Campbell at Boxes Store in Calabogie where their courtship began in the late 'Forties.

Fire seemed to play a large part in Jim's life. One terribly cold night in 1966, fire swept up Front Street and wiped out Boxes Store, then run by George Turner, and Legree's Hotel, owned and operated by Mac and Jessie MacNamara at the time, and many other buildings were also destroyed. Calabogie had little fire fighting equipment at that time and Jim who was fire chief for Ontario Hydro at Barrett Chute then, was called on for assistance. They brought the big Hydro fire pump down and set it up but the temperature was so low that the pump froze up as soon as the cold water hit the pump and all was lost.

Jim worked 40 years for Ontario Hydro and he and Phyllis raised three girls, Mary Ellen who never married and worked for National Defence in Ottawa, Evelyn who married Kerry Reddy, and Beverley, who married Steve Wimble. Phyllis's parents moved down to Calabogie in the 'Seventies from Quebec and purchased the house where Evelyn and Kerry now live.

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In my backyard

Viper's Bugloss

Echium vulgare

By Richard Copeland

Common viper's bugloss is known by many names including blue weed, blue devil, blue thistle, snake flower, viper's grass and sometimes mistaken at a distance for blue loosestrife, which it is not!

It was originally introduced to North America as a wildflower in the mid 1800s and proving to be robust in its new habitat was condemned as a vile foreign weed. In Washington it is considered invasive. Defined as edible its 'blue thistle' name is suggestive of its spininess and a rough chew it would be. Its real name Bugloss is of Greek origin and refers to an Ox's tongue, appropriate for its shape and the roughness of the leaves. They are at their peak in June and July.

The flowers themselves once removed are a delight to float in a summer punch or toss into a salad. According to old writers, the essence of the seeds extracted into wine "comforts the heart and drives away melancholy". As a 'snake flower' it was thought to be an antidote for snake bite venom, but this ability required that

it be administered prior to the event, a pessimist's outlook on the day might be needed to make it useful!

The plant, grounded by a tap root, grows 30 to 90cm in height, the leaves oblong or lance shaped 6-25 cm in length, decreasing in length as they ascend the plant. Flowers begin pink with petals

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Their habitat is primarily on disturbed ground, obvious to us with their prevalence along our relatively new driveway, around the house where construction had taken place and newly arrived in my backyard where new ground was broken for vegetable gardening. Although rarely ever seen as a white flower (I found one instance on the web on Manitoulin Island) I had several appear in the past two years. A photo of the rare white mutation is below.

End

The Madawaska HIGHLANDER

“read cover to cover”

Faux Geothermal

By Richard Copeland

Geothermal energy has been around for many years. Many billions I suppose. The ancient applications, only a few thousand years old, were generally applied to spas and hot baths. Functionality of this heat source has been a matter of location for recent humanity, if you were near hot springs, geysers or volcanoes you had a potent source of heat energy available to you.

First practical uses in modern times have been applied to district heating, where several buildings are heated from the hot water source, and also the production of electricity. Groundwater is heated by various means such as volcanic activity or the emission of radioactive particles deep in the ground. Water temperatures can exceed boiling temperatures due to the force of pressure from the earth, and these high pressure/high temperature water deposits can release great force when brought to the earth's surface where the reduction to atmospheric pressure allows the water to explosively expand into steam and be applied to driving turbines.

The temperatures achievable for liquid water in the earth are quite astounding. Temperatures as high as 300C have been documented in New Zealand, where geothermal is in abundance. Other countries that use this renewable form energy are Iceland, the USA with its California geysers and Italy was the first to generate electricity in 1913. Global quantities of geothermal energy are significant, but mostly overstated and not well located for a true run at solving our energy dilemma.

Historically, the applications have varied through the range of available temperatures from electricity generation in the range of 140-180C, water distillation around 120C, food drying ranging over the 90-110C range, space heating at 80C and various agricultural applications from greenhouse heating at 80C, mushroom growing at 50C and soil warming to fish hatcheries all the way down to 20C. In all cases, until the latter half of the last century, the heat was applied directly to the application.

In the second half of the 1900s refrigeration made its debut and as the technology improved so did the applications for refrigeration type technology. With an enclosed gas, a couple of heat exchangers and compressor, heat was extracted from one area and transported to another. As things moved along with this the Heat

Pump was born, a second generation fridge really, that could run both ways. Installed in a home, one could then air condition or heat. The early units ran like a fridge using outside air as the heat exhaust for the summer and heat source for the winter. As one moved farther north to more frigid winter temperatures the air-to-air heat pump lost much of its usefulness. Their efficiency is derived by removing heat from a low grade source, boosting its temperature quality through the compressor and losing it via a heat exchanger into the area requiring heating. This cycle, given a reasonable source of heat and temperature will provide heat at savings of 30-40% of the electrical consumption compared to simply using resistive radiant heaters. The key factor of concern is that these devices must have electricity to work. But in many areas of Canada, the winters are too cold to provide a reasonable source of low grade heat, resulting in electrical consumption quantities approaching that of resistive heaters, then providing no efficiency advantage.

Then along came the water sourced heat pump. Instead of outside air as a source for heat exchange, water was applied to the outdoor heat exchangers. Water has a much greater heat capacity than air, making it a superior source for low grade heat. Some from lakes, some from wells or some from the burial of pipes in the ground to construct a closed loop massive area of heat exchange with the earth. And these worked much better, getting the efficiency back to the realm of expectation. A few early glitches with wells resulted in huge frozen lakes around some homes. The volume of water is enormous. Today multiple wells are used to extract and return the water.

Then came the marketing 'eureka!' Why not call the water sourced heat pump – geothermal energy? The heat is coming from the ground. Sure maybe we don't have a local volcano, geyser or hot spring, but who's to notice? Maybe we do have to add the premium energy source of electricity to the mix, but it is being used to make heat efficiently. But is that true for Ontario? Think carefully. In Ontario we supply the electrical grid from multiple sources of production. Our fossil fuel sources supply better than 20% of this energy and mostly highly polluting and heavy CO2 emitting coal. We have a goal to close these plants. One must consider that new additions of geothermal energy will increase the load on the grid. With every three 'geothermal thermal systems' an equivalent of about one electrically resistive heated building

Looking back...



Horse pull at the Matawatchan Picnic during the 1940s

is added to the grid, *increasing demand* for electricity. To take a close look at the overall efficiency, one must consider the point at which coal is required. From a coal plant perspective we will see that the electricity delivered at the point of consumption is about 30% efficient overall, with heat losses in production and line and equipment transmission losses in the delivery system. If you burned fossil fuel at the point of consumption you could do much better on your own. If you chose gas, you could be 95% efficient thereby cutting emissions drastically, say 55-65%. If you made the choice to purchase only green electricity your cost would go up, but more importantly you are non-the-less *increasing the demand* on the grid system. Now if you are really progressive, you could install your own renewable system to run the heat pump unit, but would likely pale at that investment, unless a river with hydro generation potential ran through your property.

Cost considerations for the future are also worthy of attention. Carbon trading or carbon tax systems are inevitable. If the fossil fuel plants continue to operate, the charge for electricity could jump severely, negating the cost value in the efficiency of 'geothermal'. If we have to put on new nukes, driven by demand from the grid, who knows what the price will do for sure? The \$30B debt from the last round decades ago still hangs over the heads of electricity customers in Ontario. Do we add to the large debt, or pay for it through billings?

If that geothermal system, aka ground water sourced heat pump, is to be connected to our grid, then we are creating demand for more electricity in substantial quantities. It is a false efficiency, and heat is a lousy end use application for electricity. The term geothermal in the case of heat pumps has been misused, not legally I suppose, but ethically. I see a faux geothermal.

End

EULOGY TO JESSIE McNAMARA

The end of an era in this small town,
She and Mac were known for miles around.
They ran a hotel until it burned down;
Jessie McNamara.

She could cook for a gang of twenty men,
The Hydro crews from 'way back when
Who built the lines o'er hills and glens.
Jessie McNamara.

Groves Park of Renfrew became her home
The past few years since Mac has been gone.
The end of an era, though memories live on
of Jessie McNamara.

(She passed away at age 97 years)

Wes Bomhower

A million ways to conserve energy? So why don't we?

by Lynn Jones

"There must be a million ways to save energy, but let's start with a hundred". So says a poster for the Second Annual Energy Conservation Week held in Ontario in May.

Ho hum. Haven't we been hearing about and promoting energy conservation on and off for years now? And while it is true that there are many ways to save energy (and reasons to do so) here in Ontario we seem to have been going in the opposite direction for the last few decades - acquiring new ways to "spend" electricity with electric garage door openers, rice cookers, wine coolers, patio heaters, leaf blowers, paper shredders, pencil sharpeners, cell phone and iPod chargers, large flat screen televisions, computers, printers and so on.

We've been getting better at spending electricity with appliances too. Shop for a new appliance and you will see mostly bigger and fancier refrigerators, washers, dryers and stoves with the occasional smaller, Energy Star model tucked away in the corner. Then there are air conditioners - one of the biggest electricity guzzlers of all. In recent years "central air" has been added to many homes, and truckloads of room sized air conditioners are snapped up at the first onset of hot weather each spring.

Air conditioners use an enormous amount of electricity, so much that they have shifted the occurrence of peak electricity demand from winter to summer in Ontario. When I was a kid, nobody's home or car was air conditioned. We used fans, or rolled down the windows. Now we artificially cool our indoor environments and create large quantities of greenhouse gases and other pollutants in the process.

Per capita electricity consumption has been steadily rising all over the world in recent decades. Here in Canada, we are among the largest per capita electricity consumers in the world.

Swimming against this tide is possible. There are brave pioneers who have shown that it is possible to survive quite nicely on far less electricity than most households now use. But for the time being, serious energy conservation is practiced by a very small minority of Ontario households.

For anyone new to energy conservation, there are countless ways to do it. Just type "top 10 ways to save energy" into Google and you will come up with 15 million results (really). Or you can check out the Energy Conservation Week website (www.energyconservationweek.ca) for 100 suggestions. This list includes a wide range of possible actions from the no-cost items like "hang my clothes outside to dry" and "turn off lights when not in use" all the way up to "Install a

solar hot water heater", a big ticket item requiring a lot of effort and expense.

Solar hot water heaters are a good thing! Widespread use of solar domestic hot water heaters could save a lot of electricity in Ontario. Water heating accounts for one-fifth of the electricity bill in many households. Traditional hot water tank systems are wasteful and inefficient. Solar systems are readily available and can save about half of the energy used to heat water for a typical family of four each year.

Homeowners interested in finding out about solar hot water heating are invited to attend a free information session co-sponsored by the Ottawa River Institute in Renfrew on May 25th at 7pm. The venue is the Renfrew Public Library. Financial incentives for installing a solar hot water heater will be covered in the workshop and are also clearly explained on the website GoSolarOntario.ca.

So yes, there are lots of ways to save energy. And solar domestic hot water heating is worth a serious look for those with the time and financial resources to consider it. But the truth is, most people don't really get interested in energy conservation until electricity starts to cost a lot of money. That's what we observed in 2002 when electricity prices in Ontario spiked as a result of the short-lived deregulation experiment. Ottawa River Institute was just starting out back then and our first few energy conservation workshops were full to capacity. When price caps were brought back in, attendance rapidly dwindled.

Experience in the State of California also bears this out. According to the Washington Post (February 17, 2007), California has held its per capita energy consumption essentially constant since 1974, while energy use per person for the United States overall has jumped 50 percent. A combination of aggressive energy conservation measures and sound government policies are responsible. The high price of electricity in California is one of the main drivers for the widespread adoption of conservation measures there. The per kilowatt hour price in California is more than double the price in wasteful states such as Alabama that consume much more electricity per capita. The per kilowatt hour price in Ontario is comparable to that in the most wasteful states.

It is too bad that despite some really urgent reasons to consume less energy, most of us in Ontario don't take it very seriously. Higher prices for electricity in the future will make us all a lot more interested in conservation. Until then it's a hard sell.

Lynn Jones is a member of the Ottawa River Institute (www.ottawariverinstitute.ca) a non-profit charitable organization based in the Upper Ottawa Valley. ORI is supported by the Ontario Trillium Foundation, local donors and volunteers.

End

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Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

St. Andrew's United Church
Feb. to August Sunday Worship 8:30 a.m.
Aug to Feb Sunday Worship 11:00 a.m.

Our Lady of Holy Rosary Catholic Church
Sunday Mass 11:00 a.m.

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

DENBIGH AND VENNACHAR

Vennachar Free Methodist Church
Sunday School 10am
Sunday Worship 11am
WMI meet first Monday of the month
Weekly Bible study Tuesdays 7pm
at Fellowship Hall and in Plevna
Pioneer Club Thursdays 6pm at
Clar-Mill Hall, Plevna

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

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

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

CALABOGIE

The Calabogie Bible Fellowship Congregational Church
The Mill Street Chapel at 538 Mill St.,
Regular service – Sundays 10:30 a.m.

Most Precious Blood Catholic Church
504 Mill St., Rev. Father Pat Blake
Sundays 10:30 a.m.

St. Patrick's Catholic Church
Mount St. Patrick
Sundays at 9:00 a.m.

Calabogie St. Andrews United Church
1044 Madawaska Dr.
(on the waterfront)
Church Services Sunday Mornings at
8:45 a.m. Communion
1st Sunday of every month.
Bible study every Wednesday evening
7:15 – 9:00

COMMUNITY EVENTS

Calabogie

Strawberry Social,
St. Andrew's United Church,
Sat. June 27, 11 to 2 pm;
free will offering

Canada Day in Calabogie
Pancake Breakfast: Calabogie
Community Hall, 7:30 – 11:30
Gigantic Garage Sale: Most Precious
Blood Catholic Church, 10 – 4.
Lakeside street activities from 4 pm
including: food, Lion's Club Bingo,
new kids' game park, live entertainment,
giveaways, fireworks.
Donations to food bank appreciated.
Roast beef on a bun, hot dogs, meal deals,
entertainment for kids in St. Andrew's
United Church Hall from 4 pm

TD Summer Reading Program:
Mystery 009 Theme, Wednesdays
1-4 pm, during July & August for
ages 6-12 at township library

Pre-school Program, Tuesdays, 2-3 pm,
year round, ages 0-5 at township library

Bass Derby, Calabogie Fish & Game Club,
Barnet Park, 9 – 3, July 11, pre-register
at Jim's Bait & Tackle

CSI Magic Show:
part of TD Summer Reading Program,
Friday, July 17, 2:30, Calabogie Community
Hall, kids under 12 \$1.00, Adults & Kids 12
and older \$3.00; tickets at door
or in advance at library, 752-2317

Gospel Fest, 1-4 pm,
BBQ 1-5 pm, Barnet Park,
Aug. 16, 752-2598

Fitness, Adults Only Fun,
Contact Township office at 753-2222
for details.

Calabogie Seniors' Dinner & Meeting,
last Thursday of each month,
5 pm at Community Hall.
All seniors 55+ welcome.

Calabogie Women's Institute
meets second Thursday monthly,
7:30 pm. at Calabogie Home Support Office
next to Murphy's Landing Restaurant.
New members welcome.
752-2598

Calabogie Arts and Crafts Assoc.,
Every 2nd Monday (if holiday, then 3rd
Monday),
10:00am – 1:00 pm, Community Hall,
prospective members most welcome
(\$12 per year), 752-2598

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

**The Calabogie and Area
Ministerial Food Bank**
538 Mill Street,
2nd and 4th Thursdays of the month
10:00 am to 12:00 noon
For emergency situations, please call 752-
2201.

Burnstown

"Jocasta" a play by Sandra Perlman
July 9, 10 & 11 at 7 p.m.
Tickets \$10 - Neat Café
For more info: echo_echo_prod@hotmail.com

Griffith & Matawatchan

Matawatchan Market
Season begins on June 27
9:00 pm to 1:00 pm
Matawatchan Community Hall

**127th Matawatchan Picnic &
Canada Celebrations**
Saturday June 27 – Matawatchan
Begins at noon with lunch
Live music and demonstrations

**125th anniversary of St. Andrews
Church Matawatchan**
Many activities
August 8 & 9
Watch for more information

Lion's Club Bingo
Every second Tuesday at 7:30 pm

Sylvia's Foot Care
Every six weeks
St. Andrews Church (Matawatchan)
Call Annabell Marshal 333-1752

"Northern Lights" Seniors
Meet the third Tuesday of each month
at 1:30 p.m. alternating between Griffith
and Matawatchan. For information
contact Lois Robbins at 333-1082. All
Seniors Welcome

Denbigh

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

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

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Griffith/Matawatchan News

By Garry Ferguson

On Friday May 02, 2009 the people of Matawatchan, Griffith, Denbigh and Vennachar came together for an incredibly successful pot-luck supper in the Matawatchan Hall. Gerry (Gerald) and Marion Adamson couldn't resist, it seems, the bright lights of Renfrew and have taken up residence there. The *mange*-fest was held to show appreciation for their work in the community, to bid them farewell and to let them know that they'll be missed.

The presentation of a framed double photo of the old Strong place, (Marion's Grandparents house) as it appeared in winter and in summer, sent Marion diving back into her stash of Kleenex she'd kept handy for the evening. There were few events around Matawatchan in which they were not involved in some way, so they will be missed.

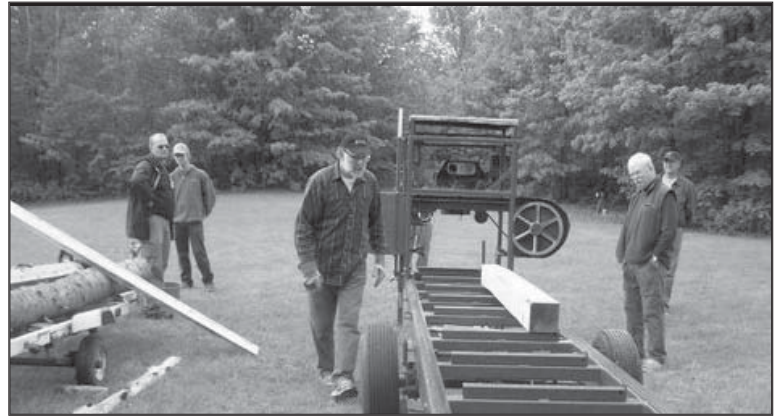
Judging by the number of community-minded folk who turned out for the cleanup bee at the Matawatchan Hall on Thursday May 21, 2009, it's clear that there's still a lot of interest in maintaining this vital gathering place. A long list of inside and outside tasks that normally would have taken a full working day to complete, were dispatched by 11 a.m. because of the efforts of the large crew. The fact that all hands took advantage of the mechanized age and came equipped with their own powered implements turned much of the toil into play. The Board deserves credit for its ability to raise so much public interest. Of course the reward of a hearty and healthy potluck lunch, no doubt, served to fan that inter-

est plus put a little in the bank toward future calls to action.

"Spring has sprung," read the poster announcing the season's maiden run of the Matawatchan Community Market at the Matawatchan Hall on Saturday May 30, 2009. It was good to wander over to the hall again and soak up a few yarns and a few calories. Ken Birkett's demonstration of the portable saw mill - they gave her a brand new paint job for the occasion - drew a lot of interest, despite the black flies. There was a gaggle of onlookers for the duration of the market.

The market will share Saturday June 27, 2009 with the Matawatchan Picnic and will then open every week until fall. The Board has been busy attempting to improve, expand and to come up with innovations that will raise public interest—looks like it's off to a good start.

The 127th Matawatchan Picnic will happen on Saturday June 27, 2009, beginning at noon with its famous dinner of shanty-style baked beans, Matawatchan stew and all the pie a body can take on. A number of booths are planned and the Lions will be there to sell snacks to anyone who might get a little "peckish" between meals. Roy Berndt (we hope he's forgiven us for misspelling his name in the last issue) will make his second annual appearance with his display of old, one-lunger engines. A large group of musicians from far and wide will get the music program under way at 2 p.m. Again this year, the Matawatchan Market will open in the morning and fold up in time for the picnic.



Bandsaw demonstrated by Ken Birkett

Denbigh Griffith Lions Club members are doffing their hats to the generous people of our area who made their Toll Road well worth the effort. For those who are not aware of it, the Lions made a five-year pledge of \$25,000.00 to Hospice Renfrew. Some of us have recently seen friends pass away in peace and dignity at this beautiful facility so can appreciate the importance of this noble endeavour. The Toll Road is a major source of revenue to help fulfill this pledge.

The "Pride" would also like to get the word out that there is a drop-off box at the Lions Hall where prescription eye glasses as well as used toner cartridges – that's a non-explosive variety - may be left. They are also taking used books to sell at the Show and Shine – at the hall – on August 23, 2009.

The weather was perfect for the huge Show and Shine last year when a multitude of automobile buffs came out to display their classics and customs. Oh yeah! I should mention that the hotdogs were great too. Plan to come this year and plan

to stay for day: you'll need that long to take it all in. Vendors who would like to get in on the action should contact Gail Holtzhauer at 613 333 5551.

All are welcome to the 125th anniversary activities planned by St. Andrew's United Church in Matawatchan on Saturday August 08 and Sunday August 09, 2009. A barbeque, complete with a bagpiper to soothe the soul and aid digestion will begin at 4 p.m. on Saturday. This will be followed by an historical presentation, with old photos and commentary by Elmer Strong author of three books on the Matawatchan Camel Chute area, and a musical Gospel Hour with guest musicians from around the county. As always in Matawatchan, the evening will be capped off with food and drink.

On Sunday, a special service will begin at 11 a.m. featuring guest speaker Rev. Ken Norman – no stranger to the area – guest musicians and a choir. The activities will end with what else? A lunch laid on by the UCW.

End

Denbigh Checking In ...

By Christi Laundri

Editor's note: Christi has stepped up to replace Angela Bright for reporting news and events in the Denbigh area with the *Denbigh Checking In* column. Christi moved to Slate Falls in 2007 from the edge of Constant Lake in Balacava. If you have news or events in or around Denbigh that you want to share with Highlander readers, contact Christi at denbighnews@hotmail.com or 613-333-2376.

Spring is winding down with wonderfully mixed colours in every shade of green imaginable. Watch out for turtles crossing the roads in search of a place to lay their eggs, and propagate their species.

May 26, "09 was the National Day of Healing and Reconciliation for the survivors of the Aboriginal Residential schools across the country. A local meeting, organized by Pat Strong, Frances Rosenblath, and the United Church minister

Jon Williams was held at St Andrew's United Church in Matawatchan, from 12 pm to 2 pm, beginning with a diverse pot luck dinner at 12 noon, followed by a short drum song, and prayer. Then the participants sat in a circle, shared their thoughts, experiences, and posed questions. Pat Strong related her story of how the residential schooling system had affected her family. The theme, "where do we go from here", was punctuated with tokens and information pamphlets given out at closing. It was a serene and upbeat meeting. Thank you to those who made it happen and to all those who attended.

*There will be a public meeting of the School Enrolment / School Capacity Committee of the Whole Board on Monday, June 15, 2009, 6:30 p.m. at Denbigh Public School regarding the Limestone District School Board's consideration to close and dispose of the Denbigh Public School site. For information, or to schedule a presentation, please contact: Wayne Toms, Manager of ITS and Planning, Limestone District School

Board, 220 Portsmouth Avenue, Postal Bag 610, Kingston, Ontario K7L 4X4, or via email at tomsww@limestone.on.ca, or phone 613-544-6925 ext.249.

Saturday, June 13, a planned family reunion at the home of Dearl Malcolm, organized by his wife, brought family and friends from far and wide, including Dearl's brother and sister-in-law from out west. A large group of about 60 gathered at the Slate Falls home. Dearl, a retired transport truck driver, was surprised to find a birthday cake and presents to honour his 80th year. Many happy returns, Dearl, and may you have many more to come.

I would like to say to all of the good folks out there, summer is just around the corner, the Summer Solstice, June 21, the longest day and shortest night of the year. This was the time when, before contact with the white race, the North American Aborigines held their "gatherings", now more commonly known as PowWows. Some clans (tribes) would travel for weeks to get to a common meeting

ground. Festivities would last for anywhere from two to six weeks. During these gatherings, friends were made, allies forged, prisoners could be ransomed or exchanged, gifts were given out and received, and persons who had married outside their clan could visit with relatives. New marriages from other clans were encouraged, as it prevented the blood lines from running together within one, and these marriages often encouraged new friendships. Goods from all over North America were traded, bought and sold. Drums would sound long into the night, with dancers dressed in their finest regalia would dance around the circle, to honour the Creator and those who had gone before. Weapons were banned, and even clans who had fought before were welcomed as guests during this annual event. It was a time of great rejoicing. We still have PowWows now, but they are now more local, and instead of one there are now many at different times of the summer.

If you haven't gone to one, you should. It is quite the uplifting experience.

End

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Lakes

By Floris Wood

While at Algonquin Park with my wife this spring I picked up a little 42 page booklet called *Fishing in the Algonquin Park*. Although I fish, the main reason I bought it was that it was loaded with fascinating information about lakes. Much of what is known about lakes originated from research done at the Harkness Laboratory of Fisheries Research in Algonquin Park. I want to make clear to readers that much of information in this article has come straight from this little, well written, booklet published by the Friends of Algonquin Park and available from stores in the Park and online at their website: www.algonquinpark.on.ca. It is a good read for those with an interest in lakes, as well as for fishermen.

The most striking thing I learned about lakes is that two lakes that are very close to each other can be very, very different. They might not look very different to our eyes but to the creatures trying to make a living in that water, their lake might be as different from their neighbour's as another planet is to us. It is often the case that the fish in one lake would quickly die in a lake less than a mile away. Generally speaking every lake has an autobiography written in the deposits of sediment wasting away at its very bottom.

So what is a lake? Let's just say it is a depression in the earth filled with water. Some might call certain such bodies of water a pond, a reservoir or even a pool. Most lakes are larger than any of the aforementioned three bodies of water, but, science does not have a definitive answer for the question; exactly how large must a pond, reservoir or pool be to be called a lake. It is not a burning scientific question. Some people might talk about the size of the body of water, how it was formed, whether it was made by man or nature, the source of its water, etc. But mostly scientists are content with the name given the body of water by some explorer or pioneer.

If you have ever dived into a lake you may have noticed, with some alarm, that the deeper you let yourself go down, the less comfortable the water temperature gets. If you get deep enough it is downright cold; very cold; really, really cold. In fact a column of water that is 18 degrees Centigrade at the surface can cool to 4 degrees at the bottom the lake. Nice, if you're a trout.

The water at the top gets gradually colder the deeper one goes. At about eight metres there is a transition zone about one metre thick in which the decrease in temperature accelerates much faster and below which the much colder water again cools at a slower rate as one descends. The transition zone is at a depth where the sun's rays, which are chiefly responsible for heating water, can no longer penetrate.

This transition zone serves not only as insulation between the warm upper layer of the lake and the cold lower layer; it is also a physical barrier between the water of these two layers. In other words, during the summer months, the water of these zones seldom mixes.

A second part of this temperature difference phenomenon is that the warm water at the top of a lake may have a different chemical content than the cold water at the bottom, notably it contains a lot more oxygen. Since, in the summertime, these warm and cold zones waters do not mix, the plentiful oxygen at the top never gets to the lake bottom.

As the summer wears on and fish (and rotting plant and animal life in the bottom of the lake) use up the small amount of summertime oxygen down there, life can get pretty desperate for the poor trout trying to "breathe". They may have to resort to living a little higher in the warmer part of the cold zone where they are less comfortable.

Food also becomes an issue since the trout like to eat plankton (near microscopic animal and plant life) which, along with oxygen, stays up in the warmer regions of the lake. By late summer bottom plankton becomes more and more scarce. Trout are forced to make quick sorties into the dangerous warmer zones to obtain food.

Beyond water temperature there are many other factors that determine what life will be able to flourish in a lake. Chief among the determinants of a lake's chemistry is the chemistry of the surrounding landscape. Rugged, steep hills of granite, such as exist in Algonquin Park and throughout much of the Madawaska Highlands, carry rain water away very quickly to nearby lakes. Rain water flowing at a fast rate over the very hard granite or marble erodes away very little of the rock's nutrients. Nor does the surrounding soil contain very many eroded nutrients. The water is very clear and lacking in nutrition, hence, it cannot support a huge population of fish. That is the reason that fishing limits are set quite low in the Algonquin Park.

On the other hand, a lake surrounded by less rugged limestone hills (such as in southern Ontario) will receive water rich in calcium and other nutrients that can support a good population of fresh water crustaceans and other plankton that many fish thrive on.

Also of great importance to the health of a lake and important in determining the type of life it can support is the shape of the basin that contains the lake. Lake life needs shallow water in which to grow vegetation that can harbour many kinds of amphibious and water animals. These shallows along the shore line are the bread basket of the lake and they serve as nurseries for the spawning fish. Shore-

continued on page 23

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“WE ALL SCREAM FOR ICE CREAM”

By Ernie Jukes of Camp J

So often people are quite surprised to discover that ice cream and other frozen desserts go back to their origin in Europe... and even beyond. Marco Polo encountered flavoured water ices and sherberts in the Far East in the late thirteenth century. When he returned to Italy after his astounding travels, he brought with him a recipe for a frozen desert that was made from milk. The popularity of what became Ice Cream grew in Italy, reaching its peak during the sixteenth century.

We don't know who first churned homemade ice cream, but royalty were the first consumers. A queen, Catherine de Medici introduced this wonderful dessert in France at her Paris wedding to Henry 11 in 1533. The flavour was vanilla and the making involved 18 separate steps at that time.

Its great taste caught on and soon filtered down to commoners. It wasn't long before parlours for ice cream flourished. By the mid-1800s this unusual dessert had arrived complete with a hand-cranked freezer device for home use in Canada. Now they manufacture electric models for home use.

Again the commercial uses grew but that "home made flavour" had a special taste

still preferred today. True, it is more awkward to produce and it will not last as long as the store-bought variety—however why should it. But if you must know, it will keep in your fridge freezer for several weeks.

My father used to tell a story of a small, old German-Canadian lady who in early days had just been introduced to ice cream in his home town of Hanover, Ontario. When asked what she thought of this new dessert she replied "ja, it is sehr goot—but couldn't they make it just a little bit varmer"?

Cream, milk and sugar are the main ingredients for ice cream, no matter the flavour. To churn the sweet mixture, you turn a handle attached to a wooden paddle that rotates in a metal container. The container holds the ingredients and rests within a wooden bucket filled with crushed ice and coarse salt. This method is accomplished by your old fashioned, traditional hand-cranked ice cream maker...plus a bit of human energy.

Ice cream has become a global treasure in more flavours than Mr. Baskin imagined and with textures as thick, thin or soft. However, we still enjoy making it right at our cabin in the woods, for sheer pleasure in every respect. At camp J our summer friends and visitors...usually when we have a campfire gathering, get

continued page 24

Richard's Fresh Salsa

I hate the thought of giving out this recipe. Now I will be invited to fewer parties. Make sure you read this all the way through before starting. I don't normally write recipes so there are some variables you should know about before starting. Anyway here are the basic ingredients:

- 1 - small to medium onion
- 1 - clove of garlic
- 1 - sweet green (best for colour) or red pepper
- 3-4 cups of skinned plum tomatoes
- 1- jalapeño pepper
- 1/2 cup of cilantro (Tightly pressed into cup)
- 1 - fresh lime juiced (don't use the squeeze stuff)
- 1 - splash (tablespoon or less) of red wine vinegar
- salt and pepper to taste

The best device ever for making this is a manual food processor like the Star-frit one with a crank on the top. If you don't have one - go slow on the electric or you will end up with a puree. Throw the onion, garlic, sweet pepper, jalapeño, and cilantro into the processor. Spin them up and tap the processor once and while to move stuff around until you have the piece sizes a little larger than you want. Add the tomatoes and give the processor a few more turns to reduce tomato chunk size. Juice the lime & add, add the vinegar, salt, pepper and turn slowly to mix.

Black pepper really doesn't do much. Taste you mix and adjust seasonings to your liking.

That's the basic that I never make. Here are the fun variables.

Use a whole bulb of garlic or increase to your taste.

You can get away nicely with one can of plum tomatoes drained as substitute for fresh. Process the other ingredients first and then add the canned tomatoes, then do the lime, vinegar & seasonings as above. The canned tomatoes do an excellent job - who likes skinning tomatoes?

If you can get tomatilloes add about three small ones to the pre-processing mix. Green with their shades brown are okay but yellowish skin is superior.

Add 4 - 5 radishes before processing

About the jalapeño. These things vary from pepper to pepper for heat so it is a bit hit & miss. Seeds out = mild; half seeds in = medium; seeds in = hot (my favourite)

The best is to dice an avocado (by hand) and mix into the finished product slowly turning the processor.

You can play around with the quantities with gusto, it's tough to get a bad mix, but once you find your recipe you won't go back to the store for salsa.



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Hiking Calabogie

By Rick Brown

Attention hikers. Calabogie has a trail for you. Always known as a great place to enjoy the outdoors, the Calabogie area is fast becoming the Ottawa Valley's destination of choice for outdoor recreational tourism because of the tremendous diversity of outdoor activities available here. In recent years a major trails development initiative has been undertaken by the Township designed to stimulate tourism and provide local residents with a much broader array of trails for their outdoor activities.

One of the first activities to have benefited from this initiative is hiking. Three new hiking trails are currently in development – Manitou Mountain, Oak Hill and Griffith Uplands. The first of the three, the Manitou Mountain Trail, was recently opened and has drawn rave reviews from hiking enthusiasts. The Oak Hill and Griffith Uplands Trails are expected to open later in the year. These new trails combined with existing Township of Greater Madawaska hiking and walking trails and recent trails developed by Calabogie Peaks Resort will provide hikers with a wide variety of hiking trails suited to their individual abilities.

Below is a brief overview of several of the new hiking trails in the immediate Calabogie area.

Manitou Mountain Trail

The new Manitou Mountain Trail is a 9 km, medium level of difficulty hiking/snowshoeing corridor through picturesque pine forests and spectacular wilderness scenery. Following ancient glacial spillways this trail begins at the Barrett Chute Trailhead with a 4 km ascent to the pristine vistas of Red Arrow Rock and Manitou Mountain Lookouts. The trail then continues westward 3.5 kms to the peaceful Eagles Nest Lookout and another 1.5 kms out to the Calabogie Road Trailhead. This diverse trail also links to the enchanting Lost Valley Trail and the Juniper Ridge Lookout behind Calabogie Peaks and to the scenic Skywalk Trail atop Dickson Mountain. This trail is not recommended for beginners. A trail map is essential. A compass or GPS is also highly recommended.



Trailheads are located at the southern and northern ends of the Manitou Mtn. corridor. The southern trailhead is located on Barrett Chute Rd., 2.7 km. south of Calabogie Peaks Resort. The northern trailhead is located on Calabogie Rd. 2.4 km west of Calabogie Peaks Resort. Calabogie Peaks Resort is located 4 km west of the village of Calabogie just off #508/Calabogie Road.

Trails at Calabogie Peaks Resort

There are 3 trails at Calabogie Peaks Resort. Trail maps are available at Dickson Manor or online at www.calabogie.com

1) Bear Claw Interpretive Trail

Great for children, families and seniors, this trail is an easy, 2.5 km self-guided interpretive hike through a hardwood forest exploring the local history of the area.

2) Skywalk Trail

Accessed on summer and fall weekends via chairlift, the Skywalk is an easy 1.5 km interpretive loop trail situated at the top of Dickson Mountain offering spectacular panoramic vistas of Calabogie Lake and the Lost Valley. Before making the trip to enjoy the Skywalk Trail, it is a good idea to check with the resort (613-752-2720) and confirm that the chairlift will be in operation.

3) The Lost Valley Trail

The Lost Valley Trail, a medium level of difficulty trail, explores a majestic forest setting. Beginning behind Dickson Manor (at Calabogie Peaks Resort), it first ascends to the Juniper Ridge Lookout over Calabogie Lake then continues as a moderately undulating self-guided 4km loop encompassing various rock outcroppings, small wetland ponds and towering pockets of old white pine. The ascent may be "challenging" for some people.

Madawaska Nordic Trails

In summer the 18 kms of Madawaska Nordic cross country ski trails become a wonderful place for hiking and biking. These easy, well marked trails, which were at one time old logging roads, wind their way through a very picturesque forest landscape with lots of gentle ups and downs to keep the outing visually interesting and lots of fun.

A trail map is located at the trailhead. It can also be downloaded from the Madawaska Nordic website at www.madawaskanordic.org

The Madawaska Nordic Trails are located west of Calabogie near the Calabogie Peaks Ski Resort. To find the trailhead, travel 7 km west from the intersection of Highways 508 and 511 in Calabogie to Viewmount Drive. Turn right on Viewmount and take the 2nd right turn onto Crestview where you will find parking on Crestview at the trailhead.

More information on these and other hiking trails in the Calabogie area along with downloadable trail maps can be found on the Township of Greater Madawaska's tourism website at www.somuchmore.ca and, in the case of the trails at Calabogie Peaks Resort, www.calabogie.com.

Whatever your level of hiking ability, you can find your trail in the Calabogie area. Happy hiking!

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Thank you from the New Affair of the Arts

Burnstown's New Affair of the Arts showcases the remarkable talents and creative spirit of Burnstown's resident artists/craftspeople, healing arts practitioners, fine eateries, coffee house, shops and galleries. The "new" component of the event this year was raising awareness of and celebrating the rich history of the village through the use of story boards placed throughout. (A special thanks to Nancy Young for her talents and time in putting them together.) The Burnstown artists and entrepreneurs are also grateful to their invited guest participants: John Webster & Valerie Roos-Webster, Trish Leeper, Patti Normand, Pam McLaughlin, Les Spurrell, Kathy Haycock, Valerie Miller, Heather Drummond, Elizabeth Hagan, Paula Vibert and John Smith.

home during the Affair who made donations to the St.Andrews United Church. \$621.95 was raised to help preserve the prominent Burnstown landmark. Donors & gallery patrons were invited to enter a draw for a relief-sculpture by the artist. The winner of the piece was Joy McNevin of Kingston. The couple also wish to thank Tom Lockwood, Kathryn Lindsay and Peter & Lou Bennett who helped co-host the open house. During the event the Church raised an additional \$2000 with a silent auction, bake sale, & concert. There were also informative tours of the church highlighting its architectural design features. Many thanks also to the generosity of this paper for its supportive press coverage. Meanwhile the galleries, shops and eateries of Burnstown look forward to welcoming patrons and visitors to the area.

Sculptor Richard Gill and Cheryl Babineau of Bittersweet Gallery would especially like to thank all the visitors to their



Burnstown artists & entrepreneurs wish to thank the community for their support during the 7th Annual Affair of the Arts. Back row (left to right) are Richard Gill (Fog Run Studio), Karen Phillips Curran (Riverstones Gallery), Cheryl Babineau (Bittersweet Gallery) at Fog Run Studio. Middle row (left to right) are Adam McKinty (Neat Coffee Shop), Moira Hutchison (Wellness with Moira), Stephen Haigh (Images Studio Gallery) Kim McKinty (Neat Coffee Shop). Front row (left to right) are Jorge Graff (Graf Tuners), Jim Hutchison (James Photography), Rua Grinsberg (Rua Healingworks). Missing from the photo are Heather Miller Wolff (Somethin Special Gifts/Clothing & Inspirations Gallery), Charlene Chevalier (Blackbird Cafe)



In the photo Terry Holtzaur President of Denbigh Griffith Lions Club presents \$5000 check to Barbara Desilets, Director of Development Renfrew Victoria Hospital Foundation and to Phil Crozier Lead Hand Diagnostic Imaging Department.



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Computer Corner: Operating Systems: Windows onto the World

By Doug Vasey

Many of you are probably most familiar with the different Windows operating systems, such as, Windows XP or Windows 98 etc. Windows has been the most commercially successful operating system up to now. Bill Gates; Microsoft's co-founder has become the wealthiest man on the planet due to his company's success.

Linux: is a free open source system used by many developers and programmers. A large number of Linux variations have been developed and although there are some drivers and programs written for Linux, some experience or understanding of computer programming is advisable.

Mac computers are quite stable and are used by many writers, photographers, musicians and graphic artists. Their graphic interface is a little different than Windows and takes a little getting used to, and software is less available for Mac than for Windows based computers. However, if you don't mind a challenge and don't mind paying about twice as much as you would for a Windows PC, then you would likely be quite pleased with its performance. Newer Macs are 64 bit computing backward compatible to 32 bit. The new Mac with "Intel Core 2 Duo" is capable of dual boot with a Mac and also a Windows system partition. In this way a person can use the Windows operating system that he or she is more familiar with until the Mac system is learned.

Google and Adobe are developing their own operating systems. Although Adobe I believe remains a long shot, Google definitely has the moxie to pull it off. Their new system called "Android" already has the moniker to attract young people in the market. Android is already available in Canada and being used in Taiwan's HTC smart phones. The smart touch phones (Magic and Dream) compete directly with Blackberry, iPhone and Microsoft and are now available through Rogers Wireless.

PC maker Acer said it will be making netbooks (mini-laptops), with the Android mobile operating system, which would have Google competing again with Microsoft. It seems Google's operating system will be licensed free of charge and would be financially supported through their more and more aggressive advertising network. The main benefit I think we will see from the Google operating system may be a downward pressure on the cost for the new Windows 7 operating system due for release early next year. Although Android is presently being used for mobile communication applications, I can see it graduating to the PC market place at some point soon.

The Windows operating system is the most popular and the most utilized personal computer operating system in use today thanks to its user-friendly interface and a number of other features that greatly simplify your daily life. Chronologically Windows began with Windows version 1.0 - 3.11. It was a basic and easy to use operating system which became quite popular. Sales for Windows 95 went through the roof. People lined up outside stores to get their copy. Windows 98SE solidified Windows 9X (Windows ME is basically a member of this group) and was the preeminent operating system in the consumer market.

Windows 2000 (developed from the commercial NT system) as a transition operating system into the NTFS file system that was deemed superior to Windows 9X's FAT32 system. I say Windows 2000 was a transition system because it was meant to be Windows XP but wasn't ready for release until 2002. XP has so far proven to be the most popular operating system for the consumer market. However, with the decrease in memory cost 64 bit computing has begun to rear its head. Microsoft realized a marketing opportunity to release a new wave of operating systems.

I'm not going to get into the deep technical aspects of operating systems. Suffice to say that commercially Windows pretty much has had a monopoly on things. People for the most part haven't minded though because Microsoft made it bright and shiny and most of us have been dazzled by the capabilities of the personal computer since the days of Windows 95. I sense we are witnessing evolution up close and personal. They call it artificial intelligence, an extension of who we are.

Windows 7 is on the horizon. What does that mean? Windows 98 represented the

advancement into 32 bit computing, and Windows XP is the pinnacle of consumer NTFS 32 bit computing. We have been travelling through another transition operating system. Big and bulky yet powerful; Windows Vista leaves a lot to be desired. Vista is generally considered problematic and inferior to Windows XP. Windows Vista has been considered bulky and inconvenient in the way it interacts with the user. However, it's been transitioning us into 64 bit computing.

Microsoft has learnt a lot from the mistakes they have made with Vista. Windows 7 is a lighter faster system that uses less memory. Windows 7 Beta testing platform has been released and the computer developer community has been rather enthused by it. Early operating system releases are usually followed by cynicism and complaints about bugs and security problems. However, many more positive comments seem to be appearing, particularly when compared to Vista.

What Microsoft has realized primarily, though, is that Windows 7 needs to make everything easier - playing music, joining networks, sharing photos should all feel simpler than they do currently. The good news is that with this new beta release they already do. If Microsoft can really deliver on that vision in the full release in early 2010, then Windows 7 should be a formidable operating system indeed.

My current recommendation is: if you have a good Mac or a good 32 bit system running Windows XP and you are happy with its performance there is no reason for you to change. However, if you are looking for a leading edge 64 bit system that is very fast, powerful and highly compatible with different devices, then Windows 7 is likely the way to go. Many factory built 64 bit computers installed with Windows Vista or XP offer a free future upgrade to Windows 7 if the computer purchase is made after July 1st,

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Road to Calabogie (Cont)

enties from Quebec and purchased the house where Evelyn and Kerry now live.

Phyllis tells how Jim's mother once asked Jim if he knew what important occasion would take place next day. Jim scratched his head and said he didn't know. It was their first wedding anniversary next day and Jim didn't know!!! Well, needless to say, Jim Campbell has not forgotten any anniversaries since that long ago day. Jim and Phyllis now live more or less kitty-corner from the old Calabogie Public School and enjoy reasonably good health. They are true Calabogians, (if such a word exists). Jim's philosophy is: We didn't have a lot of education back in those early years, but we got by and Ontario Hydro enrolled us in so many courses, we were never out of date.

End

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Out on the First Concession

DAD

By Wes Bomhower,

I have so many memories of this man, and what better time to share those memories with others than around Father's Day in June. Perhaps my reminiscing will cause some readers to relive the days of their youth and especially days spent with their fathers.

Dad's most outstanding quality was his ability to make friends and talk to anyone no matter their age or status in life; a child six years old, a gawky teenager, a young bride, men or women his own age and older people twice his age. To Dad, they were all people to converse with about something.

He only obtained grade eight education, but his vocabulary far exceeded his schooling and he could figure out angles in his head almost as quickly as any modern calculator when he hired out to do rough carpenter work for others to supplement the farm income.

Dad's ethnic background was quite varied, German and Dutch, Irish and Scottish and French Canadian, and though he favoured the Irish in song, his speech reflected all of the above races in one way or another.

He would exclaim 'Gott n'Himpfel', or his greeting might be, "bonjour, bonjour, giddy, giddy", followed by, "that's a braw-aw day" or perhaps, "it's a great day for the Irish". He loved a good song or story and in the days,(and nights),before radio and television, he entertained us children and sometimes the neighbours too as we sat around the wood fire on long winter evenings. Dad didn't confine his singing and story telling to those winter nights though. He would sing just about any time, while milking the cows, while building the wood fire in the big kitchen range in the morning, jogging along with the horse and cutter or wagon, or doing

any task that didn't require a lot of concentration. And he would often regale a group of young lads in the village with some crazy story to make them laugh. Dad had no voice training, nor could he read a note of music but he possessed an uncanny ability to hear a song he liked at a concert or whatever, and next day he would be singing that song. How he could remember the words and the music both, was a mystery to me. He could also recite poetry that he had learned in long ago school days.--The Cremation of Sam McGee, written by Robert Service being his all time favourite poem.

Dad was always kind to my mother, or any women for that matter, and though he could cuss and swear with the best, he always watched his tongue when around children, females or Father MacDonald or Reverend Irvin. He could switch from really derogatory terms to 'son of a sea cook' with no effort whatsoever and his common expression, "I'll be damned", became, "I'll be hornswoggled". When referring to a lady of the night, he might call her a floozie or flossie, or he might go so far as to say she was an 'old blister'.

Dad was not a man with a lot of patience; when he decided to do something, he didn't want any dilly-dallying around, but be it anything concerning my mother, he had the patience of Job himself. When they were getting ready for church or wherever, he would have the horse all harnessed to the vehicle they were using that day and pull up to the kitchen door, then he would stand around humming or whistling while Mom powdered and painted for perhaps a half hour.

He had a vocabulary of little phrases and adjectives to suit almost any occasion, plus he had a nick-name for some people including us children. When Dad spoke of a man or woman who might be having an illicit love affair, he said they had a 'bad eye for low fences', or if he described someone who talked a lot but didn't say very much, he said they were

Continued on page 25



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Remembering earlier days (Part 2)

By Marge Smith

I met Nelson Thompson on my first day in Matawatchan after a long and arduous journey from Cleveland, Ohio. We were unpacking the car when he drove up in his truck, welcomed us warmly and presented us with a loaf of home-baked bread still warm from the oven. I knew' immediately that I would really like him!

He lived down the laneway which crossed two hay fields with his elderly mother. Some of his sisters came to help care for their mother so he was rarely alone. He lived in a log house, the family homestead, farmed and kept milk cows and pigs. Through the summer there were many visitors - usually every weekend and sometimes all week. Every one always brought food and a few "pints."

There was always something going on in the big kitchen where everyone gathered. It was here that we met the many family members and friends. What a great time when they all gathered!
Not only did we meet Nelson's family and friends, but most of the people in the village as well. Since Nelson did not have a phone, whenever he needed to speak with someone it meant he had to go to their home, and we usually went along.

Nelson was always a man of action - not one to procrastinate. On one occasion

with a crowd in the big kitchen a brazen mouse ran across the sideboard. After watching it do this several times and with his sisters yelling and jumping on chairs, Nelson calmly went to get a Beebe gun, took aim the next time Mickey appeared and got him! Ever afterward there were a couple of Beebes in the sideboard!

On another occasion Nelson said to Elson, "I'd like a window in this wall so I can look out when I'm at the table eating. Could you frame it in for me?" Elson said he could do that, so Nelson got his power saw and promptly cut the wall board and logs for a window. The onlookers were astonished, and the next day Elson framed in the new window and went to Eganville for glass and screening. By evening the window was complete.

Nelson often took us on adventures. We took a lunch, our fishing gear and usually a boat and went off on bush roads to some lake. Once it was for lake trout where we crossed one lake, hiked to another and used a round tub-like "boat" to fish. We were successful - the trout were beauties!

Nelson always knew where he was and where a road would end up even though he used no maps. He never got us lost even though we often traveled on bush roads and logging trails far from Matawatchan. One of our expeditions took us to Morrow

Lake where we stopped at the site of an old saw mill. Most of the equipment was gone, but there was a huge area of very deep sawdust. Four of us walked across the sawdust until many large grayish-brown snakes stuck their heads out. They had taken on the color of the rotting sawdust, and they were not happy to have us there. We got away from there fast!

Another lake was filled with bass that were a very pale green. The vegetation and everything in the lake was coated with lime-

stone. It was a lovely lake, and the fish were beauties! Another expedition took us to the village of Mack Donald which was to be flooded. There were still cans of food on the shelves in the store and pews in the church on the hill. Now it is under more than seventy feet of water. Through the late '50s and '60s we made many such excursions fishing in many lakes, creeks and the Madawaska before it was flooded. Fishing was very successful, since we rarely came home without a stringer full and lots of great memories.

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Tip #3 for Using Candles

By Carolyn Jakes

Editor's note: This is the third of a series. Carolyn Jakes is an encaustic artist (beeswax painting) and teaches the encaustic method in her studio at 318 Kennedy Road. She has been selling candles and giving candle tip workshops for seven years. In previous editions, she explained hugging pillar candles to keep them flat on top and tending wicks to extend candle life.

Try t-lites first. These mini-pucks, 1½ in. wide by ¾ in. high, in a metal cup, are versatile. They look good on a fancy plate or in t-lite holders. A group of three is attractive. They are probably the safest candle if in a glass container protecting them from mishap. No maintenance and no hugging. They will not make a mess unless you make the mistake of blowing them out. Your commitment to the candle is short-lived and your outlay of money is small.

Move up to votives. Moving up the candle hierarchy, the votive is next. Bell votives are 1½ in. wide and the same height with a rounded top. Regular votives are 2 in. high with a flat top. Placed in too wide a container, the votive becomes a puddle of wasted wax. In a holder that

hugs the sides of the votive so the wax is contained, it burns down evenly and safely. No maintenance required. Dollar stores sell small glasses that are just marginally wider than the votive and are just a bit taller than the votive. Perfect!

Choose jars. They are my third choice and quite safe as they are contained. A small jar is best. A large jar ends up with a hole in the center of the wax if you do not burn it long enough each time it is lit, allowing the melted wax to reach the walls of the jar. This keeps the candle top flat all the way down. No wasted wax. Put the jar on a plate as, when the wax is almost done and is only at the bottom of the jar, the wick is hot enough to leave a burn mark on a table. Use an extra plate under t-lites and votive holders too. I speak from experience.

Be formal with tapers. A dinner table looks good with tapers but they cannot be left alone for even a moment. A taper can fall over. Someone (or your cat) can knock it over. They come in ½ in. to 1½ in. widths. I use tapers from 5 to 15 in. high. A punch is normally 5 in. high and 1½ in. wide with a narrower bottom section so that it fits in the average taper holder quite snugly. Tapers burn down evenly on their own. They are too thin to hug anyway.

Be really elegant. Library candles are al-

most 1½ in. wide by 10 in. high with a narrower bottom section like the punch to fit into an average taper holder. They are wonderfully elegant and do not need hugging. Floats are elegant as well. Some are as large as 4 in. wide in shapes like flowers, hearts and circles. One or three show well floating in a pretty bowl of water.

Play with pillars. Play if you have a lot of time to tend you burning pillars. What a challenge. I have burned a pillar 5 in. wide and 20 in. high for several years; it is still 6½ in. tall and does not have a hole in the center. It is my favourite because I have invested so much quality time hugging and tending it. The average pillar is 3 x 3 inches. I have one that is 6 in. wide

with three wicks. Trying to avoid the ugly holes will be a lot of work. I will sell it at wholesale price if you want to give it a try! I just look at it, still wrapped in the original cellophane.

In a restaurant in Mexico, I observed 12, 4 in. wide beeswax pillars burning on a long table. By the time the candle master had hugged the 12 candles, it was almost time to do it again. Very beautiful but labour intensive. What a drippy mess they would have been without hugging.

A future issue of this paper will cover topics such as beeswax versus paraffin and candle tools and supplies. For free candle advice, call Carolyn at 613-752-2500.

End

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True Stories: The Bear Hunt

By Howard Popkie

When I was about fourteen years old around 1948, my father came home from his trap line and said that he had found me a bear den at Burgemal Mountain. It was March and there was still snow on the ground.

He could see where the bear had come out of the den and returned from the tracks, so he knew the bear was in there. He piled stones in front of the den to keep the bear in.

So, all of us young lads set off to kill the bear. My father gave us directions to the den.

I only had a 38 Special revolver. My cousin Lloyd had an old 38-55 lever action long rifle.

I don't remember the kind my cousin Bert had but my brother Donald had a 7.65 calibre bolt action rifle. My older brother Ruben had a good 30.06 bolt action.

We found the bear den and took the stones away from the entrance. There was a little cliff above the den; a safe place for we lads.

Ruben got a long pole and tied birch bark to the end and lit it on fire. He ran



Howard in his bear hunting days

the pole into the bear den and right away the pole was shaking and we knew the bear was coming out. Rueben stood close to the cliff and the bear ran right past his toes and we all started firing. I emptied my 38 Special at the bear—there was a real hail of bullets.

The bear tripped a little but didn't stop. We followed his tracks to a new den that he had.

My brother Rueben once more got a pole and birch bark, lit it, pushed it in the den

continued on page 22

Observing from the dark side

By Bill Graham, Editor

The western extreme of the Township of Greater Madawaska is the dark side. It is especially dark about 20 kilometre south-east of Denbigh in the Addington Highlands and only slightly further to the south-west of Matawatchan. In fact this area has the darkest night sky in Southern Ontario and among the highest in elevation in the province. The place is called Mallory Hill and for the reasons above plus others it has been chosen to be the site of a future observatory.

In addition to the low sky brightness (a very dark site) the factors determining this location included high elevation (approximately 400 metres in the Madawaska Highlands); a clear unobstructed view of all horizons; good access from well paved roads right up to the site; long term viability since the area is undeveloped and the lowest possible latitude or most southerly dark sky. Anyone who lives in the western part of the township knows how magnificent the night sky can be here.

The project is called OMI --- The One Metre Initiative -- a state-of-the-art telescope design for a wide-field autonomous imaging facility being developed by Elektra Observatories. The promot-

ers describe their primary objective as follows: "The key objective of the corporation is to advance and promote astronomy in Canada, by providing access to a one metre high performance telescope and observatory at a very dark location. The corporation would design, build, maintain, promote and manage the observatory and its facilities. The observatory, autonomous and robotic, would host a world class telescope and instrumentation and would enable researchers to make leading- edge discoveries and significantly advance our understanding of the universe. In addition the observatory would be accessible to amateur astronomers and the general public."

"The new telescope will be one of the most advanced in the world, allowing Canadian scientists to pursue advanced research never done before in Canada," said project manager Frank Roy.

"It will be robotic and used strictly for imaging, not viewing. It has an exceptionally large range of view allowing scientists to see asteroids, supernovas, earth-like planets, and astronomic activity occurring over short periods of time," Roy said.

"We know that the performance of this telescope will allow us to produce good science. Everything has been done to cre-

continued on next page

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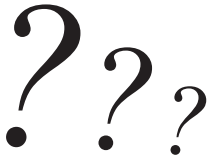
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By Susan Veale BSc. KIN
Natural Health Practitioner

Question:

What natural modifier helps lighten your load and acts as a catalyst for specific reactions?

Give Up? – It's your body's natural food enzymes!!

Enzymes are involved in every process of the body. We could not live without them! Since 1968, fifteen hundred different enzymes have been identified. These microscopic modifiers act upon other substances and alter them, yet remain unchanged themselves.

Enzymes are recognized by name – each ends with “asa” and in most cases, the name reveals the function. (It might help to remember a little Latin): Protease acts upon protein, lipase acts upon lipids (fats), cellulase acts upon cellulose (vegetable fibre), and amylase acts upon starches (amylum in Latin). These are the four categories of food groups.

It is important that we preserve the body's enzyme level in order to ensure maintenance of health. Enzymes are involved in every metabolic process: the Immune system, the bloodstream, the liver, kidney, spleen, and pancreas as well as in the function of our eyes, brain, and lungs. In order to make sure the systemic effects of enzymes are achieved, active enzyme molecules must be readily available in the small intestine.

At birth, we are given enzyme reserves so for good health over many years, it is wise to be cautious with that reserve.

There are two ways to help preserve the body's enzyme levels:

1. Eat Raw Food

Living foods from planet earth are raw foods. Enzymes in food are destroyed when cooking temperatures exceed 129 degrees F. This includes cooked, boiled, stewed, microwaved, pre-cooked then frozen, fried, baked, steamed, processed or refined. Baking bread kills enzymes. Processing pasteurized milk and milk products destroys enzymes. Canned juices may have vitamins and minerals but the heating process destroys enzymes. In our “hurry up” lifestyle of convenience, many foods are enzyme deficient which in turn creates an imbalance in organs thus opening the door for dis-ease. Mother Nature placed enzymes in food to aid our digestive process. If “she” did not, we would quickly use up our birth reserves. Independent scientific studies have shown that enzyme reserves decrease with age. The more enzyme deficient cooked foods we eat, the quicker the reserve is depleted.

2. Enzyme Supplements

If there is an enzyme deficiency in the body, symptoms may include irritable bowel, allergies or joint and muscle pain after exercise.

Every day, enzymes are involved in an astounding number of metabolic processes such as breathing, growing, digesting, producing energy, conducting nerve impulses, clotting blood, recovering after exercise and helping to balance complex processing functions within the immune system.

For many people, it is difficult to eat a diet of raw foods; therefore, taking a natural enzyme supplement before meals

helps to provide an adequate amount of enzymes available to cellular tissues. Spring time is a wonderful time to eat fresh, local, raw foods. Greens and sprouts are packed with nutritious enzymes as well as minerals. Choose from beet greens, collards, dandelion greens, kale, parsley, swiss chard, turnip greens and as well enzyme packed sprouts from alfalfa and broccoli seeds.

When choosing a digestive enzyme product, it is important to have the proper enzyme formula necessary to reach the appropriate target. At our clinic, Wellness Natural Health Centre, we offer a variety of natural digestive enzymes that relate to any enzyme deficiency a person may have due to a particular health challenge.

For more information on enzymes, call our Wellness Natural Health Centre in Calabogie at 613-752-1542 or email whnc@bellnet.ca

End

Observing (Cont)

ate the best possible images. From what we know it will make significant contributions to science,” Roy said.

In addition to the dark site and the actual telescope is the camera used to capture the celestial. It is a 111.5 mega-pixel prime focus camera (world's biggest monolithic CCD chip). That makes it 90 to 100 mega-pixels bigger than most consumer digital cameras.

The observatory will also be used for public education and outreach, and, unusual for a piece of equipment of its size, the plan is to open it to the public when it is not being used for research so people can get an otherwise unobtainable glimpse of the heavens.

As it would be just an hour from Ottawa and about the same from Kingston, Roy estimates it would be a major tourist draw. One study drafted in support of the

telescope's business plan has estimated it would be worth just over \$10 million a year to the local economy.

Challenges facing the project include raising \$2 million U.S. for the telescope, or about \$2.6 million Canadian. A total of \$2 million to \$5-million might be needed to develop the visitors centre and linking attractions, said Roy, an engineer by trade and a volunteer member of the not-for-profit corporation based in Ottawa.

“Once the funding is in place, it will take three years to build the telescope,” said Roy.

A press release from the promoters suggests that the area around Mallory Hill could have the economic spin-off of a similar site in Quebec. “The area will benefit by the presence of such a high profile observatory which will boost the local economy and its prestige. The nearest analogy in Canada is the Mont-Mégantic Observatory in southwest Quebec. Mont-Mégantic is considered a very important asset to the province and attracts tourist from all over Canada and the US. Recognizing this value Quebec has created a tourist area with the observatory as the hub and major attraction. The Mont-Mégantic tourist region generates over \$10 million into the local economy annually. The province has established an Astrolab, which is fully equipped with a lecture hall with high-definition projectors, interactive displays and a small telescope for visitors, all part of the key theme of the night sky. Mont-Mégantic has other attractions such as hiking trails, cross-country skiing, lodging etc. all part of the Mont-Mégantic eco-tourism area integrating astronomy, geology, biology and ecology.”

With the planned trail development in the Griffith area and with existing tourist accommodation, western Greater Madawaska being on the dark side may derive future economic benefit.

End

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Cottage Corner

That trip to the cottage will cost you

By John Roxon,

As I languish around the cottage on a bright spring morning, thoughts turn to what once was, what may have been and what certainly will be. Large portions of our cottage, from the large front deck to many of the interior support beams were made from cedars milled right on the property.

In fact, the sawmill is still in a back corner of the lot where all of the work took place. It's been close to 20 years now since much of the milling and cutting was done yet that old sawmill still stands proud, showing surprisingly little effects of age. Today, if I were starting from scratch, there would be no sawmill and there would be no painstaking milling as the government has initiated yet another user fee under the guise of protecting us from us.

All lumber must now be graded and a grading license costs some \$5000.00. So much for labours of love, unless of course it's done under the radar and no permits are applied for.

This got me thinking about some of the myriad other ways that the government can raise user fees to help them pay down their large, irresponsible, debt.

The first user fee, logically enough, would be on all unnecessary travel. This will be implemented under the guise of protecting the environment, of course, but the real reason will be to enrich government coffers. Travel will not be subject to user fees if it's done for the sole purpose of generating taxable income. There, I've already done the wording for them. Going to a cottage or a campground or a hunt camp is quite frivolous and will be subject to a fee of eight cents per kilometer (at first). Similarly, this fee will be applied when driving to visit grandparents, sightseeing or going on a picnic on a sunny afternoon. Thankfully, one exemption to this will be to drive to the local LCBO as that will be considered a revenue generating trip. All receipts will have to be kept in order to claim on your income tax, of course. Admitting to the government how much we need to visit the LCBO in order to forget about the onerous user fees will create other problems best not delved into right now.

Another user fee would be the guest tax that we would have to charge for each non-family member visiting us at our cottage or campsite. This would be on top of the unnecessary travel fee that each visitor would have to pay. I suppose the wording would go something like, "Each visitor to a non revenue generating vacation property would have to pay a head

tax of \$2.00 per day of visit (for now)". Of course the cottage and camp owners would have to keep log books and receipt books and happily submit the names and length of stay for each guest over the previous year. Failure to do so, or failure to provide accurate records could result in a fine of up to \$10,000. Due to howling protests from the Muskoka Cottage Association, the government does agree to allow for up to three visits of no more than six hours per visit in each calendar year for free.

Because health care costs are spiraling, the government decides it is in the best interests of all her citizens to irradiate all food to lessen the incidence of food-borne illnesses. This will lead directly to the "grow-your-own" fee. It states that each person who consumes food that has not been irradiated and approved by the federal government shall pay a fee of \$3.00 per serving as outlined in the Canada Food Guide. The government will use initial start-up funding of \$125 million to hire more inspectors and helicopters with infra-red capabilities in order to find all those property owners who grow their own lettuce, radishes and tomatoes on land not approved or registered with the Department of Agriculture. Failure to comply will result in fines of up to \$5000 for a first offence along with possible confiscation of all watering cans, hoes, rakes and tillers.

Cancer is a growing concern, which seems to dominate a large chunk of the health care budget. To try to keep this under control, a new sunshine user fee will be introduced. At birth and for every five years thereafter, all Canadian citizens will have to go to one of the many Health Care Units set up around the country. There, precision machines will measure each person's skin pigmentation. If this value varies beyond the 5% range allowed in each five year period, then it will be assumed that he or she has the time to lay about in the sun and will be assessed a fee that will be dependent on what degree over the accepted range that person is. The advertising for the program will extol the virtues of the plan, will show pictures of skin subject to melanoma and will urge everyone to do their part to eradicate skin cancer. Special exemptions will apply to fisherman, construction workers and roofers. Of course in the first five years the government projects to raise \$42.5 million under this new sunshine user fee.

This is just the tip of the iceberg when considering how the government hopes to pay down their massive debt. These are sobering thoughts on a nice spring day at the cottage. Thank God I went to the LCBO on my way in.

End

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True Stories (Cont)

and as the bear came out, he shot it with his 30.06 and killed the bear. We skinned the bear and found 29 bullet holes in the hide. I found my 38 Special bullets in the meat so I hit him at least once.

It was a long way to Burgemal Mountain from our home so we had to sleep out over night. We pushed over old burnt rotted pine stumps that had died a long time ago for wood for our camp fire. Lloyd tried pushing over one that wouldn't budge so he shot it with his rifle. We made a big fire to sit around because it was cold spring weather.

We all had blankets except my cousins Lloyd and Bert. Lloyd had the bear skin around his shoulders and Bert wanted to get a share of it, so Lloyd said he would give him the part with the bullet holes at the rear end. They sat there under that bear skin hide with the fur next to them and the fleshy side out.

When Lloyd and Bert woke in the morning the fleshy side of the hide was next to their bodies and they were covered in black charcoal from the pine stumps and bear grease.

I can still see those two characters sitting under the big fleshy bear skin with all the little sticks stuck all over the wet hide.

Those were the good old days! End

THANK YOU

On behalf of Marian and myself, I would like to extend a warm thank you to the Matawatchan community for the wonderful going-away party

Thank you also to all the people who provided the lovely meal that was served. It does our heart good to know that people thought so highly of us.

To the people that we did not visit and say hello to at their table, we apologize. Every time we tried we were interrupted.

Thank you very much for the lovely picture of the old Strong house. Now that it is torn down the picture will refresh our memories. With the cash donation we will buy something for the house in Renfrew.

Finally, thank you to everyone who helped us pack and move to Renfrew. It was a huge help.

Marian and Gerald

Our new address is:

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We look forward to your visit

Fishing with Jim

By Jim Weatherall,



Summer is here and the fishing is great. I was out with my grandson, Jake Powell and a friend on the Monday of the long weekend in May, (the opening of pickerel). We fished three hours and landed 55 pickerel, all on a jig head and minnow. We went back out on Tuesday night after school for 2 1/2 hours and landed another 25.

One thing we had to do was put on a #2 split shot at the jig head to get the weight to the bottom because of the current. When we did this we started to get the fish, but no keepers.

Ron Smith was fishing the Ottawa River where the pickerel have to be under 15" to keep and landed a 37" pickerel weighing in at 14 lb. and had to put it back....A real nice fish Ron!

Randy Stafford, brother of Kevin, and a friend were in the store and picked up some large sucker minnows to fish pike on Muskrat Lake in Cobden. They got some nice pike and at the end of the day they landed a 16 lb. Catfish which gave a real battle. (Randy is known for getting "The Big Fish").

I learned a new trick this year to keep my boat anchor on the bottom. I bought a heavy chain, 1/2 the length of the boat (boat-16' s 8' of chain); putting the chain at the anchor, and the rope to the chain, then to the boat. It helps keep the anchor on the bottom.

Don't forget the Calabogie Fish & Game Family Bass Derby on July 11. This is the "free fishing weekend". You don't need a fishing licence for the 3 days (July 10 - 12). You must observe the Conservation licence rules unless you already have a Sport fishing licence. I hope to see you all out to support the club. Derby time is 9 a.m. - 3 p.m. Entry fee is \$10.00 per adult with a prize of \$200 for largest fish and \$5.00 per child with a prize of \$100.00 for largest fish.

See you out on the lake. Be safe and catch the "BIG" one!

Jim

End

Lakes (Cont)

line shallows that are too deep for vegetation still offer spawning grounds for such cold water species as trout.

The next factor that is important to the health of the lake and its inhabitants is what is known as the turnover. During

the spring and fall when temperatures are cooler but there is no ice, the lake gets a chance to get a good mixing. As top zone temperatures either more evenly matches bottom temperatures there is better mixing of the zones. Further, in the spring, the lake is flushed with melting snow and ice, and spring rain runoff. The cleaner (free of accumulated acid rain) the incoming water is and the greater volume it is (to a point) the better for the lake. The more completely flushed a lake is and the better mixed its water becomes during this period. During this spring mix that cold water species can be found at the top of the lake, in a feeding frenzy, preparing for the scarcity of mid-summer. The shape of a lake basin might not be conducive to good turnover so the lake will seem a bit more stagnant than a better flushed lake. Because the turnover occurs during the spawning season fish depend upon it to help keep the spawning nest clean and cool. Therefore, a flush with high concentrations of acid rain can destroy the spawn.

The last consideration regarding lake health and life supporting ability is the human activity within the watershed that feeds water to the lake. Pollution of waterways takes many forms and all are preventable. The most dangerous to lakes is the release of poisons into the watershed. Heavy metals are particularly insidious because they are difficult or impossible to get rid of once they are there. Mercury

and lead are stable elements that remain in the environment forever. One major source of lead in lakes is lead sinkers from broken fishing lines. Sinkers made of tin and other less noxious metals are readily available now and should be used instead of lead sinkers. Loons are the chief victims of lead fishing weights because they dive deep to the bottom of lakes in search of heavy stones to aid their gizzard in grinding food. Lead affects the brain, causing the loon to become confused and neglect their brood, ultimately killing the loon and her chicks.

This description of lakes has been necessarily sketchy and incomplete. I urge you to find more information on the internet and in your library. Lakes are fascinating and play such an important role here in the Madawaska Valley. I especially encourage young people to take the science courses offered in your high school, even if you are not interested in a career in science. We certainly need good research scientists and good science teachers, but we also need citizens well informed in science whether they become mechanics, taxi drivers or business owners. My own career as a science librarian has helped me know that contrary to popular belief, science is not comprised of a body of knowledge as much as it is a body of questions in search of answers. The body of knowledge needed to become a scientist contains only the tools used to help understand the world and to learn more about it.

End

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City Girl

By Filipa Martins

I am on my way back to the City. I decided to bring the three kids and take them on an urban vacation for a week. I peek in the back seat, their eyes are wide with excitement, and my 3-year old asks "Are we there yet?" I sigh, smile and answer for the eighth time, "No sweetheart, we have a long way to go, we just passed Denbigh..." After four and a half hours we arrive at my Dad's high rise condo in Mississauga and the adventure begins.

I very quickly realized that all the outings and new experiences that I had planned for the children were not feasible. With ages ranging from 5 years to 21 months, it was the simplest of things that amused them and in all truthfulness I was relieved. Being up on the 16th floor was exciting enough. We visited the local library where there is a see through elevator, which you can take to get to the children's section. Needless to say, we went up and down for a few trips.

The playground at a nearby public park was another big hit with the children, and that is the place from where not only this story evolved but where I realized that I had also evolved. I realized that living in a very small community has had a tremendous impact on this city girl. It has changed me a lot, and those changes became increasingly evident throughout my stay in a big city. I should begin by mentioning how much I love Toronto. I simply can't end my long distance love affair for the city, but I suspect my passion is fizzing out.

It all started the first time we visited the playground at the public park. It was after school hours and the playground was filled with children and about eight adults keeping watchful eyes on the little ones. I couldn't help notice that the playground was littered with things like water bottles and a crushed can complete with sharp edges. All the adults stood around and no one picked anything up. There were two garbage cans on opposite corners within seven steps from the sandy edges of the playground. On two separate occasions, a parent had to go out of her way to step over the trash to help her little one up on the slide. People saw the garbage but they were not going to pick it up. Perhaps there is someone who is responsible for park maintenance. Perhaps people simply feel that it is not their job to clean up the space where children play.

It felt like neglect for a common space and that can hollow out the heart of a community. Further, as parents we must take care of the commons, whether a park, local beach, community centre, etc. By taking care of them we teach our children how to do so and in turn that value can be passed down to future generations. Sure, I am one of the least tidy people I know in my space, but I do have a strong

regard for the maintenance of spaces that we all share, whether a small park or a large forest. Just a few weeks ago a group of volunteers did a clean up and maintenance day at our local Matawatchesan Hall, because a sense of community compels neighbours to take part in such initiatives. It is the small gestures in our common spaces that make a large imprint for all for us.

So back at the playground, I walk over to the sharp pop can and whatever else was nearby, pick it up and threw it out. I remember being the one who wouldn't pick up garbage and somehow, that was okay for me at that time. Now, I prefer helping out. I am not sure how or precisely why a change takes place, in part living in a village with a strong sense of community has taught me to be more responsible. In a big city it can be difficult to develop an affinity for public spaces we share with others who are often strangers rather than friends or family and that can breed a bit of apathy. Being a mother also places me in the spotlight in the eyes of my children, they will learn and imitate what they observe, both good and bad, so often I don't have a choice.

We are living through interesting and trying times and that is why I think that expecting someone else to do whatever it is that needs to be done is no longer the way. At a larger level, we are going to experience the most dramatic changes in my generation, from Global Climatic change to the end of abundant and cheap fossil fuels, which will have tremendous ramifications on every aspect of our lives. So I am hoping that somehow, I and my children and maybe even you, will not let someone else do "it" (whatever "it" may be). We will try to lead and be stewards of our common spaces and teach our little ones to do the same. *End*

Ice cream (Cont)

to crank the "old wooden churn" just the way our ancestors did.

Everyone happily takes their turn in the cranking. Probably in the fear that they may otherwise miss out on this delectable treat. It only takes about half an hour of churning, so no one gets worn out. Of course as with making many desserts the kids are always delighted to clean up ... its guaranteed sheer fun for all ages from beginning to end. *End*

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Jocasta

By: Sandra Perlman

An Echo echo Production

Where: Neat Coffee Shop –
Burnstown, Ont.

When: July 9, 10, & 11 @ 8pm
Tickets: \$10 - Purchase tickets at
Neat

Directed by:
Heather Sagmeister

Starring
Heather Sagmeister as Jocasta
Chris Kyte as Ismene, Jocasta's
mother
Danielle Vaillancourt as Iris,
Jocasta's maidservant

A re-imagining of the classic Oedipus story. Only this time, Sandra Perlman shows how it all went down from the perspective of Jocasta, his wife and mother. I

The play begins the night before Jocasta's second wedding to the stranger Oedipus. She spends a revealing night reminiscing with her boisterous, wine and food loving mother Ismene. Despite attempts to keep their time joyous, eventually past issues and tragedies come out.

The second act takes place ten years later. Jocasta and Oedipus have lived a happy life together with their four children, but all is about to change. Jocasta has just discovered the horrible truth of their relationship. Oedipus is actually her first born son, whom she thought dead all these years.

Jocasta is a play about lies, love, family and forgiveness. Despite its heavily tragic theme, the show is filled with many comedic moments. This show will make you laugh, cry and cringe.

End

First Concession (Cont)

'just flopping their ears'. There were so many other expletives that he used, but a lot of them are unprintable here.

Dad joined up with the Princess Patricia's Canadian Light Infantry during World War #1 and forever after had a great respect for anything military. He loved the Scottish bagpipes and often told about when they were marching through England or France and the troops were dog-tired from a long day, the pipe band would strike up "Bonnie Dundee" and the soldiers found new life in their feet. Until the day Dad passed away, that air was his favourite marching tune and he could sing most of the words besides.

Dad was firm with us children but I don't recall him ever laying a hand on any of us. There was no need for that because his eyes told us everything we needed to know; (if we dared to look him in the eye when he was angry).

Mom always said that Dad had a cast iron stomach because he could digest anything, any time. He could eat half a

pound of meat before retiring or a big onion sandwich and he would sleep like a log; but of course he was working hard physically in those days.

When I was small, I marvelled at Dad's physical abilities and he had the build of an athlete, being six feet tall with broad shoulders and narrow hips. He could run like a deer and with a half dozen quick strides he could leap over any object his own height.

What else can I say about the man who was my hero until I became a teenager and thought I knew everything? A few years later I left home to join the work force and Dad became my best friend, often writing a few lines of encouragement to me and enclosing them with Mom's weekly letter. Dad passed away in his eighty seventh year, probably from cancer of the pancreas, but he retained all his senses right to the end. God bless his memory.

Times indeed have changed!

echo echo productions presents

JOCASTA

by Sandra Perlman

The story of Oedipus
through the eyes of Jocasta, his wife and mother.



Starring
Heather Sagmeister
Chris Kyte
Danielle Vaillancourt
Directed by
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GREATER MADAWASKA LITERARY MATTERS

By Mary Joan Hale

I am giddy with excitement! Not only is the weather finally improving and the naughty black flies are going away, but the summer events are compelling. There is so much to do surrounding the library, and I am just bursting to tell you.

First off we will be welcoming two summer students this year. Due to the downturn in the economy, it is a rough time for students to find summer employment. Since so many workers have been laid off, companies are not hiring, hence the applicants this year were extremely well qualified. It was difficult to make a choice from such a group. However, Michelle Leskie and Lauren Wilson have agreed to come on board. Their backgrounds will complement each other and make this a great summer in the library. Our TD Summer Reading Program, Agent 009, will be so much fun. The young detectives will have the chance to read and solve some great mysteries. So come every Wednesday afternoon starting July 8 from 1:00 – 4:00. The wee ones will still have their Preschool Storytime each Tuesday afternoon at 2:00. There is no charge for these activities, but we ask that the 'TDers' bring a small

snack for their break. The students will be running these programs.

There is a backlog of books to be catalogued and the extra hands will make them gravitate to the shelves for you more quickly. We plan on a book sale with other interesting items to be sold as well on Saturday, July 25.

In connection with the reading program, we will be hosting an entertainer at the Community Hall, Friday, July 17 at 2:30 p.m. Please call to reserve your seats. We will be selling them at the door, but a count beforehand will help. The price for adults and children over 12 will be \$3.00 and for children under 12, it will be \$1.00. This will help us cover the cost of the entertainer. The show is entitled "Get a Clue: the CSI*Magic Show". Peter Mennie spends his time visiting libraries with his magic and pushing literacy to his young audiences.

We have a dramatic group starting in Calabogie and we hope to be presenting some entertainment eventually. We are at the organizational stage (pun intended) at this point. Those signed up already have various interests and backgrounds, from props, lighting, set building and design,

music and of course AACTEENG! We all have an interest in Community Theatre. So many small villages and towns have developed their own theatres and we hope to follow suit. It is not intended to be a business and we just hope to provide entertainment. If you are interested in joining the group, call Laura (613-752-1495) or the library (613-752-2317).

We also have begun to prepare for the 'Festival of the Senses' in October. The Library's sense will be the 'Sense of Wonder'. Children are born with it and so many of us lose it as we get older. We will focus on enhancing or rekindling this sense for children of all ages. Circle October 3 and 4 on your calendar for a weekend of great fun in Calabogie and Burnstown. Any business, club, or church which has not signed on the dotted line yet, but wish to participate may contact me at the library (613-752-2317) or Cath Reynolds at the Fans of Calabogie.

We now get Large Print Books from Southern Ontario Library Services. The selection is varied and will change quarterly. It supplements our growing LP collection. Thanks to a generous donation, our French language collection is growing.

Children are welcome to come in to read, go on the computer, and use our listen-

ing/AV centre. It will fill some time on really hot days.

The self-check (in&out) is working very well. If you have a problem, I will have our 4-year-olds give you a demo! It is purely voluntary, but folks seem to value it. Once it is the routine, I can devote more time to other library tasks.

For the Ward 2 folks, we are in the process of finding another venue to drop off your library materials. In the meantime, do not get discouraged, we have not forgotten you! We welcome any suggestions you may have so that you may get your library courier service restored.

Some new books:

The Last Templar: Raymond Khoury (mystery); The first man in my life: collection (nonfiction); The violin: Rachel Shtibel (holocaust memory); The charmer: Mandasue Heller (fiction); The shop on Blossom street: Debbie Macomber (fiction); Icefields: Thomas Wharton (CBC Canada Reads); Little Women: Louisa May Alcott (youth fiction); Anne of Avonlea: Lucy Maud Montgomery (youth fiction); The hunger: Marsha Skrypuch (youth fiction).

End

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PEOPLE HELPING PEOPLE SENIORS' HOME SUPPORT

By Judy Ewart, Coordinator of Volunteer Services

June is Seniors' Month and this year's theme is Creating Age Friendly Communities. As I thought about this theme, some ideas came to mind about what we need to create age friendly communities.

Recognition: We need to recognize that our communities are made up of a wide range of ages and it is this mix that gives our communities their diversity. Ensuring that all ages have what they need in a community is not always easy, but with town staff and committed citizens working together, the needs of different age groups are often met. When looking at our communities and the organizations (social groups, recreation leagues) and services (Home Supports) that improve the lives of seniors, it is easy to see that our seniors have recognized their needs to create these organizations and have made a commitment to keep them going. Coming from a generation where you had to create your own entertainment and neighbours helped each other, this is not surprising.

Acceptance: We need to accept all members of our community and realize that a mix of ages creates a wonderful and vibrant community in which to live. Our seniors with their wealth of experience have a lot of skills and talents to offer our communities, while our younger members with their enthusiasm and creativity/innovation bring their ideas to our com-

munities. In many ways we are seeing the bridging of the generations with programs in our schools with seniors helping students with reading and service clubs/organizations supporting youth. Fortunately in the Ottawa Valley we still have many extended families living in the area so that children grow up knowing their grandparents, aunts/uncles and cousins.

Acknowledgment: We need to acknowledge what all the various age groups do and bring to our community. Many of our service organizations, institutes, auxiliaries and church groups' members are composed of seniors and adults who are out working for the betterment of our communities. Not to be outdone, the youth in our community are making their impact felt with food drives, Relay for Life, tree planting, support of worldwide causes and environmental work among other things.

Creating Age Friendly Communities is a real possibility and the township of Greater Madawaska is well on it's way to this by recognizing the various age groups that we have, accepting all members of our community and acknowledging what each age group brings to our community.

At Renfrew & Area Seniors' Home Support and Calabogie Home Support, we are pleased to help make the township of Greater Madawaska more age friendly for seniors and adults with disabilities. *This article is made possible by an Ontario Trillium Foundation Grant*

End

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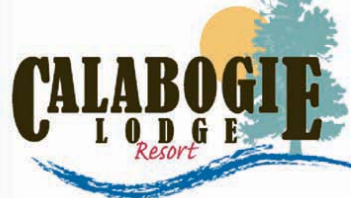
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