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The Madawaska Highlander

Sept-Oct
2016

FREE Vol.14 Issue 5
Next issue Nov. 30, 2016

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

This is the summer that won't give up! Enjoy it while it lasts, but "prepare for a sudden unseasonable cold snap in early November", says the Farmers Almanac.

Welcome!



The leaves are slow to turn, but fall colour abounds in Margie McAlear's hilltop garden.
Photo by Donnie McAlear

...To Fall in the Highlands. The theme for the Ontario Highlands Tourism Organization Summit in October is "Small Towns. Big Stories" and don't we know it! Our talented contributors have packed this issue with big stories once again. Read about ghost trains, war planes, and old automobiles. Stories about places we went and places to go for things to do this fall.

Plan for pleasant driving through the Highlands to Art Shows, Gallery Shows, Studio Tours, and pick up your group's Canada150 Art Tree supplies. Everything you need to know about where to go outside is inside. There is so much going on we couldn't fit it all on the Events page, almost every article includes information about events you won't want to miss.



You could hop across the Madawaska River at South Algonuin in October, 2012. The 2016 drought is worse. Continue to go easy on your wells as water replenishes.
Photo by Steven Manders

It is so nice to hit the trails and breathe in the crisp fall air, but in case an afternoon stroll turns into a bit of an overnigher, Survivor Guy prepares us with the bare essentials. Know what to wear and what to take. We recommend packing the Madawaska Highlander for a few good reasons.

If chronic joint pain is keeping you indoors, Susan has some helpful advice to free yourself. Howard tells us how he freed himself from his iron crib and made his way to the front lines in Korea 14 years later. Marcella tells us about a man whose path took him to the front lines of WWII, never to return. Peter shows the power of war songs in The Power of Song, Part 7. We have dispatches from Denbigh & Vennachar, Griffith & Matawatchan, Calabogie, and news from the Griffith & Matawatchan Fish & Game Club for hunting season. Enjoy...

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CONTRIBUTORS THIS ISSUE

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We couldn't do this without our volunteer contributors and our advertisers. Thank you to the Denbigh-Griffith Lions Club for your support.

Garry Ferguson	Antonia Chatson	Sharon Shalla	Cheryl Babineau
Ernie Jukes	David Arama	Karen Holleran	Steven Manders
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Peter Chess	Susan Veale	Rev RJ Sprague	
Howard Popkie	Angela Bright	Marlene Schaly	

**Next contribution deadline:
Nov. 18 for Nov. 30 publication
madawaskahighlander.ca**

Message from the editor:
Check the Events Calendar for events in your area. We print what you send in, so if your event is missing or incorrect, be sure to email updates.
Check advertiser messages right away for important information, hours of operation, specials and ideas about things to do in the area. Tell them you saw it in the Madawaska Highlander!
We also maintain the matawatchan.ca website, which has a handy community calendar that is updated whenever new information arrives. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for events and information around you in the Highlands. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss. We keep our advertising rates low to keep it accessible for small businesses.

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OH COME ON! HOW COULD LITTLE, INSIGNIFICANT HUMANS AFFECT SOMETHING AS MASSIVE AS THE CLIMATE?

The Walter cartoon is taking a break, until creators John Roxon and Jens Pindal can find time to collaborate again. Even volunteers need time off.

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By Garry Ferguson

They (?) tried to contact me by mail but that didn't work, (can't figure that one out) so a telephone call warned me that an unspecified legal action was to be taken against me. I hated to appear suspicious but it sounded strangely like a one-size-fits-all message. I guess if I'd called 1 800 497 5909 I could have cleared up this little misunderstanding: I'm also guessing that a credit card number would have done the trick. The lad even wished me a, "Great day." Some of my friends – well, both of them – have already been contacted many times by snail mail, email and phone and invited to participate in these little sessions so I was beginning to feel a bit unnecessary. Guess it was the old inferiority complex acting up, but I'm now feeling much better and more included. I didn't want to appear ungrateful, since they were good enough to finally include me, however, I did not respond even though I was warned that the matter was time sensitive. I was also a little concerned that I might vex the nice man on the phone and have him become really rude and say bad things as he did when one friend called back and created some entertainment at his expense. I'm now waiting for "RevCan" to call and offer to settle my "account" for prepaid gift cards (Tim Hortons? Swiss Chalet?) or to win a lottery. For any genuine ungratefults out there who don't wish to take advantage of the "help" these good folks offer, the Canadian Anti-Fraud Centre might lend an ear. It can be contacted at 1 888 654 9426, info@antifraudcentre.ca or by fax at 1 888 654 9426. The website is www.antifraudcentre.ca. Your closest O.P.P. detachment should also be interested.

The Pub and Open Mic Night to be held at the Matawatchan Hall at 7 p.m. on October 01 should already be marked on your calendar. A picture of Sir Wilfred, surrendered at the door, will get you access to \$3 draft, (my sources tell me that's really beer, not the cold wind coming in under the door) wings, pizza and pickled eggs – not to be confused with (so don't order) pickled chicken. The Pickled Chicken String Band is the entertainment. Doors open at 6:30.

The traditional annual **St. Andrew's United Church fall, Harvest Supper** – presented, as usual, in the church basement - should also be highlighted on that same calendar: same date but beginning at 5 p.m. There'll be turkey with all the trimmings, all the-good-for-you vegetables and salads and, of course, all the not-quite-as-good-for-you pie you can eat. I would suggest that you plan to take in both events with one outing – providing your



Betty Bass being presented with Addington Highlands Council's Senior of the Year Award by Councilor Tony Fritsch



The Out To Lunch Bunch, a group of women from Matawatchan, Griffith, Denbigh and all points in between is still going strong after a decade of lunching once a month in a variety of restaurants in the area.



1st Place, People's Choice Award at the Lions Show & Shine, donated by Snider's Tent and Trailer Park, presented by President Lion Barry Dicks to Randy Joe, Renfrew, 1965 Ford Mustang Convertible



Talk about drought this year. This maple had had enough by the first week in August so cashed in its leaves and closed up shop for the year. The grass under it fared no better.



Clare Klieboer with one of her many flower displays. I didn't notice any serpents or forbidden apples but her yard is probably even more colourful than the Garden of Eden at its best.



Pat Burton and son David kicked off a program in which they and The Pickled Chicken String Band staged an afternoon of music designed to aid in the digestion of all the hamburgers consumed by hungry members of the Northern Lights' Seniors Club during its BBQ on September 17



The new Free Methodist Church in Vennachar to be in use next month. May it stand, like the last one for a 127 years - plus an additional century to boot



2nd Place, Peoples Choice Award, donated by Griffith Building Supply, presented by President Lion Barry Dicks to Gary Tohivsky, Griffith, 1965 Ford Mustang Convertible. Photos by Jan Roche



3rd Place Peoples Choice Award, donated by Denbigh Recreation Committee, presented by Lion President Barry Dicks to Conrad and Christine Peloquin, Madoc, 1957 Pontiac Starchief Convertible



The Denbigh-Griffith Lions Club's Annual Show & Shine attracts vehicles and visitors from all over North America for live music, food, Nu 2 U flea market and a lot of shiny objects to drool over. Aerial photo by Greg Roche.

heart is strong enough to take that much excitement in one evening. For \$12 you can scarf down all your gut can hold before continuing on to the hall and packing it down with \$3 draft. Then, hopefully, the good times will roll!

On September 05, Councilor Tony Fritsch presented Betty Bass with the Addington Highlands Council's Senior of The Year Award at the monthly Denbigh Diners' Dinner. (alliteration not intended – maybe just a little) The award recognizes out-

standing volunteer work by members of the community who are 65 years of age or older. Everyone heartily agreed that Betty certainly deserved the award but there was considerable doubt as to whether or not she qualified. She insisted, however, that she had indeed reached the 65-year marker. On the award, she even managed to get the autographs of Reeve Henry Hogg, Her Honour the Honourable Lieutenant Governor and the Provincial Minister Who Rides Herd on All Seniors' Stuff.

Don't forget to check out the Church Services & Community Events Calendar on page 7 in this edition. I'm aiming for the time when a pic or two and the preceding sentence will be all that's needed for the G/M News.

So now that you have your calendars marked, let's get to some things that are just plain interesting, to me anyhow. If you don't find anything interesting you'll have to assume the good stuff was edited out...

Continued, next page...

GM NEWS Continued...

The anniversary of the Battle of Britain is observed – with a parade and church service - by Allied air forces including the RCAF, on the third Sunday of each September. One hundred Canadians flew in the Battle from July to October 1940: twenty-three were killed. This desperate defense, the first battle in history to be won by air power alone, involved over 3000 allied airmen and halted the planned Nazi attack on Great Britain. Churchill described the victory as, "Britain's finest hour." The slower Hurries (Hurricanes) that went after the bombers and the speedy Spits (Spitfires) that took on the German fighters became household names from that time on.



Depiction of Spitfire. Notice maple leaf on fuselage.



Hawker Hurricane Fighter



Heman Towns with his dog Towser



Top: Author at entrance to Towns root cellar
Bottom: Interior of root (cellar or cold cellar)

As young airmen during the fifties, we knew the relevant history well but were pretty flippant about most things so didn't bother to embrace the solemnity of the occasion. In preparation for selection parades - a week or so before a big parade - I've known buddies to memorize other's names and regimental numbers for the list being drawn up. I still try to imagine those old parade Warrant Officers pulling at their hair (those that had enough left to pull) when they found that a good number of the lads on their parade list didn't answer roll call because they had been out of the Service for years. And so, in keeping with the attitude of the day, that anything outside our technical duties was a joe-job, (a menial task outside our trades or normal duties) it was not surprising that I carried a grudge against the brass. (the powers that be - as it were). Whether as a result of good behavior or bad behavior - I was never quite sure - but it seemed that I inevitably had the evil finger pointed at me when it came time to select an RCAF flight (equivalent to a company) to parade along some street in some city and then to sit down in some church to listen to an hour of droning - and all on my off-duty Sundays. There would usually be some old

ex grunt (army guy) or old ex matlo (navy guy) in the crowd yelling to ask if we were the sick parade. (morning-time lineup of sickies showing up at the hospital) Marching along Sherbrook Street, (Montreal) ironically sick as a dog that day - you had to be dead to be excused - I remember some old rubbie lurching out of the crowd to ask, "D'ja think the altitude up here on Sherbrook is too much fer youse pigeons?" (pigeon = member of the air force)

Now that I'm a "bit" older, I realize how greatly honoured I should have been to be allowed participation in ceremonies commemorating 537 people who, over a few months, died accomplishing what historians now term, "The turning point against Germany in WWII."

Unrelated to the above, but related to me, is **the story of Heman Towns**. Heman (yes it's spelled correctly) Towns' father, Elijah Towns, came to Springtown, Ontario from the U.S. in 1825 at the age of eighteen. His line (Towne in the U.S.) reached back to the 1635 era of Salem Massachusetts where two daughters of the original Towne family were hung as witches. ("Two Sovereigns for Sarah" - another

daughter who survived after a year in jail - is a movie that well depicts this family tragedy). He had been raised from an early age by strangers, since his father had been killed in the War of 1812, so he didn't remember a brother who came to Canada looking for him. Unfortunately, this brother died near Peterborough before they could be reunited. Elijah married Charlotte Hunter, whose family was of United Empire Loyalist stock, and they had ten offspring including Heman - named after an uncle on Charlotte's side. Since Elijah made his living by lumbering, hunting and trapping, it's not surprising that the family moved up-river toward what is now Algonquin Park when the area opened up.

As an adult, and an excellent shanty cook I'm told, Heman ended up in Matawatchan and married Christina (Christy) MacPherson. By all accounts, he was the best storyteller around, beloved by all who knew him and I'm thinking a ladies man since he had three wives. (not at the same time) Christy and Heman had three daughters and a son: Jane Anne (J'Nan Hoare), Charlotte (Lottie Ferguson/Leclair/etc.), Elizabeth (Lizzie Kelly) and Alex. Though many de-

scendants of these three daughters - Lottie was my grandmother - still live in the area, all evidence of Heman's home is now gone. A huge lilac bush and a hole by the road where his root cellar once stood are all that mark his presence on the spot.

**Author's Note: Photos of old root cellar courtesy of Mark Ferguson (Heman's great, great grandson)



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



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The Township of Greater Madawaska seeks your input for their Strategic Plan. To help, take the short Survey on their website. greatermadawaska.com

Chief Superintendent Chris Harkins is the new regional commanding officer of OPP East Region. He was the former commander of the fleet, supply and weapons service bureau at OPP general headquarters. Harkins fills the vacancy that was created when Dan Redmond retired.

The East Region OPP detachment is conducting community satisfaction telephone surveys until November 30 to help the OPP in its vision of Safe Communities.

Deaths resulting from distracted driving double that of drunk driving: OPP

The president of the European Commission told the G20 summit that Europe's free trade deal with Canada is the "best and most-progressive" trade agreement the EU has ever negotiated.

Residents of eastern Ontario will benefit from more jobs for the middle class – and those working hard to join it – as a result of a \$6.3 million investment under the Eastern Ontario Development Program (EODP) to support Collaborative Economic Development Projects (CEDP), which will be delivered to all of Eastern Ontario by the Northumberland Community Futures Development Corporation (CFDC).

Ontario Reducing Electricity Costs for Families and Businesses. Five Million Families, Farms and Small Businesses Will See Bill Reductions. Premier Wynne told reporters the rising cost of hydro, which has doubled over the last decade, was one of the most consistent issues her party heard from homeowners and tenants across the province. Jatin Nathwani, executive director of the Waterloo Institute for Sustainable Energy, said rising bills are the result of a decade of investments in Ontario electricity infrastructure and costs associated with shutting coal-fired power plants. Nathwani added that the move towards green energy contracts, like wind and solar, have contributed to increase in prices and there is little the government can do to back out of them.

Study to highlight Eastern Ontario as centre for investment and business growth
Target industries for region include food processors, advanced manufacturing and distribution warehousing

International Publication Names Ontario Winner of "Canadian Competitiveness Award"

The president of the Ontario Federation of Agriculture is calling on shoppers to buy more local food as an unusually severe drought continues to plague much of southern Ontario. "Please ask for Ontario products and support your own first. There's a heck of a lot less for farmers to sell this year," president Don McCabe, a Lambton County cash-crop farmer, told The Intelligencer. Rainfall has been about half of that recorded last year, making it one of the driest summers in the federal agency's records.

Blue-green algae in Rideau Canal in Ottawa in August

Feed shortage hurting farmers. Feed prices are one of many hardships for farmers who are already hurting from poor growth of their own crops and the need to haul or buy water from elsewhere.

The McGregor Family of McGregor's Produce has been named one of 10 families who have earned the 2016 BMO Ontario Farm Family award. The farm started with 200 acres of land, which dates back to when Jim's great grandfather and great uncle moved from Beckwith to McNab Township in 1856.

Canadian surgeons are urging people to throw out wire-bristled barbecue brushes because none of them have figured out a surefire way of removing the wires when they get stuck in people's throats.

A new study by the Eastern Ontario Regional Network (EORN), shows municipal public Wi-Fi has a growing role in helping people stay connected and points out a growing global trend toward increased access to free public Wi-Fi provided by carriers and municipalities. EORN is building on it's work to bring high speed internet access to all of Eastern Ontario, by working to close the gaps in both high speed internet and cell service.

Ontario has dedicated \$3.2 billion from the sale of Hydro One shares in 2015 to the Trillium Trust, a fund for infrastructure projects that will help create jobs and strengthen the economy. By investing more than \$160 billion over 12 years, Ontario is making the largest investment in public infrastructure in the province's history. These investments will support 110,000 jobs, on average, every year across the province, with projects such as hospitals, schools, roads, bridges and transit.

Under a proposed amendment to the Residential Tenancies Act, (RTA) the Ontario government wants to walk away from provincial enforcement of residential rental maintenance standards, and instead transfer the responsibility to all municipalities, regardless if they have property standards bylaws in place or not. This would mean municipalities will not only be expected to enforce maintenance standards, but fol-

low through on orders and prosecution of offenders.

New Ontario provision allows domestic and sexual abuse victims to break rentals with 28 days notice. Tenants must provide their landlords with a notice: a copy of a court order, such as a restraining order or peace bond, or a signed statement attesting to the abuse.

The Phoenix Centre for Children and Families is leading the charge to develop a mental health plan for Renfrew County. Thirteen different sectors have been identified in which representatives will be selected to sit at the planning table, plus two youth and two caregivers. Info: Greg Lubimiv at glubimiv@phoenixctr.com or phone 613 - 735 - 2374, ext. 231.

In 2011 an independent analysis of municipal budgeting accuracy ranked Brampton dead last out of 23 Canadian cities. In a sweeping move, the City of Brampton has informed 25 managers, including some of its most senior staff, they are no longer employed with the municipality. Only 5 positions will be replaced.

Ontario has now implemented a new Climate Change Action Plan (CCAP). more than one-third of Ontario's greenhouse gas pollution is caused by the transportation sector, and car and truck emissions add up to more than 70 percent of the total. Lanark County hired consultants to analyse transportation needs and options to prepare a plan. By promoting other options to cars, the county can become more attractive to both residents and visitors, and prevent population declines.

Fight for return of passenger rail continues in Muskoka. The committee's comments emphasized northern Ontario and Muskoka's aging demographic, access and mobility, health concerns with long-distance bus travel, environmental benefits of rail travel, safety and reliability of rail, inadequate public transportation, a fragile high-way network and the high cost of northern Ontario air travel as reasons for renewed passenger rail services. District council was faced with a motion in support of the committee's comments and urged council to "remind the province that we are here and that we, too, deserve their consideration" in enhanced public transit.

VIA Rail to offer \$5 fares to 'at risk' groups traveling along Highway of Tears

CAA has developed an online tool to help electric vehicle owners find charging stations throughout Canada. caa.ca/evstations Most are in The Golden Horseshoe area and along the 401, but there are stations at Golden Lake, Pembroke, Petawawa, Renfrew, Maberly, and Smiths Falls.

Canada dedicates \$62.5 million to "support the deployment of infrastructure for alternative transportation fuels" over the next two years. That includes projects to develop better electric vehicle charging infrastructure.

Ontario, Quebec sign cap and trade policy deal with Mexico. Three governments agree to share expertise on climate change legislation

Pope Francis declared Mother Teresa a saint, honouring the tiny nun for having taken in society's most unwanted and for having shamed world leaders for the "crimes of poverty they themselves created."

Researchers from the University of Edinburgh have found a new safe way to extract gold from your old electronic gadgets. The method involves placing the circuit boards into mild acid to dissolve all the metal parts. An oily liquid which contains a chemical compound is then added, which only extracts the gold.

Father, daughter complete epic road trip from B.C. to eastern Ontario — Dad driving a vintage tractor bought on Kijiji. Daughter following in a car.

U.S. partiers wash up in Canada, blown across St. Clair River. 'We had 1,500 people who were in complete need of help, and everyone walked away alive'

U.S. border agents rescued Canadians in Niagara Falls house fire. An agent led a family of four, including two children, out of the burning home.

RCMP in Russell, Manitoba, are after a couple of thieves who pulled off what has to be the most Canuck burglary of all time when thief in goalie gear steals beer.

Naked thief steals tomatoes, hoses himself down in Toronto backyard.

Hidden for more than a century, Gustav Hahn's 1893 Art Nouveau maple leaves have reappeared on the Ontario Legislature ceiling after acoustic tiles were removed.

Scientists have found an Earth-like planet in the star system next door, and a bold project to send spaceships there is being backed by cosmologist Stephen Hawking, Facebook founder Mark Zuckerberg and billionaire tech mogul Yuri Milner.

P.E.I. wooded areas being hit by tree-killing vine Invasive species called oriental bittersweet very hard to destroy. It blocks the light with all the leaves and then it strangles the tree like a cobra.

'Bogie is a Happenin' Place!

By Skippy Hale



Cheryl Gallant, MP for Renfrew-Nipissing-Pembroke presenting a Certificate of Congratulations to Chris Fleming

Thanks to some little birds in the 'Bogie and environs, I have a report for this edition. I am grateful to all those who pass on news to me for this column. It is hard to be everywhere, especially when where I am is not where I live.

On August 19, 2016, the sun shone brightly in Calabogie for the Grand Opening of Linwood Design Centre and Calabogie Construction Services Office. Warden Peter Emon officially cut the bright red ribbon to officially open the doors to this new Calabogie enterprise. Congratulatory greetings were expressed by Warden Emon and Mayor Glenda McKay. Chris Fleming received the "Linwood Dealer Of The Year Award" from Craig McFarlane, Vice President of Retail Sales for Linwood Custom Homes. MP Cheryl Gallant presented a Certificate of Congratulations as well. It is expected that the annual economic stimulus from this design center will exceed 2.5 million dollars to add to the local economy.

Chris is a well-known local entrepreneur who hopes to carry on the legacy of his father and grandfather with quality development in the region. This is his home and he cares deeply about its future. He wants to have a physical presence to not only showcase the caliber of Linwood Custom Homes but to serve as a meeting place to bring dreams, to design and ultimately reality by converting, an unattractive corner lot (Mill Street & HWY 508) into a beautifully landscaped



Renfrew Warden Peter Emon helps Chris Fleming cut the ribbon at the Linwood Custom Homes Grand opening on October 9 in Calabogie



Linwood Custom Homes "Cardinal" model at Mill St. and Hwy 508 in Calabogie

property crowned with a stunning post and beam cottage 'The Cardinal'. To quote from the News Release: (Fleming, the president of Calabogie Construction Services has been on a journey of finding synergies amongst the various departments of his company. He has recently embarked on formalizing a unified vision that he has had for over a decade, which he refers to as "The Calabogie Experience". When asked to describe The Calabogie Experience he passionately describes the community he calls home and the quality of life that the region has to offer residents and visitors to work, live & play. He is excited about the future of the area and the community economic potential it offers its residents. He sums up "The Calabogie Experience" with this powerful slogan, "Defined by nature, designing the extraordinary!")

To Chris and his colleagues, best wishes for a successful venture! Our local economy needs this boost.

I hear that the new owners of the former Munford's Gas Station and Restaurant have remodeled the building. My little birdies tell me it is 'Bogie General Store' specialising in Hardware. I look forward to that. As Nancy Cameron will attest, I love Hardware Stores. This goes back to my childhood going with my Dad to the Canadian Tire on Kent Street in Ottawa. (bit of nostalgia there). One time Mom must have needed a break, so he took my sister and me downtown. We wandered around for a while and Daddy bought a crystal doorknob. When I asked him why, he answered that you never know when you might need one. I look forward to my first visit up the road. Charbonneau's held a 'Customer Appreciation Day' recently. Goodies were offered as well as a chance to see their new

Gas Pumps! Sorry I missed it, but look forward to visiting to admire them when I get back. With the opening of the general store, we will now have three retail establishments including the Calabogie Variety Store. Competition is good and each business offers something different so you can always get what you need in one of them in the Village. I just wish we had a clothing store. I was sad when Peter Emon closed his shop several years ago.

Thanks to Alison Graham, Danielle Broomfield and others, all of the cats and kittens have been rescued from under the Mumford's deck. They have been adopted or fostered in loving homes. One of my fur babies is a rescue from there. Alison has requested that the new owners close off under the deck so that another colony will not seek refuge there. Thanks to Annie Munford and Joanne Leclaire, these cats have not starved over the years. We just hope that we can qualify for a grant to rescue more and get them treated so the population around the village will cease to grow and we can educate folks to not abandon these animals when they move away. I see by my Facebook friends' posts that it has been an excellent fishing season so far. I may just try out my barely used fishing thingy when I get home. With the Hunt fast approaching, be successful filling your freezers, but be safe.

Rochelle Dagenais Buxton is organising a 'That's Entertainment' Trivia Night at Shooter's Bar and Grill on October 1, 2016 at 8:00 - 11:00 pm. The Team fee is \$50.00 and it is to support the Leukemia and Lymphoma Society. Contact her to register your team rochelle.buxton@sympatico.ca. Why not go early and enjoy some of Shooter's delicious food?



Joey is my female kitty who has adapted to my home (and another cat hiding behind the upstairs toilet.) She is from Munford's



These cats have been rescued, but Calabogie's feral cat problem continues... for now.

The Renfrew Nipissing Pembroke Liberal Riding Association will be sponsoring a Town Hall Meeting on October 18, 2016 in the evening at Calabogie Peaks. The topic is 'Ecotourism' and we will have a special guest speaker who specializes in this field. Please watch and listen to the local media for further details. As our area continues to blossom, we need to ensure that the right precautions are in place.

Once again Bud and Lorraine Mannoly are planning for the Calabogie Christmas Craft Fair to be held in the Calabogie Community Hall at 574 Mill St. on Saturday Oct 29th, 10:00 am to 3:00 pm. If you wish to be a vendor, contact budmannoly@hotmail.com for Registration Forms. There will be a lunchroom there as usual. Tables and chairs will be provided. The cost remains \$20.00 a table. If you do not wish to be a vendor, come out and support your community.

This is your newspaper. If you have a, story, event, birth or any other news to share, send me an email (bogie-beat@gmail.com) or call me (613-433-1131) and I will fit you in. The deadline will be at the front of this edition of the Highlander.



Skippy Hale moved to Calabogie with her husband Richard Hale Christmas '99. She has been active in community and church activities. She loves children and brags about her three grandchildren, 'Preschool

Storytime' and school visits when she was the GMPL CEO/Librarian, and weekly Sunday School classes at Most Precious Blood Church in Calabogie.

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Denbigh, Vennachar, Griffith & Matawatchan residents, please check regularly for updates at www.matawatchan.ca/Events

CHURCH SERVICES:

Matawatchan St. Andrew's United Church Sunday Worship 11:30 a.m. For updates, call Joanne Murray 613-333-5534

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

Vennachar Free Methodist Church (Now in the Parsonage, New church opening celebration October 9 at 1:30, All are welcome) 424 Matawatchan Rd. 613-333-2318
Services June to August 10 am
Sunday service time returns to 11am the weekend after Labour Day

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

Emmanuel United, Schutt 8:30 a.m.

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

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

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

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

Most Precious Blood Catholic Church
504 Mill St., Rev. Ric Starks
Sunday Worship 11 a.m.

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

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

EVENTS:

CALABOGIE:
GM Library Pre-school Storytime
Thursdays 10:30 am to 11:30 am
at the Greater Madawaska Library.
It is aimed at children from 0 - 6.

LIONS CLUB BINGO
Calabogie Community Centre
Wednesdays 7:15 p.m.

FALLS PREVENTION PROGRAM
Tuesdays 8:30 a.m. Barnett Cottage

Contact Susan 613-752-1540
PILATES IN THE PARK
Mondays 9:30 am Barnett Park
Contact Susan 613-752-1540

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

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

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

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

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

St. Andrew's United Church in Calabogie will be celebrating their 124th anniversary on Sunday October 16th, 2016. The Sunday service that day will be held at 3pm followed by a potluck supper. All are welcome.

CALABOGIE ARTFEST, 16th annual at the Calabogie Community Centre, 574 Mill St., in the beautiful village of Calabogie, October 15 & 16 from 10 to 4 Admission is free

Creative Arts Program, St. Joseph's Catholic School Calabogie for age 7 -14. Tuesdays until Nov. 15, 6:30 pm to 8:00p.m. Theatre, Acting, Music, Improv, Character building, Listening skills, Reading skills, Make friends, Perform on a real stage, Excursions, Invited Artists.

PANCAKE BREAKFAST, Sunday Oct.2 Calabogie Community Centre. 8:00am to 12:00 noon. Adults \$9:00 and Children \$5:00. Put on by the Calabogie Lions Club in partnership with the Greater Madawaska Fire Department. All proceeds to be contributed to the Fire Department towards the purchase of firefighting and safety equipment.

Richard Gill Art Show, Biterweet Gallery Burnstown, opens October 1 with Vernissage from 2 til 8pm. Richard will give a brief talk on the works at 3 and again at 7pm. and continues daily 11 to 5 until October 10.

GRIFFITH & MATAWATCHAN:
Denbigh Griffith Lions Club
Fellowship Lunch at Lions Hall, Griffith at Noon-Third Wednesday of the month. Everyone is welcome. Contact Mary McKinnon 613-333-2791

Northern Lights Seniors at the Lion's Hall after Fellowship Lunch
General Wellness Assessment by local Paramedics available from 11:00am until after lunch

Diabetes Outreach Program every 3 months

Northern Lights Seniors Club, Stone Fence Theatre & Dinner October 15th. \$22.95 per person

Euchre First and Third Friday of each month, 7:00pm - 9pm Contact Dennis Barnes 613-333-1488
Harvest Supper at St. Andrew's Church in Matawatchan on Saturday, October 1, 2016 from 5:00 - 7:00 Adults ~ \$12.00 Children 6 to 12 \$6.00 Children 5 and under Free Turkey with all the fixings plus PIE!

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

AA Meetings (Alcoholics Anonymous) Weekly meetings Every Monday. Location: Griffith Lions Hall HWY 41 One hour meeting open to Men/Women
07:00 PM Coffee and Refreshments

Matawatchan Hall Events:
Matawatchan Walking Club
Thursdays 9:00 a.m
Start at Matawatchan Hall

Matawatchan Hall Pub & Open Mic Night, October 1 at 7:00 pm Doors open at 6:30. 1677 Frontenac Road Featuring The Pickled Chicken String Band - Draft beer, wings, pizza, pickled eggs and more. Come out and enjoy laughs, drinks, music, food and good times.

Spooktacular Halloween Costume Party, October 29 at 8pm, Matawatchan Hall 1677 Frontenac Rd. Prizes, Food, Dancing & More. \$5 at the door. Licenced event

GM Fish & Game Club:
Hunter's Ball, November 12, 8pm at the Matawatchan Hall, 1677 Frontenac Rd.
Food, Beer, DJ, Great Entertainment
Licensed event

Matawatchan Trailer Park Murder Mystery Dinner, November 19th, Cocktails at 5pm, Dinner at 6pm. \$20 per ticket. Limited tickets available. Ham Dinner, prizes and more. Licensed event. Come dressed in your trailer park best!
Tickets: Contact Tracy 613-333-9589

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

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

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

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

GRAND OPENING VENNACHAR FREE METHODIST CHURCH, October 9, 1:30pm Special Music: The Proverbs, Guest speaker: Rev. Kim Henderson

25th Anniversary Madawaska Valley Studio Tour, October 1-2, 10 to 5 Visit 26 artists and artisans at 15 studios and enjoy. Brochures are at Tourist Information Centres and business locations throughout the Valley.
www.madawaskastudiotour.com

NORTH FRONTENAC, CLOYNE
Thursday Sept. 29th, Heritage Renfrew Fall Bus Trip \$70 per person. Includes lunch and supper. Leaving Haramis Car Park at 9 AM. This trip "up the Valley" should find the trees in all their brilliance
Tours at: Pembroke Museum, Petawawa Military Museum, Antique Clock Museum in Deep River. For tickets or information call Darlene Mask - 613-432-6242

Greater Madawaska Township Council Meeting Dates have been changed to: October 3 and 24, November 14 and 28, (December 6 and 20, unchanged)

MILK BAG MATS



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

There is a bin for them in the office. Please do not leave them in the Donation bin, which is only for clothing. The Vennachar Free Methodist Church women will weave them into sleeping mats for disadvantaged and displaced people around the world. Please help by dropping off milk bags.

SEND US YOUR EVENTS:
Lois and Mark Thomson
The Madawaska Highlander
3784 Matawatchan Rd.
Griffith, ON, K0J 2R0
info@reelimpact.tv
613-333-9399

My Old Girls of the Road

By Ernie Jukes of Camp J



I learned to drive early to help out at my father's painting and sign shop. Bicycle, truck, canoe, Model T... I just wanted to go places and fell in love with any mode that would get me there.



People had a lot of pride in those early vehicles. No more horses! I picked up on that and a series of beauties took me where I wanted to go. They were there through every phase of my life and one kept us safe as we drove through Canada's deadliest hurricane on record.

I remember thinking I would drive to places that I couldn't run, hike or canoe to, like the Yukon or Newfoundland and with 70 years behind the wheel I sure have covered a lot of ground with some fun times in some great vehicles. If memory serves, my first driving experience was when I put my dad's truck into the garage door. I was 13 years old. It was because he had a painting and sign shop on Hartzell Road in St. Catharines that I got an early license to take men and materials to various jobs before I went to school. After High School and on weekends I lettered enough signs and trucks to buy my first canoe and just before college I purchased my first car for \$65.

There she was, a deep blue, 2-door. 6-cylinders, 1935 Plymouth Coupe. What she lacked in luster and inconsistent starting, she made up for in running like a top. I was proud of the old girl as the miles of the landscape flew by. Seatbelts, automatic transmission, door locks, heater or air conditioning had not yet entered our driving vocabulary, but she had a horn and a trunk and cardboard over the hole in the firewall to keep snow off my passenger's legs, plus a handy jug of oil to top her up regularly.

I recall a rainy night with my best pal Graham Ireland and our pretty dates. We were going down Clifton Hill in Niagara Falls. All was fine until the traffic light



at the bottom stopped a new car – almost as our target. We slid and slid... Wham! I figured we were in trouble, however the other driver surveyed the damage quickly, but admitted to also previously owning an old crock with mechanical brakes that never worked when wet. We shook hands and got out of the deluge almost before the light changed. You meet good people on the road.

A few weeks later in September of 1950 I registered at OCAD U. in Toronto. Now this super car would transport my new group of artistic friends from our downtown campus at Grange Park on Dundas St., perhaps 25 miles or so up to Glendon Hall north of Sunnybrook Hospital. They kept it clean, paid for the 25 cent a gallon gas and bought many jugs of oil from Loblaw's, where we parked it for free. One day we took a deserved day off from heavy classes to see Louis Armstrong. As we stopped for another red light along busy Queen St., damned if the old girl stalled flat out. Well, before you could say, "Satchmo", my passengers Jud, John, Jack, Mac and Guy bailed out like trained paratroopers over France. They shoved to a record quick start and we were on our way again to the casino, much to the delight of the laughing police officer directing traffic.

We always parked on a hill for easy starting. One night in New Toronto, I was dating Audrey, now my wife of 62 years; she was taking her RN's psychiatric training. We knew that the peculiar rules of her residence required her being in by 10pm or her whole class would lose their nights out for a month. Well, after the movie we rolled the car down the wee slope. Nope. Nothing happened and there we were sitting on Lakeshore Blvd. with the time ticking by. It was now 10 minutes to 10. I waved down the next vehicle for a push. No problem, she started quickly but a loud crack was heard. I got out to see that his bumper didn't align with mine. The nice man was left with a badly broken grill on the expensive Cadillac hearse he was returning to the chapel. I explained our time problem and he said to go ahead and not worry. Yep, we just made it in time. I stopped at the chapel later and the same chap reiterated there was no problem as his firm had lots of money and auto insurance.

My next old car came about when my dad passed and left me the old log hunting camp in the Madawaska Highlands. Still in college, but being a canoeist and outdoorsman, I decided to live there during the summers and guide for my camp and the local lodges. For this I need a bush car. I also had a job helping to build cabins at a dollar and hour for Elson Buesch, an undertaker from Cleveland. I soon got into Renfrew and luckily found a 1928 Model A Ford coupe for... Get this... \$40. Yep, forty bucks! She was far from good looking, but we painted her up and I lettered on the visor, "Fast Lady". With my canoe on top and some fancy funeral parlour cushions in the back, I took customers to any lake or stream we desired. I also remember cleaning a lot of fish. One early morn, with some hunters, I went over Dan's Mountain, crossed the shallow Hutson narrows, then pushed back on the Ferguson Trail to Rose Hill and later returned with a deer on top. Her light weight, her height – even with 4 cylinders, she did a surprisingly good job.

Fortunately we were in a land of lakes, for Fast Lady required her radiator filled every few hours. I recollect neighbor Colin John Thompson saying to me in his old valley vernacular before he passed, "Ernest, do ye mind the time ye took me fishin' out behind Quackenbush and the brakes on yer old car just didn't hold and we slid to the bottom into a slash of pine trees? Lard amightly!" I reckon the last connection I had with really old cars was probably my painting of a McLaughlin Buick, which may still hang in Oshawa's Canadian Automotive Museum.

The last drive down memory lane took place in 1954. I had graduated in June and here it was October 15. I had already started work at my first position as Art Director. I had also graduated in cars to a big 1947 Chrysler New Yorker sedan with 4-speed, 8-cylinder, semi-automatic, fluid drive. It was an absolute glistening beauty. She even had a sealed ignition, which may have saved our lives, as you will soon read how.

I left Border Advertising in Niagara Falls at 5pm in a heavy rainstorm to pick up Audrey in Merriton. We continued west on the Queen Elizabeth Highway, North America's first expressway.



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THE VIEW FROM HERE



OUR HONEYMOON CAR 1955

I have had many vehicles since then, but nothing compares to how I felt about those old ladies of the road.



Our first realization that this storm called Hurricane Hazel was not dissipating as predicted when we drove into 3-feet of water at Jordon Harbour. The waves from Lake Ontario were smashing over low areas. Some smaller cars were swept off the road, stalled. We ploughed through to higher ground like a motor boat and continued north along Lakeshore Blvd. to Toronto. We were on our way east to a large gathering of relatives at Forest Mills just north of Napanee on Saturday. Normally this drive would be about six hours. I could see we were going to take a lot longer.

Our car radio gave us constant updates of the 125km winds and tons of water falling around us. We had just crossed the Humber River Bridge when CBC reported that it and others had collapsed. Traffic had been stopped on the QEW. There was no turning back now as we proceeded along #2 Hwy. The 401 had not been built yet. I held the steering wheel firmly. The wind and rain continued to pound us from all directions.

We picked our way through various towns of Ajax, Oshawa, and Port Hope, all in blackness. We had to avoid parts of houses, billboard signs, trailers, TV antenna towers, pieces of metal and garbage cans spinning in the air seen only in our headlights because electricity was out across Southern Ontario. We had to avoid fallen poles and downed, flashing hydro lines by zigzagging around them. Here we were at Trenton and it was after 2am. We were almost blown away when

we decided to pull into my cousin Roy's at Bayside near Belleville. Wow. Thank God. We were exhausted, but we had made it to cover and friendly haven.

In the morning huge sheets of barn metal surrounded my untouched car. The radio reported 81 dead, 2,000 families homeless. Over \$1 billion in today's costs were the results of this devastating storm, the worst in modern history.

These recollections say many things about driving, not only how important the motor car has been to us, but how much more we can see and do if we just slow down and savour the sights and scenery, enjoying it with others. I also think that life is like driving. You have to find the right direction, and then don't run out of gas.



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

GRIFFITH TERRY FOX RUN 2016

More People, More Money

By Geoffrey Cudmore



In spite of forecasts of rain, 37 participants and 5 volunteers assembled at Griffith Building Supplies under warm, sunny skies for the 5th annual Terry Fox Run in Griffith on Sunday September 18th. With online funds still coming in our total for the day is now over \$6,000, so a record number of participants and funds raised! Now in its 36th year worldwide, Terry Fox Runs have raised over \$700 million for innovative cancer research, much of this taking place in Ontario Universities and research centres.

Again this year, Gary Guilmette... aka the Griffith "Dump Dude" was the Run's top fundraiser, raising an amazing \$1742.50. Scott MacDonald followed with \$630, Brigitte Hoffmann raised \$450 and Pat Strong raised \$340. Our own "Team Cudmore" which this year was 13 strong (including our mini

Schnauzer Lizzie who collected \$110 from her dog friends) raised just over \$1800, running memory of our older sister (mother and grandmother) Jane who passed away in March.

As with any such event, the help from the community is so important. Whether it is our "home base" at Griffith Building Supplies and the support from Sue Lafleur, Scott MacDonald and Denise Leckie, the many volunteers and participants from the Denbigh-Griffith Lions Club, the donation of water from Gail and Terry Holtzhauer at Snider's Tent and Trailer Park, or the support of the Highlander in helping promote the run, it couldn't happen without their help... so thank-you to all.

Next year's run will be held on Sunday, September 17th... please save the date and help keep Terry's dream alive.

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By Angela Bright

*The United Church organized *During the last week of August, the New Apostolic Church hosted Vacation Bible Camp, leading up to the start of Sunday school. The children went on the Jesus Expedition, stopping in such exotic places at Antarctica, The Brazilian Jungle and Mount Everest. They learned about blind Bartimaeus, the ten lepers and Jesus healing the lame man as well as making some really cool crafts. On Sunday, August 28th, a special children's service was held by Evangelist Gallagher. The Sunday school blessed the congregation with two songs accompanied by their "rain sticks" which they made in VBC. Church family parents as well as parents from the community came out in support of the children making this a truly community event, with one family driving more than an hour every day to help with the children.



Children perform with rain sticks, above, that they made during Vacation Bible School.



Councillor Tony Fritch presents AH Ontario Senior of the Year Award to Betty Bass.



Ribbon cutting at the new Vennachar Free Methodist Church is on Sunday October 9th

*With appreciation, we congratulate Betty Bass on the honour of being named the 2016 Ontario Senior of the Year for the Township of Addington Highlands. Councillor Tony Fritsch presented Betty the award at the September Diner's Club meeting. The following are a few lines from Tony's remarks: Betty is an inspiration for others. She unselfishly gives to and serves (served) many past and current organizations/groups in the community of Denbigh and surrounding area; active and influential member of the

early 'volunteer' Ambulance served established in the Denbigh area; served the community as a member of the Denbigh Griffith Lions Club; served in numerous club leadership roles; active in numerous LOLCS initiatives including areas such as helping with 'Diners', and has sat on the 'Seniors Advisory Committee. Betty has been on many other committees as they are often formed to address issues that come up in our community e.g. the Ambulance Committee; active member in Denbigh Recreation Committee, organizing numerous recreational and cultural events for the community; significantly impacted the cultural activi-

ties made available for the community. Betty with her friendly smile is visible at almost all the functions in the community. She has a very caring personality, and would go out of her way to help. She has a direct and effective way with words, constructively voicing her opinion for the betterment of the community.

*You are invited to attend the Ribbon Cutting Ceremony at Vennachar Free Methodist Church on Sunday, October 9th, 1:30pm, at 424 Matawatchan Road, celebrating the opening and dedication of the new church building. Guest speaker for the afternoon is Reverend Kim Henderson, with special music by

The Proverbs. Info Pastor Laurie Lemke 613 479 2673.

*As of September 1, the Denbigh library changed over to winter hours; Monday 4pm-6pm, Tuesday 10am-2pm, Wednesday 4pm-7pm, Thursday noon-3pm, Saturday 9am-noon. The next Kid's Night will be held on Wednesday, October 5th, 6-7pm. The library is located in the Addington Highlands Community Center, 31 Central St, Denbigh 613-333-1426.

Contact me with news and updates bright.a@gmail.com

New Apostolic Church Denbigh Homecoming, August 19 to 21

By Rev. Robert J. Sprague



Councillor Tony Fritch presents AH Ontario Senior of the Year Award to Betty Bass.



Our Heavenly Father really prospered our way on this weekend. Our theme for the weekend was taken from our text for Sunday Psalm 118:25 Save now, I pray, O Lord; O Lord, I pray, send now prosperity. This served as our theme for the Homecoming Weekend, the Men's Breakfast message as well as the text word for Sunday. We also invited our friends from the Free Methodist Church and the United Church to join us in any or all of the events.

Our Church Homecoming Weekend started off on Friday night

from 7pm to 9pm with our Youth and Family night. In all we had 14 turn out including parents and grandparents. Of those that came out 12 were non-members

On Saturday morning we had our combined Men's Breakfast which was held at the Church. Br Dennis Lockwood delivered an inspirational message to guys which prompted a lively discussion and some awesome fellowship.

Starting at 9am and running until 1pm on Saturday, we held our first Trash to Treasure event. Al-

though not as well attended as we had hoped, we none the less learned a lot and had some fun in the process.

We were blessed to have Priest Dolson and the Prime Timers with us this Sunday morning. They really stepped up to the plate, pitching in with the choir. Pr Robert Sprague held the service assisted by Pr Franzen, Pr. Yzenbrandt and Deacon Storer.

After the service we have invited our members and friends from the community to break bread with us. We provided the Hamburgers, Hot

Dogs and salads and our friends from the Free Methodist Church supplied the desserts. Br Rudi Derstroff and Br Hiliard Keller manned the grill. Many of our guests remarked how wonderful it was that our churches could come together and fellowship. Together we were 64.

We topped off the weekend with a celebration concert featuring our own Road to Glory and special guest performer Dave Young. We even talked some of the Prime Timers to join our group. God has truly prospered our ways.

Ghost Railroads - Ghost Stations

By Steven Manders



Former Bay of Quinte train station in Queensborough, viewing west from the road. All the railway stations are very similar. The other remaining ones are in Stoco, Marlbank, Tamworth and Newburgh. The BQR reached Tamworth in 1889. Passenger service ended in 1925. This section was closed in 1941 by CNR who owned it then. The train ran between the station and the row of trees on the left side.



Grand Trunk Railway's (GTR) Hanley station built in 1882, used by CN until 1929. Sleeping car service started in 1911. Sir John A. MacDonald would have used it to get from Kingston to Ottawa until 1891. Ontario Street was a dirty industrial district with shipbuilding and locomotive works until 50 years ago. The GTR provided the first company pension in Canada in 1874. It started when you were age 70, the average life expectancy was 55. Today, 40 % of workers have pensions but many are underfunded and won't pay as promised.



The original Kingston Grand Trunk Railway (GTR) station built in 1855. It was destroyed by a fire many years ago, Canadian National Railway (CN) which owned it since 1923 wants to get rid of it. The City of Kingston and many citizens want it restored as a heritage building. The railway was ordered to fix up the building immediately under the property standards laws, CN replied that "immediately" was a vague term, several years ago. There is an impasse.



The last of many train stations. It was built of concrete in 1907, here in Maynooth on the Central Ontario Railway right of way. (COR). It became a hub for passengers and freight, the line was closed in 1984. The sign is for the all purpose trail that runs past it, is part of the 34,262 km. long trail system in Ontario under OFSC.



Napanee Train Station, still in use, but only 3 trains a day stop here. Built in 1856 for the Grand Trunk Railway. The railway was originally called the Toronto and Kingston Railway (T&KR) but was owned by GTR. Sir John A. MacDonald would have used this station when he went to Napanee Town Hall to give his last political speech.



Ernestown train station. The train will not stop for you here anymore. Built in 1856 for the Grand Trunk Railway (GTR), but was called the Toronto and Kingston Railway (T&KR) at that time. The GTR went bankrupt in 1923 and was taken over by CNR, a nationally owned railway. This station is identical to the one in Napanee. The original Gananoque station was identical to this. It was replaced in 1902.



The Spirit of Sir John A. MacDonal locomotive being restored in front of City Hall at the original Kingston and Pembroke Railway (K&P) train station. The railway began here in 1872, reached Sharbot Lake in 1876, and finally Renfrew. The station here was built in 1884. The original contract for 103 miles of railway was \$3 million, of which \$600,000 was raised by the municipalities along the line. It went into receivership in 1893, was taken over by CPR in 1903, and fully closed in 1986.



Photos and comments by Steve Manders, who is documenting his travels on Panoramio. Steve recently Presented in Cloyne, "Ghost Railroads, A History of the Early Transportation

Corridors of Southern Ontario" See thousands of photos of his journeys all around the Globe on Panoramio: www.panoramio.com/user/2746746

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- Steve Manders

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www.thevalleyfoodanddrinkco.ca Tickets: Eventbrite.ca

Calabogie Artfest

October 15, 10 - 4
Calabogie Community Centre
574 Mill St.

This year's show will feature artists working in a variety of media, metal works, fiber art, carving and more!

Free admission, high caliber art and a fabulous drive are great reasons to head to the 16th annual Calabogie Artfest. The trip along the Madawaska River on highway 508 in the fall is breathtaking and a source of inspiration for our fabulous valley artists, who express their creativity in a variety of mediums and styles that appeal to everyone. There will be painters whose styles range from abstract to realistic, working with oils, acrylics, watercolours, and pencil; sculptors who work in metal; fibre artists including a weaver and a figurative fibre artist; wood carvings; pottery; and so much more!

We have Calabogie artist Kim Lepine with her beautiful landscapes and nature paintings; Adriana Saba, a well-known master of watercolour; Shirley Ann Cone, a wildlife artist who works primarily with artist grade coloured pencils; Denise Jasmin, vibrant abstract artist; Alanna Laplante's colour rich landscapes; Georgette Reed's beautiful soft paintings in a variety of mediums; Jeff Wallace's wildlife paintings; Pat Fiskvatn's rich abstract paintings; as well as paintings from Laurie Anderson, Cathy Cooper, Shirley Corneau, Reina Coulthart, and Pat Fiskvatn.

Jack Stekelenburg and Mike Ma-



1- Cathy Cooper, Pat Fiskvatn, Denise Jasmin, Shirley Ann Cone, Jack Stekelenburg
2 - Nancy Leigh Smith, Alanna Laplante
3 - Kim Lepine, Susan Allan, Georgette Reed,
MISSING: Jeff Wallace, Mike Maloney, David Slack, Adriana Saba, Reina Coulthart, Laurie Anderson, Shirley Corneau

loney are both are very talented, creators of unique metal sculptures. Wood carver, David Slack's ducks are hand-painted and life-like.

Fibre artist Nancy Leigh-Smith, creates sculptured dolls and unique treasures. Susan Allen, weaves many gorgeous, unique custom pieces (scarves, shawls, linens, etc.) out of an assortment of fine threads including bamboo, silk, and cotton. There will also be the fabulous pottery created by Victoria McMillan.

Enjoy a lunch or snack in our tea-room, run by The Valley Food & Drink Company (for a fee).

For more information and photos of artwork please visit:
calabogiearts.wordpress.com
or find Calabogie Artfest on Facebook

**Canada150
Art Tree Project
By Marlene Schaly**

The Art Tree Project is a creative initiative in which families, schools, businesses and groups can come together to each create their own Art Tree masterpiece. Each completed Art Tree will be owned by its creators and proudly displayed at their community's art show during Canada's 150th Celebrations. This project is for all ages, abilities and backgrounds.

Renfrew County's community future development corporation hosted an arts and culture seminar this past November 24th, 2015. I went as one of the representatives from Greater Madawaska Township. Out of this seminar I was inspired to act upon the question "How do we engage our communities in arts and culture?" From this the artwork and concept of the art tree was developed and created for our upcoming Canada 150th celebrations.

I started on the project January 1, 2016. This National all-inclusive arts and culture project engages any group within any community in Canada to creatively express their theme, uniqueness, name and heritage on the Art Tree print. It is a not-for-profit, grass roots Arts and Heritage project that has been created by teachers, artists and students from small towns and villages in Renfrew County. We welcome community volunteers to help make this a successful event. We



have applied for a federal grant through heritage Canada and will find out if we are successful in December.

We have participants' work posted on the web site "Our Canada Our Stories". We are also on the 150 alliance website. The project is endorsed by Heritage Canada and we are proudly using the official Canada 150 logo. Many examples were done by high school students, and their creative skills are impressive.

Get creative, Proudly show your heritage and tell your story!
The cost for the Art Tree kit is \$100.00 (tax included) \$20.00 extra to have it mounted on foam board.
Volunteer help is always welcomed!
Our Facebook page is home to Canada's virtual Art Tree show and contest.
Facebook.com www.arttreeproject.ca arttreeproject@gmail.com

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41 Cooper Hill Rd. with paved road to driveway and close to Centennial Lake Road, Det. garage and lots of outbuildings. MLS 1022806 \$394,900

Richard Gill 2016 Annual Fall Show A Salon of the Masters October 1 - 10

Salon, from the French word salon (a living room or parlor), means a conversational gathering. Usually this is a select group of intellectuals, artists and politicians who meet under the roof of an inspiring host held in part to amuse one another, to refine their taste and increase one's knowledge of current affairs and the arts.

The term salon also refers to art exhibitions. The Paris Salon was originally an officially sanctioned exhibit of recent works of painting and sculpture by juried members of the Royal Academy of painting and sculpture.

Many of these artists who were accepted into the salons of Paris have now found their way to a present day Salon of sorts; gathered here by the insatiable, creative mind and hands of sculptor Richard Gill. Gill's conception of a "Salon" of these masters in his own Burnstown studio brings to life what he has deeply researched and imagined as the creative realm of artists of renown who transformed the face of modern art.

With evocative imagery Richard has created a visual spectacle of over 50 works rendered by a marriage of sculpture that portrays each artist in scenes that include their paintings in miniature intricate detail; skillfully achieving the illusion of greater depth through his



Botticelli's The Birth of Venus Richard Gill's art in sculpted clay relief provides a well-researched interpretation in A Salon of the Masters

unique technique and understanding of sculpting in relief.

As Richard Gill enters his 71st year this salon & sale marks his 44th annual salon, revealing that he is indeed a present day master in his own right, adept with a unique interpretation in the medium of sculpted clay in relief. Thus far he feels that this body of work constitutes his finest.

As Richard transforms his studio to salon he invites us to a gathering to mingle among the masters' intimate domain at Bittersweet Gallery in Burnstown. **A Salon of the Masters is a sequel to his 2015 show The Masters as Muse. It opens October 1 with Vernissage from 2 til 8pm. Richard will give a brief talk on the works at 3 and again at 7pm. and continues daily 11 to 5 until October 10.**

Madawaska Valley 25th Studio Tour October 1 - 2, 10 to 5

Visit twenty-six artists and artisans at fifteen Studios and be inspired by the arts and crafts and the spectacular scenery! The Madawaska Valley Studio Tour is a free, self-directed tour. Its brochure is available at Tourist Information Centres and many business locations throughout the Ottawa Valley. Pick up your copy early and plan your tour route.

Each of the fifteen Studios from Eganville to west of Combermere is numbered on the map to make it very easy to find your favourite artists and artisans. Start anywhere, follow the map and watch for our red maple leaf signs along the road, which will be your guide to the studios. At this time of year, a drive in the country is the perfect opportunity to view Renfrew County's fall display of colours, hills ablaze with reds, oranges and golds.

New guest artists add fresh surprises and diversity, while popular returning artists and artisans continue to draw visitors back to the valley year after year with their latest advances and creations. All artists and artisans have been selected through a jury process that ensures quality and variety for the visitor.

The Studio Tour is an excellent occasion to meet with artists and artisans to learn more about the creation of each personal and handmade product displayed. You will be able to meet the art-



Visit 26 artisans at 15 studios, meet artists and artisans and learn about the creation of each personal and handmade product.

ists, watch demonstrations and discover new treasures in fine art painting in oil, acrylic and watercolour; weaving, fibre and glass art; sculpture, pottery and porcelain; jewellery; forged knives; forged art; leather goods; hooked rugs; handmade soap and skin care; and, woodturning.

The Studio Tour is the proud recipient of the Ottawa Valley Tourist Association's 2015 Special Event Award.

For information, please visit our website at www.madawaskastudiotour.com. There you will also find helpful information about where to stay and dine, local services, recreational opportunities, our nearby communities, plus a downloadable map. (or phone Studio Tour coordinator, Laurie Stephenson at 613-754-2955)

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Survival Basics - Don't Leave Home Unprepared

By David Arama



Wilderness survival skills helped me survive my youth in a concrete jungle.

During the writing of my new book "How to Start a Fire with Water, 501 Survival Tips", I reflected on my journey in life, and the ordeals that led to this project. And I noted that there are so many important, common sense survival tips that everyday folks could benefit from should disaster befall them.

My trail of life began as an inner-city youth, growing up in the concrete jungle in a Toronto high-rise in poverty conditions. As a teen, surrounded by despair and tough socioeconomic conditions, I dreamed of one day living in the wilds and owning a cabin. I envisioned this would be someday, a long ways in the future, so I painted that vision on a canvas with oil. That painting now stands in the bedroom wall at my off-grid cabin retreat!

Thanks in part to my parents who sent me to an outdoors summer camp in Haliburton, I grew to appreciate the peacefulness and beauty of nature and wilderness and this led me to a journey of self-discovery during countless wilderness trips and adventures. In addition, I attended Outdoor Education programs, and various survival training courses.

At some point, I noticed that there seemed to be a void in preparedness and survival-safety training programs and education in Ontario. The vast majority of outdoor enthusiasts don't take survival preparedness too seriously when venturing into the backcountry. Even more striking, many folks are woefully unprepared for a natural or urban disaster, or disaster when travelling. My new book is aimed at preparing folks for survival and disaster, and hopefully will prevent suffering and loss of life!

People who attend my workshops often want to jump right into action-oriented skills such as building a shelter in the woods, but disaster often strikes in much less dramatic circumstances. For true disaster planning you have start a little closer to home. When embarking on your survival preparedness and prevention planning, an often overlooked but extremely important element is organization, including some necessary paperwork. It is crucial to have emergency information, contacts, important forms, and checklists prepared well ahead of time.

As part of your commitment to survival, you will need some basic supplies. The specific supplies you need depend on your particular environment and situation. A popular question we get when teaching wilderness survival courses is, "What three items are best to have, if that is all you could carry?" Survival experts usually argue about this with great excitement, and while there are many different opinions, my own personal recommendations are:

- a large knife
- a flint sparker
- a tin can

With these, you have the potential for shelter, fire, and drinkable water.

Another popular debate that rages is what to put in a survival kit the size of a "cough candy tin." I would recommend a flint and matches, a small pocketknife

with saw, and some tin foil to make a boiling can. But it's not just what you carry that matters. Clothing and communication play a big role. Even a half-day hike, paddle or ATV ride can result in an unexpected overnight stay.

Consider Survival When Dressing. Many outdoor adventurers who are dressed properly for their specific outdoor activity may find, if faced with a survival situation, that their clothing and footwear might not make sense. A cross-country skier wearing very lightweight wicking materials could be in trouble if stuck outdoors overnight, while a desert hiker wearing shorts and a cotton t-shirt will similarly find this outfit does not work for a desert sleepover. In survival scenarios, these activity-specific clothing choices could be disastrous. An extra layer than can be added or removed is a good idea.

Dress Appropriately
You may have heard the expression "Cotton kills!" It is true that in wet, cold climates, cotton clothing is the worst choice, because cotton loses its insulating properties when wet, and takes forever to dry out (you might have noticed how long it takes for wet jeans to dry!) However, for these very same reasons, cotton clothing can be a good choice for a hot climate. The point is to pack and dress appropriately for the specific weather where you are going and the actual activities you are planning.

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SURVIVOR GUY



My choice of 3 survival essentials



I buy footwear a size larger, so I can wear extra socks, or add an insulation insole. When extra socks aren't needed, I add an extra insole inside for cushioning. "It's not the mountains that will stop you, it's the grain of sand in your shoe."

Stay in Communication

Although one of the pleasures of being out in nature lies in not communicating with the world back home, it's foolish to cut yourself off completely. Communications technology is a gift to those who enjoy the outdoors—it allows adventurers to provide a location in case they get lost, and enables them to call for help in case of emergency. Never go out without some reliable form of communication!

Do Not Get Lost

If you are hiking in unknown territory, you should:

- Carefully follow the blazes or cairns to stay on the trail
- Bring a map and a compass
- Make note of landmarks when you go off-trail to see sights or answer the call of nature

Pause at the Intersections

Any juncture in the trail is an opportunity to get lost. Each time you come to a fork or Y in the path, pause. Orient yourself to make sure you know where you are going. Turn around and look back the way you came so you will recognize it again.



Layers in Hot or Cold Weather can Save your Life

Wear or Bring Bright Colors

Brightly colored clothing makes you more visible. This is ideal if searchers are looking for you, and it is often the law during hunting season to wear bright orange clothing. Even if you do not wish to wear neon clothing, it is a good idea to bring at least one item that is brightly colored enough to be seen through trees and vegetation or from a long distance away or above.

Layer in Any Weather

Use 3 Layers for winter and 2 layers in the heat. Layering gives you choices, allowing you to add or subtract for comfort and air is a good insulator. Hot conditions call for layers, too.

Wear a Hat

Choose a hat made of UPF-rated material that breathes and fully shades your face and neck. In cold weather, a warm woolen or fleece hat is a necessity. In extreme cold, bring headgear that covers the face, such as a balaclava, or a separate fleece facemask to keep your face warm and prevent frostbite.

Be Kind to Your Feet



Protect Your Eyes

Always bring good quality sunglasses on any outdoor excursion.

Bring Multiple Forms of Sunscreen

The best bets are physical barrier-type sunscreens with zinc oxide or titanium dioxide as the main ingredients.

Treat Your Feet Well

Socks should be made of wicking fabrics such as wool (best, as it is antimicrobial as well as wicking) or polyester blend (wicking but no antibacterial properties.) No cotton socks, ever! Socks must fit perfectly. Bunching is a recipe for blisters. Blisters can be disastrous, leading at best to pain and misery and at worst to infection.

Splurge on Footwear

Choose the best quality footwear you can afford. For hiking and backpacking, choose waterproof hiking boots with ankle support and good traction (such as those with a Vibram-type sole). For all serious walking or hiking trips, good hiking boots or shoes are a necessity.

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

Always be prepared and know where you are! Or as the search and rescue folks say, "Support search and rescue. Get lost!"



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

www.marblelakelodge.com
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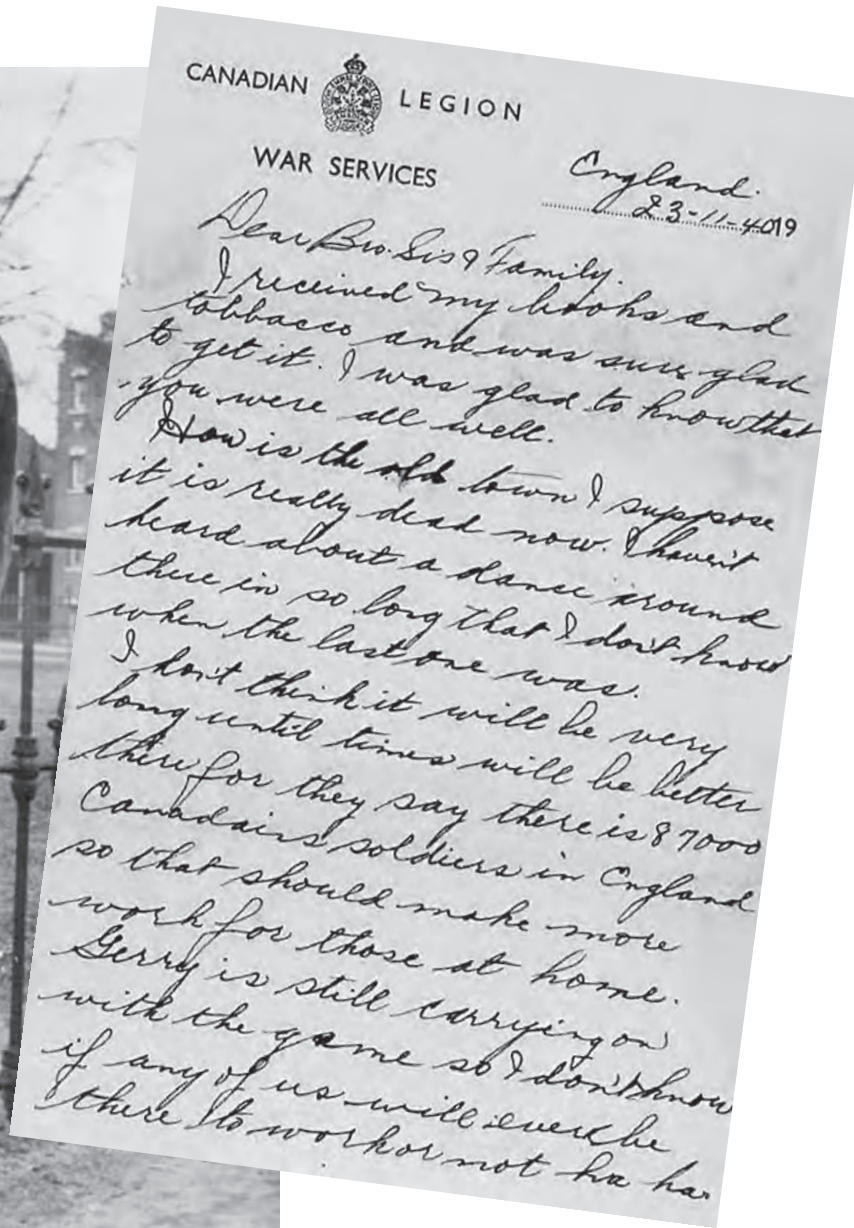
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Neil Freeburn M.I.A. WWII

By Marcella Neely



Is war ever really over? Neil Freeburn, a local lad, enlisted in the Canadian Army in May 1940, then sat out much of the war waiting for a call to action. While his parents and siblings fretted over his safety he fretted over wasting his time not doing what he had signed up for. In letters home he talks about monotonous days of drills and marches and promises of action within three months.

This promise surfaces regularly every three months. The best guess, according to his letters, is that he missed out on action for almost four years. To a young man this must have been a sentence equivalent to hard labour. His last letter home was dated January 19, 1944 and his parents received notice of him missing in action as of January 30, 1944.

It is not known whether he finally received his longed for call to action, was taken prisoner or any number of probabilities. We can only imagine the heartache of his parents. It is said that they stopped locking their doors from the day they received the MIA letter 'till their death. The constant hope was that he might walk through the door at any moment. They never



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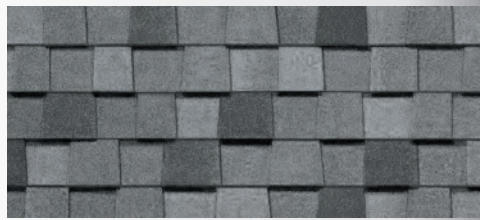
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saw him again and never received any reports as to his whereabouts or possible death. They passed away in 1956, one month apart.

One of his letters to his brother dated January 14, 1943 places him in Italy and his name is inscribed on the War Memorial in the Cassino War Cemetery in Italy. It might be assumed that he was in Italy from January 1943 to January 1944 but a later letter dated April, 1943 is written in England and tells of a very quiet year and about being housebound as his company was the "Duty Company" at that time.

In 2001, 57 years after he was declared missing in action, his sister, Marjorie Reavie of Northbrook, received a call from Veteran's Affairs Canada notifying her that they had just received three items belonging to Neil. The items had been sent from Russia to England to Canada. Veteran' Affairs

have no additional information and no other personal belongings. The family, to this day, is not certain of the circumstances of these items finding their way to Russia. There was no death notice and no grave.

Neil Freeburn is commemorated at the library in his hometown of Flinton, Ontario. He was awarded five medals:

1939-1945 Star Italy Star
Defense Medal War Medal 1939-1945
Canadian Volunteer Service Medal & clasp (These medals are described in detail at www.vac-acc.gc.ca)

Gratefully acknowledged information for Neil Freeburn from his Aunt Carol Lessard's mementos and the Tweed News, Vol.115 No 14, April 4, 2001.

Notices and Events:

The Cloyne and District Historical Society meet in September, October, November and Jan 'till May, on the third Monday at 1:00p.m. in the Cloyne Hall across from the Post Office.

On Monday Oct. 17th we are looking forward to the story of a county hospital(Napanee), growing from a dream in 1958 to opening in 1966, by Ernie Doughty. Please join us. We enjoy refreshments and a social time as well as continuing to explore and record history of the area. We are constantly on the lookout for family histories and photos.

When we receive your precious memories, we lovingly scan them and return them to you unharmed. In some instances our archives have been able to provide families with information unknown to them. For interesting viewing you can go to our website and enjoy old photos on Flickr or read stories in the file of past Newsletters. www.cloynepioneermuseum.ca
email pioneer@mazinaw.on.ca

Correction to August-September issue: The date of the Sawyer Stoll loggers and mill workers reunion was 1947, not 1942.

Visit our Flickr photo album at cloynepioneermuseum.ca to see hundreds of old photos and facinating information about the way things were "back then". You will find interesting things such as this...



Stage and Veteran Driver - Harry Levere, 1926

This photo of the 'Old Stage' was taken in front of Thompson's Variety Store in Northbrook (now the location of Foodland). The man standing in front of the car is Harry Levere- owner of the Stage service which transported people from Kaladar to Denbigh. Harry later worked at Bon Echo Park throughout the 1970's as Foreman.

- Part of the Ellery Thompson Collection

Winners of the Free Backyard Composter Give Away at the Township of Greater Madawaska:

Mike Larkin	Carissa Darmody	Brian Sutcliffe
Marie Cousineau	Barb Duncan	Al Kitching
P. Blair	Hannah Umpherson	Gord Hodges
Gail Murphy	Julia Winn	Laurie Vernick
Ashley Leighton	Doug Haaima	Ardean Kelly

In 2016, increased waste diversion was a goal set out by Township Council. It was suggested that one of the ways the Municipality could increase waste diversion was by promoting backyard composting as it is estimated that compostable materials make up between 30% and 40% of household waste.

A composter give away contest was held during the month of August at each transfer station to assist in promoting backyard composting.

Five composters at each of the three Transfer Stations were given away through a free draw that occurred on September 1. Thank you to all who participated in the draw. Composters may also be purchased at the Township Office for \$20.00.

GM FISH & GAME CLUB NEWS

Tickets are available at local stores and from board members again this year for our **Annual Buck & Doe Contest!** The cost of tickets is \$5 per weigh-in and you can purchase as many as you please. Each ticket purchased, whether you hunt or not, will be placed in the draw for a Mossberg 12 gauge, Model 535 ATS, 3 1/2" magnum camo deer/turkey combo.

Another draw prize of \$75 for Al's Corner Store and Gas Bar in Arnprior ("who have all your hunting needs") will take place as well. This draw will be on Sunday, November 20th at Griffith General Store at noon.

The Hunter's Ball is on Saturday, November 12th this year! Come one, come all for lots of laughs, dancing, and socializing! You can tell all your deer stories! Admission is \$5 at the door and Grant Gauthier

By the time you read this, duck hunting will be open. Partridge season is now open until December 31st. Deer hunting opens November 7th until the 20th. And so...the hunting season begins!

Here's a Newsflash for you!... **Effective Immediately the MNRF has banned wolf/coyote hunting and trapping in 40 Townships across Ontario.** They did so on September 15th, which was supposed to mark the opening of wolf and coyote hunting seasons in most of the WMUs af-

ected by this decision. This decision came down only two days before a national day to recognize the modern relevance of important heritage activities in Canada. September 17th marks the second annual National Hunting Trapping and Fishing Heritage Day.

This is said to be a step towards protecting Ontario wolves, specifically the recently re-named Algonquin wolf. A spokesman for the provincial government stated that because wolves and coyotes are difficult to distinguish from each other, the restriction on hunting and trapping must apply to both species.

The area of Kawartha Highlands Provincial Park, Queen Elizabeth II Wildlands Provincial Park and Killarney Provincial Park are included in this. For more information you can visit www.ofah.org or reala-griculture.com where you will find a list of all the townships affected and maps.

Griffith General Store is still selling Nevada Tickets for the club. Just a hint for another way you can support us as well as your gambling habits!

fishandgameclub@gmail.com or
**Brian and Sandy Sutcliffe 613-333-9564, Karen Holleran 613-333-2294
Janice & Rudy Derstroff
613-333-2797**

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Chronic Pain Management

By Susan Veale

Chronic Pain is defined as pain which lasts over six months. Millions of Canadians suffer from any number of different chronic pain disorders. Many of these disorders are labelled with an "itis" at the end of an anatomical word...such as tendonitis, sinusitis, arthritis and diverticulitis just to name a few. Most all of the English anatomy terms are named from Latin words. The most well know of the "itis" family is Arthritis and in Latin "arthro" means joint and "itis" means inflammation. So basically when it is put together the term arthritis means joint inflammation.



Chronic joint inflammation may occur in any joint, but most often the weight bearing joints seem to take most of the suffering. These may include any number of the small joints in the spine, the larger hip joints and even the knees.

Joints are formed when two or more bones meet and must be attached for movement to take place. These attachments are made by the ligaments that hold one bone to another. The joint moves because the muscles contract and lengthen acting much like a pulley. When the muscles don't pull and stretch evenly, there is rubbing

against the joint surfaces and when this action is continuously repeated, friction and inflammation take place. Once inflammation occurs, other joint damage may follow.

It used to be thought that when a joint is inflamed or injured, it should be rested and depending on the circumstance, that may be the best thing to do for a short period of time. More research is leading us in the direction of keeping the joint moving to actually reduce the inflammation and hopefully limit the pain.

Exercise is actually critical for many reasons, but the type of exercise is even more critical. It is always best to check with a qualified therapist to determine which type of exercise is best suited to the needs of the inflamed joints.

Rehabilitating with chronic pain can be time consuming and requires perseverance and patience. It is often not a straightforward curve to "no pain." So how does one deal with the day to day pain while working on reducing inflammation and repairing the joints?

Massage therapy is often a good adjunct to exercise. Tight and "bunched" soft tissue can often be the culprit of the result of unbalanced movement for a joint.

So what happens when you've reached your max in pain management and the pain returns?

Often those suffering with chronic pain fight the day to day discomfort with resistance and that may result in unpleasant emotional experiences such as depression or anxiety, anger and frustration. Questions like, "What if it never goes away" or "What if it gets worse" or "I can't cope anymore" or "I want it to stop." These are

very real thoughts passing through the mind of someone in chronic pain but what if the pain could be soothed by acknowledgement and acceptance? This theory may seem backwards, but research has shown that exploring the sensations as they rise and fall in the body has been more successful for pain management than many other methods. Mindfulness Meditation has been shown in clinical trials to reduce chronic pain by 57% percent. Accomplished meditators can reduce it by over 90%.

Imaging studies show that mindfulness soothes the brain patterns underlying pain and over time, these changes take root and alter the structure of the brain itself, so that patients no longer feel pain with the same intensity. More information on this can be found at: <https://www.psychologytoday.com/basics/neuroscience>

There is a new fall 8-week Mindfulness Meditation program in Calabogie in October. If you are someone fighting chronic pain and wish to learn more about the benefits of Mindfulness Meditation or to enroll in the class, please call my office at 613-752-1540 or visit: <http://calabogiemindfulnessmeditation.com>

**Susan Veale, BSc. KIN
Natural Health Practitioner**

Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more: www.calabogiemindfulnessmeditation.com www.wellnessnaturalhealthcentre.com



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BOTTLE RETURN DEPOT

Undertaker, Undertaker, Please Drive Slow

By Antonia Chatson



Years later Teddy and I met up again, but that left me with so many questions...



Inside the one room schoolhouse, the children of all ages were angels under the watchful eye of the teacher.

With the teacher busy inside, recess and lunch turned some little angels into bullies. I couldn't stand by to watch the country boys pick on poor Teddy and got tough with them.

I was so excited when I found out that I would be attending a one roomed schoolhouse. I was thrilled and enthralled that I would be moving into the past to experience what kids from Toronto could only experience at Black Creek Pioneer Village for fifteen minutes on a school tour. Our teacher was middle-aged and very kind and lovable. She ran a very organized classroom, with one group of students transiting into another and one subject following another in an orderly fashion. She would take groups of children in varying ages and grade groups, depending on their ability, and they would hover around her desk while she would explain some concept to them. They would then return to their seats with their assignments while another group would go up to the front with the teacher. If the little ones had trouble, they would raise their hands and one of the older students would quietly go over and help them so as to not disturb the teacher. It was a quiet and orderly group of children that loved and cared for each other and I am sure that the kindness of the teacher set the tone.

That is until recess and lunchtime. The teacher did not supervise outdoor activities during these times, as the students in grades seven and eight were supposed to be in charge. Most of the students were from farms although some were from the village, whose parents ran a business. The boys in the older grades were boys-rough, tumble and tough – Except

one. His name was Teddy Allen. He was in grade eight, a farm boy whose father's land bordered on the school property and who ran a cow-calf operation. He was much taller than the other boys, good looking and genteel in his manners. The other boys would tease and torment him and shove him around but he would never fight back. My mothering instincts came to the fore and like the knights of old, I rushed in to his defense. I would yell at the other bullies and sometimes even have a fight with them to protect Teddy. I am sure that today my services would be in much demand by some school board or other! As a result Teddy would hover around me and we became good friends. For that moment it seemed to make things worse, but eventually things evened out and the other boys left Teddy alone. I guess that even though they did not understand my "cosmopolitan" thinking, their bruises made them respect it!

After I left that school and continued my education at a public school in Richmond Hill, I never kept up with anyone that I had gone to school with at Shelburne. But six years later, I received a phone call from Teddy Allen one weekend when we were at the farm. He said that he was now living in Toronto, studying to be an undertaker. He was home for the weekend and wondered if I would like to go with him to a drive-in movie in Orangeville. Aha - payback time, I guessed. Why not? But.....why an undertaker? Of all the professions

in the world, if I had one to choose from, that would definitely be last on the list. And why, with the prospect of working a beautiful farm with his father and one day owning it, would he leave the country? I couldn't understand it at all. Here was I, fresh out of the burbs, running as fast as I could into the country and he was leaving the country as fast as he could into downtown Toronto. He did mention that his mother was originally from Toronto so that might have explained the city connection.

But never mind for now. He was a very nice fellow, so I went out to the water barrel and performed my ablutions before he came to pick me up after supper. We had a good time together. On an erratic basis over the next two years, he would take me out to various functions, then I never heard from him again. I guess maybe he got undertook. Or perhaps he felt he had done enough to pay his dues for past services rendered. I never said it to him, but in my mind I was thinking, "Take me wherever you want, shower me with all the popcorn you can buy - but just don't touch me". Well, he never did.

But this event in itself posed a conundrum for me. I always rather fancied myself in the same league as Helen of Troy, with the face that sank a thousand ships. And although in theory, I abhorred the touch of a prospective undertaker, yet another part of me felt rejected because he did not! It opened up in the depths

of my psyche, a can of worms that I was reluctant to explore, but felt I at least had to consider. What had happened to me in the ensuing years that would deter a red blooded young man, albeit an undertaker in the making, from even so much as making a pass at me? Did he consider me too challenged - either vertically, horizontally or circumstantially? Was my hair at fault? Did he not prefer the cut, the curl or the colour? Was I too anorexic, bulimic or neurotic for his taste? Was I too over-confident, over-bearing or overpowering? If not, then who would have protected him from the savage beasts who attacked him six years ago on the school playground? Did he feel out-classed, out-manuevered or out-gunned by a runaway city slicker who headed for the hills at the first opportunity? Did we have nothing in common, except a remote past? I guess I'll never know – because I never asked!

I suppose it is all how you look at it. His elder sister also had left the farm and now – so did Teddy. Their parents let them go to faraway fields where, ostensibly, they could better themselves. But it must have been a heart break for their parents, for all that they had built up would not be passed on to their children. And I am sure they could have used the extra help as they were getting older. I don't know. It's not the way it used to be done.



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

Pete Seeger and the Power of Song - Part 7, Political Folk

By Peter Chess

With Woody back in New York to round out the core of the group, the Almanac singers were off and running, albeit for a very short period of time. In fact, they lasted for barely a year, leaving behind a legacy of only three dozen songs. The majority of their work was at least as controversial as it was popular. But they were among the very first folk music groups organized for political purposes to record and their line up with Pete Seeger, who sometimes performed under the stage name "Pete Bowers", to avoid jeopardizing his father's government job. Woody Guthrie, Lee Hays and Millard Lampell, were a virtual "who's who" of topical and popular folk music for the next 20 years and their influence still lingers, nearly eight decades after they disbanded. They performed at fundraisers for various political groups and their music proved extremely popular. Their earthy and unpretentious approach to performing their music and their "hill-billy" image at a time when suit and tie was what every one else was wearing on stage, fooled prospective audiences who sometimes had no idea what they were in for.

Following their rousing performance at the American Youth Congress meeting in Washington DC, February 1941, where they regaled the delegates who were mostly pacifists and leftists with anti Roosevelt and anti war songs, the Almanac Singers became a going concern. Seeger, Hays and Lampell were not only gifted songwriters but were also equally adept at modifying traditional songs, grafting on lyrics that referred to current issues, including the mistreatment of workers and the perceived neglect of the government in looking out for them. They would appear at union meetings of construction or factory workers who were unsure upon seeing these "hill-billies" toting their guitars and banjos. But they would, more often than not, be joining in to sing along with the chorus by the end of the show, ready to sign on for whatever the organizers asked of them. The very name "Almanac Singers" was intended to keep their image simple, straight forward, and relatable for their audience. Lee Hays, who is credited with naming the group, reasoned that back home in rural Arkansas folks he knew owned only two books... the Bible and the Farmer's Almanac. The former intended to get them to the next world and the latter to help them make it through this one.

Although the Communist Party, whose New York headquarters was only a few blocks from "Almanac House", regarded the group as suspiciously free thinking, especially when it came to their urban communal lifestyle, they were only too happy to use the group to further their own agenda. The Almanac's music was closely tied to their politics and it was their politics that inspired the group and doomed it at the same time.

Some of their strong leftist thinking could be ascribed to youthful naiveté rather than a profound understanding and belief in the philosophies of Marx, Lenin or Stalin. They were, for the most part in their early twenties, except for Woody who was a few years older. Until Roosevelt's "New Deal", that had an outpouring of federal funds to create jobs for public works projects, it seemed to many Americans that the Communist Party offered the only political voice for the poor and working class citizens. Also, many Americans, especially the intelligentsia, recognized that in Europe, the Commu-



130 West 10th Street in Greenwich Village, NY. At various points Almanac House was home to Leadbelly, Alan Lomax, Cisco Houston, Sonny Terry, Brownie McGhee, Burl Ives, the actor and activist Will Geer, and Woody Guthrie. They staged hootenannies and charged thirty-five cents admission. Later, Seeger would recall: "People came and went all the time. The cuisine was erratic but interesting, the furniture and decorations almost non-existent, the sleeping done at odd hours.... [But] the output of songs was phenomenal."

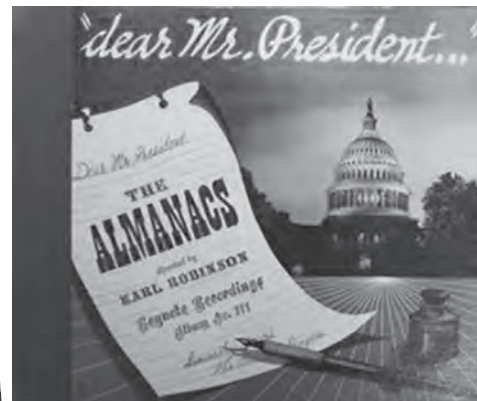


Pete Seeger in uniform in 1942

nist Party was the only opposing voice against Hitler and fascism.

Since the primary function of the Almanacs was to entice labour groups and their members into the socialist fold, they projected a very vehement anti Roosevelt stance. Disregarding, it seems, all the jobs created by the "New Deal", they skewered the president for his poor record of support for worker's rights. They were also against the first-ever peacetime draft that Roosevelt had introduced, even though through the process racial minorities were given equal opportunity in the armed forces. Ironically Roosevelt was hated by many in the upper classes and the vast majority of Republicans for being too sympathetic to the working class.

In the spring of 1941, the Almanacs arranged for their first recording session, entitled, "Songs for John Doe", the message of which followed the official isolationist view of the Communist Party, urging listeners to resist any involvement in the European war. In another ironic twist, the album was released only a few weeks before Hitler attacked Russia, breaking the non aggression pact between Hitler and Stalin, and virtually turning the isolationist view of the communists on it's head. Given this turn of events, the Almanacs had good reason to partly disown some of the content of their record. A fellow named Eric Bernay, owner of a record store and a small independent label, "Keynote", in New York, had made the record. Alan Lomax, the folk music collector, had convinced



*This is the reason that I want to fight
Not 'cause everything's perfect, or everything's right
No, it's just the opposite: I'm fightin' because
I want a better America, and better laws
And better homes, and jobs, and schools
And no more Jim Crow, and no more rules, like
"You can't ride on this train 'cause you're a Negro."
"You can't live here 'cause you're a Jew."
"You can't work here 'cause you're a union man."*

*There's a line keeps runnin' through my head,
I think it was somethin' Joe Louis once said,
Said, "There's a lot of things wrong,
But Hitler won't help 'em."*

*Now, Mr. President
You're commander-in-chief of our armed forces
The ships and the planes and the tanks and the horses
I guess you know best just where I can fight
All I want to be is situated right
To do the most damage.*

*I never was one to try and shirk
And let the other fellow do all of the work.
So when the time comes, I'll be on hand
And I can make good use of these two hands.
Quit playing this banjo around with the boys
And exchange it for something that makes more noise.*

*So, Mr. President
We got this one big job to do,
That's lick Mr. Hitler and when we're through
Let no one else ever take his place
To trample down the human race.
So what I want is you to give me a gun
So we can hurry up and get the job done!*

his friend Bernay of the group's potential prospects. Bernay, a leftist himself, was still somewhat leery of their more radical views and released the record on "Almanac Records" to prevent any repercussions against "Keynote". The record sold well enough for Bernay to record another album called "Talking Union" comprising labour songs for the most part, which was released this time on the "Keynote" label. Still very anti Roosevelt, at least one of their records fell into the hands of Eleanor Roosevelt, a strong supporter of folk music herself. She thought it was done in dubious taste and let it be known that it had also angered the president, who is reported to have commented that "very few people would ever hear it anyway". The power of the group's music was undeniable, even if one looks at it only from the point of view that it had elicited comments from the White House. There was also the fact that their recordings helped to define "Folk Music" as a separate commercial entity within the recording industry, a genre which flourished and is still with us today.

They cut another record of a somewhat less politically charged nature in July 1941. It was a hastily arranged session by Alan Lomax to raise \$250 for the purchase of a car to be used for a trip out to California. Once in California they attracted a fair amount of attention with the success they had performing at various rallies throughout the state. The trip, however, became their undoing, as frictions arose between the various members as their differing goals and

purposes became apparent. Lampell's political motivation was never as strong as Seeger's apparently, and the fact that Guthrie and Seeger, at least in Lampell's opinion, were using the group's popularity and their music to attract the favours of the fairer sex, made him suspect and in all likelihood, just made him plain jealous. Lampell had enough and left to go back east. Woody, with his long history of non-commitment, drifted away as well, leaving Seeger and Hays to soldier on, augmented by others who were around to sit in, although it was clearly the end for the Almanacs as an enterprise.

To be continued

Stay tuned...



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

Making my own Way By Howard Popkie

I was born in the Renfrew Hospital on the 29th of September in 1934. Dr. Handford hit me a slap on the rear end and I knew even then that life wasn't going to be a bowl of cherries. I went with my family to join my two brothers in one of the company houses owned by the Black Donald Graphite Company in Black Donald in Ontario Canada. I was confined to an iron crib for the first year and had to wear a diaper. By the time I was two years old I figured out how to open the gate on my crib. It was easy, I just had to pull up on a long pin on my iron crib and the whole side swung out like a gate. Then I was free to roam. I would climb upstairs and sit on the top step and look around at the upstairs floor.

When I was going on two, I had to eat alone in a highchair. It was mash potatoes and butter with a cup of milk. I soon discovered that I could lift the tray over my head and get down. Tired of all this confinement, I climbed down from the highchair, pushed open the screen door and made my way to my Aunt Agnes' home next door to mine. I crawled under the barbed wire to freedom. I didn't have a very wide range, but I walked on to Jim Dodge's home to see his baby chickens and baby kittens, all confined to boxes.

When I was five my range got bigger when we moved into a new log home three miles out of town that I watched my Grandfather and Uncles build. Then



Me, the happy escape artist at My Aunt Agnes' house, petting her dog. And me, fourteen years later making the most of my tour of duty in Korea.

at seven I was considered big enough to walk through deep snow along the path to school, one mile on the other side of town. School was no picnic for me, with homework and chores to do before and after school. On the way home I would stop at Jack Wilson's company store and pack groceries into my backpack. We didn't have much, but it made me resourceful and the work made me strong.

I left that school when I was 15 and that's when my world got huge. I joined the army and by the time I was 16 I had trav-

elled across Canada and across the Pacific Ocean with the Princess Patricia's Canadian Light Infantry to fight in the Korean War. We sure had hard times in the Good Old Days, but living like this made me good at improvising. I made a bed in the bunker with steel fence posts wired together with signal wire. The posts were solid, driven into the dirt floor. I used webbing from empty machine gun belts woven together lawn chair style to make my bed. I used an empty mortar shell can with gasoline for fuel and added a pipe from the can out the top of the bunker

for a stovepipe. I would stand naked on a towel in the snow in winter and take a bath using my steel helmet for a wash dish.

My Sergeant said, "Popkie, where did you learn to improvise so well?" I said, "When I was a kid at home I had to learn like the old Chinaman said, 'It's better to light one candle than to curse the darkness.'" I told him, "I always had a trowel stuck in a crack in the log wall of the cedar stable and when the lime fell off I used fresh cow shit to plaster the walls."



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Greater Madawaska Public Library Thanksgiving Food Drive

By Sharon Shalla

Please take some time out of your day to stop by the library and make a donation to the Calabogie Food Bank. We collect items year-round, but with Thanksgiving coming we're making a special appeal for non-perishable food items to help provide a Thanksgiving dinner to those who require the Food Bank's services. The donation basket is located in the foyer just inside the main door to the library and donations can be made anytime during open hours. We can also accept a cash donation for the Food Bank, if you prefer to do so. Please help us to help others!

We finished off our Children's Summer Program with an outdoor program of fun and games and a tasty treat of watermelon. The children enjoyed matching colours and shapes in the outdoor game and playing with squishy water balloons. Much thanks to Kassandra Mulvihill, our Summer Student, and Tracy Baker, Children's Programmer, for an excellent Children's Summer Program. Kassandra was a wonderful help and we wish her all the best in her continuing studies at university.

We are delighted to announce that the Calabogie Women's Institute is once again sponsoring the Nancy Gorra Baby Book Bags. If you live in the municipality and your child was born during the period of November 2015 to October 2016, please



Getting ready for water balloon fun.



Cooling off with refreshing watermelon



Outdoor fun with out inflatable bowling pins

register your baby's name with us so that he/she can receive a lovely hand-painted book bag at our November ceremony. For more information please contact the library at 613-752-2317, email gmpl@bellnet.ca or visit us at 4984 Calabogie Road, next to Shooters.

The next meeting of the library's Book Club is Wednesday, September 28th from 11 a.m. - 12:30 p.m. The selection this month is a book of your choice that you would like to talk about. It can be a fiction or nonfiction book. You are welcome to drop in and join in a casual conversation

about books. The selection for October is "The Light Between Oceans" by M.L. Stiedman

Our summer book sale continues into the fall. Come by and check out the many great books, both fiction and nonfiction for sale including popular authors such as Dean Koontz, Stephen King, Danielle Steel, and more! We have a small selection of children's books for sale. The selection gets replenished periodically, so come by and see what's new - you just might find your next great read!

LIBRARY MEMBERSHIP:

If you haven't registered for a library card yet, you don't know what you're missing! Membership is free to all residents and taxpayers of Greater Madawaska Township. Please bring a piece of identification with your name on it and address on it when coming in to sign up. If you are a cottager/seasonal resident, taxpayer, please bring in a tax receipt.

Membership is free to our library for any resident or taxpayer of Greater Madawaska Township.

Please bring in a piece of identification with your current township address such as tax bill, utility bill, driver's license, etc. We are open Tuesday's from 1 - 7 p.m. and Wednesday, Thursday, Friday, and Saturday from 10 a.m. - 1:30 p.m. We also offer interlibrary loan service, so if there's an item you'd like that we don't have we can order it through the Interlibrary Loans system.

Please note that items released within the last 6 months may not always be available for loan from other libraries as they want to make it available to their own patrons during that period.

We offer free WiFi 24/7 from outside the library and from inside during library hours. Choose Library Parking Lot when outside for a stronger signal.

Recent Arrivals

- Adult Fiction
- Fire in the Stars by Barbara Fradkin
- Along the Infinite Sea by Beatriz Williams
- Trader of Secrets by Steve Martini
- The Other Widow by Susan Crawford
- Juliet's Nurse by Lois Leveen
- The Jungle by Clive Cussler

Adult Nonfiction

- Raising Emotionally Healthy Boys by Michael Reist
- The Rainbow Juice Cleanse by Dr. Ginger Southall
- Maggie Smith: a biography by Michael Coveney
- The Raw Truth: recipes and resources for the living foods lifestyle by Jeremy A. Safron

Toasted: the civilized guide to raising your glass by Knock Knock

Children and Youth

- Charlie's Epic Fiasco by Kelli London
- The Fear by Charlie Higson
- Miss Peregrine's Home for Peculiar Children
- Plus the complete I Am Number Four series by Pitacus Lore
- Growing Up - It's a Girl Thing (non-fiction straight talk about your changing body) by Mavis Jukes
- Peek-a-book Reindeer by Charles Reasoner

DVDs

- The Lady in the Van
- The Jungle Book
- Batman vs Spiderman

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Many Hands make our Country Great. Thank you to Volunteers of Every Kind!

No society can function without infrastructure and that includes community spaces, such as halls, arenas, museums, libraries, parks, rinks, etc. and these facilities wouldn't exist or couldn't operate without volunteers.

In recognition of this, Ontario encourages young people to develop an understanding of the importance of volunteering by mandating that all students must complete 40 hours of unpaid community service of their choice, in order to graduate high school. I don't know of any student who has complained about doing this after they experienced the benefits of being part of a group, helping out, learning new skills and experiencing the satisfaction of making a difference. I have, however, heard grumbles about having to do it beforehand, which is why it's a good thing to make it compulsory. Once you have volunteered, you become hooked.

Think of all of the volunteer opportunities available to you. There are the obvious ones (Lions Club, Rotary Club, Recreation Centre, Community Hall, Religious Groups, Red Cross, Cancer Foundations, Terry Fox Run, etc.). And there are less obvious ones like the OPP, Fire Department, Hospitals, Animal Rescue, Fish & Game Club, Snowmobile Club, Trails, Scouts, Coaching, Little Theatre, etc. There are so many possibilities that The Ontario Volunteer Centre Network (OVCN) was created to help out.

Yes, there was a volunteer group created for the sole purpose of promoting volunteerism and assisting volunteers. That's how important volunteerism is to all of us! From the ovcn.ca website, "Volunteer Centres (VCs) are non-profit and public sector organizations or groups dedicated to fostering and developing volunteerism in their respective communities. These organizations exist in human and social services, health care, education, arts and recreation. Regardless of their source of funding, VCs provide services that cater to the needs of the community they serve. Volunteer Centres engage in four general kinds of services and activities:

PROMOTERS - VCs promote volunteerism and raise awareness about the power of service

CAPACITY BUILDERS - VCs build capac-

Ontario depends on volunteer groups to reach measurable goals in 6 action areas for improved quality of life for all. How are you helping?

ity for effective local volunteering through: management consulting on volunteer programs training of volunteers and managers of volunteer resources

PROVIDERS - VCs are leader and advocate on issues relating to volunteerism and volunteer programs

CONNECTORS - VCs connect people to opportunities to serve by recruiting and referring volunteers to community agencies

OVCN's member VCs serve over 300 communities across the province of Ontario in many ways, including volunteer referrals or matching services to community service organizations; hosting programs and workshops, and advocates for, support and promote the voluntary sector. To locate a Volunteer Centre near you, [click here.](#)"

I clicked there and entered my Matawatchan address. The nearest centres are in Belleville, Kingston, Ottawa, Whitby, and Orillia. The closest one northward is in Sudbury. I suppose that if you are interesting in volunteering, you might consider starting up a VC somewhere in the Highlands. Failing that, go to findmyspark.ca to search for opportunities online. Spark Ontario was created for the Pan/Parapan American Games in 2015 to find volunteers to work at the games. It was so successful that it has now become a central online community to connect volunteers in Ontario. If you are already part of a volunteer group, join Spark and connect.

The Trillium Foundation, a non profit organization created by the province 30 years ago, is in the process of distributing grants aimed to fulfill the province's vision and ten year plan to have a positive, measurable impact on the quality of life



of people in Ontario. They are doing this through six key action areas:

ACTIVE PEOPLE - Fostering more active lifestyles, **CONNECTED PEOPLE** - Diverse groups work better together to shape community for reduced social isolation, **GREEN PEOPLE** - Encouraging people to support a healthy and sustainable environment, **INSPIRED PEOPLE** - Enriching People's lives through arts, culture and heritage. **PROMISING YOUNG PEOPLE** - Supporting the positive development of children and youth, and **PROSPEROUS PEOPLE** - Enhancing people's economic wellbeing for increased economic stability and opportunity.

Although it might feel like a gift to receive a grant that will improve quality of life, at no time does the province or the Trillium Foundation consider the money to be anything but an investment with measurable goals and results. From the otf.ca web site, "Each element of our strategy builds on the next so that we can measure the impact of each investment. We are confident that over time, the cumulative impact of all the investments we make will be reflected in positive changes to the Canadian Index of Wellbeing - and will improve the quality of life for people in Ontario."

Under the Connected People category, they state, "Building inclusive and engaged communities together - People's ability to connect with each other and participate in civil society is central to community health and vibrancy. When people feel they belong and their opinion is being heard, they give back and are more likely to volunteer regularly."

Volunteering is given a lot of importance, because it is important. The next time you are at a community event or non-profit facility, seek out the volunteers who make it all possible and ask how you can help.

So often you will see the same people volunteering for a number of causes, making volunteer burnout an issue. If we all take a turn no one will feel overworked. There are plenty of opportunities to volunteer and when groups work well together, the community works and when our communities work, the province and the country work. Thank you to all the volunteers who make our country great!

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