

The Madawaska Highlander

Volume 7 Issue 2

Free

May 2010

Dan's Mountain – Part 2

By Lindsay MacPherson

Editor's note: *Dan's Mountain is a table top of about 200 acres in the immediate vicinity of the Village of Matawatchesan. It is the highest elevation of the area and as such was once the site of a fire tower. Once MacPherson land it once more returned to the MacPherson family when it was purchased by Paul MacPherson who lives in British Columbia. Paul's cousin Lindsay, who is now 94 years old, was born on Dan's Mountain and introduced Paul to the land in a very long letter that we will reproduce in the Highlander over a few issues. This is the second of three parts.*

I remember back in those days we didn't realize we were poor and if anyone had suggested to us that we were underprivileged we would not have known what they were talking about, because I was quite free to roam around in the woods and to fish and so on. I remember starting early in the spring we all would go barefoot, you know the family would, and I remember there would be a box sent to us each year by an aunt, I think out west, and there was all kinds of hand me down clothes and so on in there. I would usually get a pair of men's pants and then I would take a twine string and use that for a belt. So from early spring until in the fall, almost when the snow would come, that was all I wore. I did not wear any shirts or underwear, nothing like that and I was very free to go fishing, nothing but a pair of men's pants on.

And I remember one day I was fishing on the Colton Creek for little brook trout and I knew that somebody was up ahead of me because the stream was kind of royled up. Eventually I caught up to these guys and I felt awful sorry for them. Oh it was a hot day and they had great big rubber waders on them and vests with all kinds of flies and all of this, but the one thing they didn't have, they didn't have any fish. When I caught up to them and they looked at the amount of trout that I had they said "kid where did you get those fish?" Well I said, "right along here in the Colton Creek" and well they said "how come you got no fishing equipment?" "Oh yes", I said. I have, because the way I would go to fish in the mornings was I would dig a few earth worms, put them in one pocket and in the other pocket I always had a jack knife and I had what was left of my fishing pole from the last time I had fished because I

would just wind up my line on my little pole and I would cut you know and push the hook in the end of it and then I would cut that off and put it in my pocket. So when I went fishing I had all the equipment that I needed, I had my jack knife and the hook and I just cut another pole and then I had the fish worms in my pocket that I put on for bait. Well I remember I probably had about 20 by that time and these guys said we will buy them from you. And I said well OK. You want to sell them will you and I said oh sure because I can get another 20 or 30 or whatever I want. They could not believe it. They just shook their heads. But when I think of it now they were pretty cheap scapes you know because they gave me 1 penny a piece for each of those dandy brook trouts, and then I think they gave up fishing for the day. I went ahead and I caught another 20 or 30 before the day was over.

But Donald and I one time had an argument as to who was the best fisherman. I said alright you pick the day that you want to go and see how many brook trout you can catch. I well remember that at the end of the day when they were all tallied up and he came home he had caught 120. So I picked out my day to go. I remember there was lots of black flies at that time and we had nothing to control them with either, to keep them away from us, and I picked my day and I went. They were so awfully bad that finally I gave up fishing and I had only caught 100 you know. The joke was certainly on me. My little brother being able to beat me on that so we were always competing up to a certain point.

I well remember that after dad had sold the place on the hill and by the way, he sold it to our neighbour, Watty Hudson that lived right there close by us and we had only the line fence between our two places and they had lots of boys there too so we had lots of guys to play with and so on and to fight with as well. But anyway Dad had sold this place for \$1,200 and that log house was still livable and we had the log barns there and all kinds of accommodation for cattle and horses and pigs and sheep. I think at the very most that Dad ever had for milk cows would be about 16 but usually the average would be 12 or 14.

There was a cheese factory right there at Matawatchesan which wasn't far from us and all the farmers round about there they

continued on page 3



Colton Creek flowing through the Gorman property in Matawatchesan Photo: Bill Graham

Dispatches from Afghanistan (2010-2)

Major Ross Allan

Editor's note: *This is the second in a series of dispatches during the 2010 Highlander publishing year. It is also the beginning of the third year publishing these dispatches. All in all I was given 95 pages of Major Ross Allan's letters (in word format) from his wife. Major Allan is no longer in Afghanistan but his memories and humour live on. The events mentioned in these dispatches took place during 2008*

My sister's co-workers and friends asked some questions that I am glad to answer:

How do you produce power? Electrical power comes from diesel generators. There are generator farms with 20 or more generators to provide KAF-wide power and then there are small generators for buildings that are 'off-grid' or as back-up generators in the event of a shut-down within the grid. Because of the multi-national nature of KAF, we have both 120 V/60 Hz (North American) and 220 V/50 Hz (European) power farms in addition to three-phase and higher voltage sys-

tems for power distribution. The power farms have not kept pace with the growth at KAF so there are many buildings powered by their own, stand-alone generator.

How do you get your fuel for your planes, vehicles? All the fuel comes in by tanker truck – 20000 or 30000 litres per delivery and many deliveries per day.

The land convoys that bring supplies to KAF from elsewhere, are they protected by armed guards, or are they totally civilian? I have only ever heard of military/police escorts for the World Food Programme convoys. Most convoys have armed civilian escorts; there are many private security firms within Afghanistan capable of performing convoy escort. Whereas a fuel or food convoy may have a 100 vehicles and dozens of escort vehicles, a lone truck carrying bulk water to a forward Canadian post may have two pickup trucks escorting it or none at all. The security companies run the gamut from very expensive which provide ex-military from NATO countries, expensive which have a few ex-NATO soldiers

continued on page 2

Dispatches (Cont)

or First World security specialists leading local guards, better priced solutions that pair professionals from developing world with Afghan guards, economical security that have competent Afghan guards led by experienced Afghan commanders, and finally scary – Afghan guards and leaders of unproven capability who see nothing wrong with mixing escort duties and hemp cigarettes.

· Since some of the supplies start in India, where things are peaceful, at some point they enter dangerous grounds. At what point are they protected? I do not believe that anything starts in India since few of our supplies are sourced within India. Instead, they come by sea from elsewhere and the closest sea port to KAF is Karachi Pakistan. Karachi itself is relatively safe and I do not believe that the convoys are escorted until they cross the border from Pakistan into Afghanistan. That said, there was insurgent activity on the Pakistani side of the border before Christmas and I am not certain what measures are taken now on the Pakistani side to safeguard convoys. They may band together to travel in convoys without armed escort but I simply do not know what happens on that side of the border.

· If the Pond is being decommissioned, what's replacing it? Who's building it? What is going to happen to the soil that is presently underwater? I hear conflicting stories: one about a new Pond located further south within an area recently opened for development; and the other about a totally enclosed sewage treatment system also located in 'South Park' as the new area is called. New Pond will be constructed by a company headquartered within a NATO country; which company, I do not know. Although that company could, in theory, sub-contract portions of the work, the local construction standards and experience limit the sub-contracting. Also, the construction workers require a security screening which takes a month or more to complete. Therefore, the work will definitely fall to a European/North American company and will probably fall to non-Afghan workers. I have no idea what will be done to remediate the current Pond site but I know that it is a concern. The facilities are managed to European environmental standards which tend to be stricter than their North American or Afghan equivalents. Therefore, I expect a serious effort to return the land to use.

· How often are the kitchens inspected for food safety? Which government inspects it? How do you reprimand a contractor if the safety standards aren't met? The kitchen contracts were let, on behalf of all nations at KAF, by the NATO Maintenance and Support Agency (NAMSA). The contractor is responsible for conducting its own inspections and then NAMSA performs quality assurance. NAMSA levies liquidated

damages, essentially fines, if the contractor does not meet the contracted standards. For instance, the contractor was required to have a food warehouse in KAF but the building proved to be sub-standard and NAMSA levied liquidated damages until a suitable, replacement building was in place.

· How do private contractors get in and out of KAF? Are they flown in on military planes, or do they have to leg it overland on a convoy? And which plane do they come in? For instance, would a Tim Horton's employee fly in only on a Canadian Forces plane, or would they come in with any plane from any nationality that has a spare seat? There is a charter flight that brings contractors into KAF. It is a regularly scheduled flight that is only open to employees of companies with contracts for KAF and environs; I am unaware of any company bringing its employees overland. Tim's employees fall into a special category as do the others (barbers, fitness trainers, etc) working for the Canadian Forces Personnel Support Agency (CFPSA). The CFPSA people use the military transport to fly into KAF. Canada and other nations cooperate such that the Tim's employee, as well as uniformed member and Canadian civil servants, might fly into KAF on another nation's airplane.

· How do you train a civilian to enter a combat zone? The civilians, whether CFPSA, contractor, RCMP, or other government departments, undergo a week or so of training. They learn first aid and other skills that will help them cope physically and mentally within KAF.

· Who does firefighting duty on base? Who maintains the road and sewer network (are they divided up into the different nationalities' responsibility – you can tell I'm used to the municipal concept, where there are clear dividing lines as to where each municipality's responsibility ends). For

instance, you told us several months ago about a sewer backup in your shower. Who digs up the pipe and replaces it? The utilities and related support services are managed by NAMSA-selected contractors. For instance, ATCO Frontec Europe (AFE) is the contractor for utilities including the firefighting. We still have 'municipal' boundaries. Whereas the common areas are a NAMSA responsibility, anything within an area or compound assigned to a nation for its exclusive use then becomes that nation's responsibility. For instance, Canada has toilets within Canadian compounds. We have a contractor that works exclusively for Canada who repairs and cleans those toilets; likewise, the contractor cleans the sensitive areas such as the Canadian offices where secret documents are stored. However, the nations may call upon the NAMSA contractor to service a national area in which case that nation receives a bill for the work. For instance, Canada leases dumpsters from the NAMSA contractor in lieu of having the Canada-only contractor handle trash and Canada will soon use NAMSA contracted cleaners for non-sensitive areas such as the gymnasium.

· How do you get pipes/ manholes/ tractor backhoes/ bulldozers/ rubber gaskets, fire hydrants into KAF? Most supplies come by sea to Karachi and then overland in a sea container. Even vehicles will arrive in a sea container if they will fit. Otherwise, the items will come in a cargo truck in much the same way that the items move about within Canada. Military-specific equipment such as ammunition or military vehicles will be flown in. High priority goods and small orders may likewise come by air. The long supply lines and slow delivery times affect not just Tim Horton's but everyone – construction projects are delayed for lack of materials or repairs are slow for the same reason. For instance, the AFE works con-

trol (AKA headquarters) office is not far from mine. It has a big, professionally produced sign proudly proclaiming AFE and that they are responsible for utilities and facilities; a smaller, hand-drawn sign on the door to the building says the door handle does not work well and to take care opening the door. The fact that the building repair building needs repair is indicative of the supply situation in KAF.

· The black-market movies that are available on DVDs, are they filmed in a theater where the actors' voices are subtitled, or are there actual voices being heard? The filmed-in-theatre DVD comes with whatever sound track the hand-held recorder heard. This is usually English but some of my team mates purchased DVDs with English packaging only to find the movie itself has a French or Spanish soundtrack. I have yet to hear of anyone seeing subtitles on their DVD from Yo-Ho-Ho Films.

End

The Madawaska Highlander

Co-publisher and Editor:

Bill Graham, 613-333-1694

Co-publisher and Business Manager:

Richard Copeland, 613-333-1551

Mailing address:

The Madawaska Highlander

C/O Bill Graham

1837 Frontenac Rd

RR#3 Griffith

Matawatchan, Ontario KOJ 2R0

E-mail:

highlandereditor@hughes.net

Advertising:

Richard Copeland, 613-333-1551

E-mail: highlanderads@hughes.net

Contributors and other volunteer staff:

Garry Ferguson

Mary-Joan Hale

Wes Bomhower

Howard Popkie

Christi Laundie

Ernie Jukes

John Roxon

Floris Wood

Susan Veale

Ross Allan

Debora Giffin

Lindsay Macpherson

Robbie Anderman

Betsy Sawyers

Special thanks to: Jamie for proofreading and to Elmer Strong for old photos.

Design: Adam Copeland

Published in Matawatchan

Women's Fashionable Apparel & Accessories

- Casual Wear
- Dresses
- Sportswear
- Swimwear
- Purses & Accessories

Douglas Moore Fashions

**305 Raglan St.
Downtown Renfrew
613-432-3226**

378323

Dan's Mountain (Cont)

took the milk out to the cheese factory and I remember for quite a few years my Dad was sort of Chairman of the group and he was the one that was picked out to be the sales person, he sold most of this cheese to some big firm over in London, England I remember that quite well and many times throughout the summer he would take a load of this big cheese and I would ride along with him. We would leave before daylight in the morning to go to Calabogie which was over 35 miles I think at that time because it was only a winding ox trail that went down there and he would take a load of cheese down and put it on the railroad there and ship it off to London, England and he and I would stay overnight in Moran's Hotel and then go back home the next day.

But I remember too the first time that I ever saw a loaf of white bread. I'll tell you when my dad bought that loaf of bread that morning. I remember it was quite expensive for that time because it was 10 cents a loaf then and here my mother had been selling eggs for 8 cents a dozen and selling butter at the general store there that was left by Mr. Hunter and she would sell her butter there for 10 cents a pound if you can imagine that and I remember even quite a few years later that you could still buy eggs for 10 cents a dozen and the price had skyrock-



Donald (Dan) MacPherson

eted on butter maybe to 15 cents. I remember when one time my dad made a prediction too he said the day will come mind you, but it will be awhile when it will come to the place when bread will be \$1 a loaf. Everybody laughed at my dad when he said that, you are crazy, you are

crazy Colin, that will be terrible it will never go to that price. Well you know the rest of the story on that don't you.

But anyhow, I remember this first loaf of white bread that I had ever seen and dad had bought a few slices of bologna, that

was the first time I had ever seen bologna, and on the way home from Calabogie I remember he had his ted pail that he carried under the wagon hanging there on some kind of a hook that he had for it and he would stop at what you would call the half way spot and feed the horses and give them some oats and hay and he would build a little fire and boil the tea that was the main thing right there, green tea. I had green tea from the time I could suck it out of a saucer because they loved the kids to drink green tea, just when you could suck it out of a saucer. As they claimed that that was a good thing. Now they have changed their ideas because for awhile there this was a bad thing to do, it could kill people especially with green tea but now they have changed entirely and said green tea is good for you but we did not know any better so we went ahead and drank it anyway.

But I remember that first time as I was saying that I saw a loaf of white bread and dad took 2 slices of that. He had his old jackknife and that's how you cut your meat with that jackknife and speared it and ate it that way and buttered your bread with it. But we had no butter or anything like that, but he would put a slice of this bologna between 2 slices of this white bread and I thought that I was eating cake, that this was absolutely terrific.

End

GRIFFITH BUILDING SUPPLIES INC.

All Your Building Supply Materials & Hardware

**Bedding Plants &
Hanging Baskets
Seeds have arrived**



**1 Air Mile for every
\$15.00 +
Bonus miles until June 20**

**Top Soil
Black Earth
Peat Moss
Mulch
Manure**



**Garden Center
OPEN**

**HOURS : Monday to Friday 8:00 a.m. to 5p.m. Saturday 8:00 a.m. to 3 p.m.
Closed Sundays**



- ◆ Steel Roofing
- ◆ Lumber
- ◆ Insulation
- ◆ Windows & Doors

the **RENTAL** STOP

Highway 41 Griffith, Ontario K0J 2R0

- ◆ Vinyl Siding
- ◆ Fascia Material
- ◆ Shingles
- ◆ Trusses

❖ Phone: 613-333-5596 ❖ Fax: 613-333-1121 ❖ griffithbuilding@xplornet.com ❖

Out on the First Concession

By Wes Bomhower

CENTAURS

Away back in time and according to Greek mythology, there were centaurs roaming the earth, large beasts, part man, part horse who galloped all over the place. No evidence has ever come to light to prove or disprove their existence, but somewhere between Montreal and Eastern Ontario, and close by the Canadian Pacific Railway, one of these elusive creatures was spotted seventy some years ago by my cousin, Bob Millar who was just a small child at that time. Perhaps he had an overly vivid imagination, but he claims to have seen the strange beast from the window of a C.P.R. passenger train he was riding with his mother and father and little sister, Amber, as they journeyed up to Grandma's for a holiday one summer.

We lived on a farm a few miles farther on and sometimes they would continue their journey to our place for a few days. We had no car, of course, so Everett and I would take the horse and wagon to pick them up at Grandma's in the village. It would probably be six miles or so and the weather was terribly hot and young Bob didn't want to wear his cap. About every five minutes he would ask: "are we there yet"? When we finally did arrive back home, the poor little guy was sick to his stomach from so much exposure

to the hot sun but I didn't feel very sorry for him; he refused to wear his cap. Next day he seemed to be o.k. for awhile until I introduced him to some wild choke-cherries that grew in abundance back of the farmhouse, and boom! He was sick again!

Bob grew up into a big, solid, no nonsense man; the sort of guy who calls a spade a spade and served many years with the Montreal Police Force. He does not remember those episodes when he was so sick as a child but he recalls quite clearly seeing that centaur as they traveled up from Montreal. Perhaps the trauma of observing such an animal contributed considerably toward his stomach problems.

Bob never told anyone about this rare sighting of a half man, half horse creature until many years later--kept it all bottled up inside himself. It's a wonder the man didn't suffer a mental collapse or something of the sort. However, Bob is still alive and kicking and makes his home just outside of Montreal where he is retired with his good wife. I will send him a copy of this little story to jog his memory and perhaps boost his morale.

Times indeed have changed!

End

Fire News - May 2010

By Betsy Sayers, Fire Chief

Spring this year began with a very hot and dry stretch. On Easter weekend alone we responded to four fires. The rain of the last few weeks has certainly brought a sigh of relief to the members of the Fire Department, and much needed moisture to our woodlands.

Despite the recent rainfall, Environment Canada and the Ministry of Natural Resources are still forecasting a hot and dry summer. Have you noticed the winds are unpredictable this year as well? It seems like a very calm day when suddenly there is a good gust of wind that comes through. Always make sure you monitor your fire at all times and have lots of water close by.

In anticipation of a need to put in place more rigid than usual fire prevention measures at some point this year, we thought this would be a good time to remind you of what they are. There are two levels of fire management regulations that must be followed:

- Ontario Fire Protection and Prevention Act (also known as the Fire Code)
- Ministry of Natural Resources Forest Fires Prevention Act

Township By-law:
-2005-13 governing the setting of fires in the Township of Greater Madawaska

Under our By-Law we have the authority to issue what is called a 'FIRE BAN'. A Fire Ban means that no outdoor burning is allowed. There are no exceptions when a 'FIRE BAN' is in place. You can't have a campfire or a cooking fire, you can't burn in your incinerator, and you can't burn brush. Fire Bans are rarely issued, but occasionally they are required. The last several summers have been cold and wet and so we have not needed a Fire Ban. This year looks like it might be different.

If a FIRE BAN is ever issued, you will see large, highly visible signs across the Township saying either 'Fire Ban - ON' or 'Fire Ban - No Burning'. There will be Public Service Announcements on radio and notices will be posted at the Township Office, the Fire Halls and in as many other public locations as possible.

Most often the Fire Chief will issue what is called a 'Fire Restriction'. Under a 'Fire Restriction', campfires, cooking

continued on next page

Is it pool season yet?



Stabilized Chlorine Pucks - 6 kg

\$49.95

Unstabilized Chlorine Shock

6kg - \$39.95

20kg - 104.95

Pool water testing on site
Parts and complete pools/spas
Need something special - Give us try!
Locally owned and operated

M & R Feeds and Farm Supply (RENFREW)

"We're more than a feed store"

400 Raglan St. S., Renfrew, Ontario, K7V 1R8, 613-432-8886

AUCTION

SATURDAY, May 22nd. 9:30AM

Unreserved auction for

Mr. Douglas Tocher to be held at his home

1132 Hwy 506, CLOYNE, ON.

This is a top quality sale offering a wide range of quality items.

Antiques, 16ft. boat and motor. 1999
Polaris snow machine Indy 340 Deluxe
in excellent condition

A lot of good tools

Please visit our website for a complete listing

www.topvalueauctions.ca



Auctioneer: Don Faught

613 333-1945

HARDY FRUIT TREES

By Robbie Anderman

Fruit trees are generally a long term agricultural investment, so pick your site well, and pick your tree even more carefully.

When I first moved to this area in 1969, there were apple, and some plum, orchards on every farm, even on most abandoned farms. The wide selection of varieties was awesome and all were hardy enough to endure the cold-est weather this area could dish out.

Sadly, most of these orchards have succumbed to neglect, overgrowth of the forest, and clearing of the land for other crops. Still, they amply prove that this area can provide good habitat for hardy fruit trees.

The first criteria one needs to consider when choosing a tree to plant, is whether it is sufficiently hardy to thrive in its intended location, not just survive. A handy reference is the Plant Hardiness Zone map of Agriculture Canada. The Arctic is Zone 0, while Windsor's banana belt is Zone 7a. Renfrew town is about 4b, Pembroke town is Zone 4a, Perth and Ottawa are in Zone 5, and western Renfrew County is Zone 3b or even 3a.

Each site will also be influenced by whether it faces south or north, whether it is exposed to strong winds, is close to a stabilizing large body of water, and whether it is close to a building, is at the bottom or top of a hill. Planting a tree that's not fully hardy to your location is playing the "horticultural lottery".

Thankfully most nurseries and tree merchants do label their trees with "hardy to Zone X", so intelligent choices can be made before buying a tree. There are also numerous publications by Ag Canada and OMAFRA, plus books by orchardists which describe not only the hardiness zones for many varieties, yet also the other taste, color and size qualities.

It's worth keeping in mind, even while considering the climate changes we're enduring, that there have been "Test Winters" (1904, 1917, 1934 & 1981) which were especially cold, proving which varieties really will survive in an area. We lost several great trees with delicious fruit in 1981, the same year that 30% of all commercial apple trees in Quebec died. Bartlett pears also proved they could not be a guaranteed survivor in the Upper Ottawa Valley.

Thankfully, there are many excellent hardy varieties of apple, pear, cherry and plum that have been developed by orchardists in Canada and the northern USA over the past many years. Challenged by adversity, they arose to it and came thru with flying colors of good fruit for most every locale. I have sought out the research of

the Prairie orchardists and found many varieties that are very happy in Zone 3a, while taking a chance in the horticultural lottery with a couple from Zone 4.

For pear trees, I suggest planting trees with rootstocks of *Pyrus Ussuriensis* (Harbin Pear). These are from a region of Northern China/Siberia which missed the last Ice Age and thus had a longer time to develop true hardiness. Their genes have been bred into many varieties that are also on the market. They have the benefit as well of being immune to Fire Blight, the scourge of European pears, as well as not attracting many bugs or other diseases.

When planting, keep these principles in mind: Plant your trees far enough apart so they will not touch each other's branches when they are fully mature (yes that little tree will spread to 25 feet wide), plan for good drainage, dig the hole 2 - 2.5 feet deep and wide enough to fit all the roots without bending, put the top soil on the bottom & the sub soil on the top, keep the roots wet until well planted and then water 2 -3 gallons when the hole is half filled and another 2 - 3 gallons when fully planted, then pack the soil well to eliminate all air pockets.

After planting, it's best to water with 5+ gallons 2 -3 times a week minimum for the first growing season. Remember that 90% of the feeder roots are in the top 6 inches of soil. Mulch the "drip line" (outer extent of the branches) well with hay, straw, or rotten old sawdust to help maintain moisture, encourage decomposition right where the feeder roots are, and to help keep the weeds and grass down. Do keep this mulch at least a foot away from the trunk so as not to provide rodents a home with "lunch" too nearby.

With this in mind, do put a plastic or hardware cloth wrap around the tree before winter to discourage rodents and rabbits, and at least as high as the snow drifts in that particular spot. To deter deer, a fence higher and wider than the baby tree is, with three tall stakes will work, though it may need raising as the tree grows. An electric fence will do the necessary work for larger plantings, and even keep away the bears. Obviously we're growing tasty good food.

Well composted manure placed under the mulch before mid-June is the best fertilizer, though foliar feeding before mid-summer, and kelp & ground-up rock mineral soil amendments are also excellent to include under the mulch.

Organic fruit has been called the "Final Frontier of Agriculture", as it is very challenging, especially apples, yet worth it in taste and health safety. It's the way our great-grandparents grew their orchards, though incorporating many new beneficial techniques. www.groworganicapples.com is a great resource to help with this, as is their book "The Apple Grower".

Integrated pest management (IPM) is another growing practice that is popular and helps keep down the application of chemicals, and their costs.

If you are fortunate enough to live on a farm with an old orchard, it is well worth the effort to re-generate it. First cutting all underbrush and shading trees within 50 feet, then cutting out the dead wood, followed by clearing up the middle so you can climb the tree and the sun and air movement can penetrate it. Using lots of good hay as mulch has been proven in studies to be enough good fertilizer and provides

enough habitat restoration to bring them back to health and good productivity.

It can take a new tree 5 to 10 years to come into production, depending on whether it is semi-dwarf or standard. A well maintained standard tree can produce good fruit for about 100 years. Hardy fruit trees provide a great return on investment.

Editor's note: Robbie Anderman is a member of the Ottawa River Institute www.ottawariverinstitute.ca, a non-profit charitable organization based in the Ottawa Valley.

End

Fire News (Cont)

fires and incinerator burning done in accordance with the requirements of our By-Law are all allowed. A Fire Restriction simply means that no fire permits for open air burning will be issued for a temporary period of time. Fire permits issued before the Fire Restriction was activated will be cancelled. If your Fire permit is cancelled, you will be contacted either by phone or in person by the Fire Department to advise you of the cancellation.

The decision to issue a Fire Restriction or a Fire Ban is never an easy one. Many factors are considered, including MNR fire danger ratings, weather forecasts and available Fire Department personnel. Should you have any questions, remember you can always contact us by email at firechief@townshipofgreatermadawaska.com or by calling the Township office and leaving a message. We'll be glad to get back to you as quickly as possible.

End

The Duck Restaurant



The Duck Restaurant
Wed-Sun 4PM – Close
Book your private parties @
(613) 752-0888
www.theduckrestaurant.ca

*New seasonal menu
 coming soon*

The Duck Restaurant
 729 Mill Street Calabogie, On, K0J 2R0

The Madawaska HIGHLANDER

“Read cover to cover”

From Land Fills to Transfer Stations

By Richard Copeland

The land fill sites of The Township of Greater Madawaska (GM) have been a hot topic for many years. At a meeting at the Township offices in April, Reeve Peter Emon, Public Works Manager Jamie Doering and Tyler Peters of Greenview Environmental Management discussed the waste management changes with the Madawaska Highlander.

Since amalgamation, GM has operated five waste management landfill sites located at Matawatchan, Griffith, Mount St. Patrick, Norway Lake and Black Donald. Under pressure from the Ministry of the Environment, the issue of waste management in the Township was reviewed on a number of occasions and numerous plans to tackle the issue were proposed. Finally a plan incorporating environmental considerations, capital costs and funding arrangements has been concluded.

The initial plan in 2005 included the construction of transfer stations at all 5 landfill sites. With COMRIF (Canada-Ontario Municipal Rural Infrastructure Fund) funding, which provides equal funding from the Province, the Feds and our Municipality, the project went through the process of planning – public consultation – approval – design engineering – ending in a construction target for late 2008. The initial tender for the project was a heart stopping \$1M over budget.

GM Township had to go back to the drawing boards with Tyler Peters of Greenview Environmental Management

to find a way to stay within budget. They found their way back to the original budgeted amount, but to do that required the operation of fewer waste sites. Black Donald and Matawatchan were dropped from the plan. The Matawatchan site was closed at the end of 2009 and the Black Donald site has changed its function. For both sites mandatory well monitoring will be required for the next 25 years. More dollars were saved by getting permission from the Province to have our own Public Works Department manage the construction, and our manager, Jamie Doering, has proven that this can be effectively and efficiently done.

The final budget came in at \$1.91M, with \$1M going to construction, \$850,000 to equipment supply and \$150,000 for engineering & design. The final completion date, after taking time to re-assess and redesign has now been set for October of this year.

An important phase in the transition to transfer stations is making sure that the residents understand the changes. Reeve Emon is launching a public education program and users of sites will receive an information sheet. Some important changes include the disposal of tires, electronic waste and scrap metal—at NO charge at the new transfer stations. Clean construction waste and items such as couches can go to Black Donald where there is still land fill room. Couches for example will be ground up at this site. Household hazardous waste will continue to go to the Renfrew landfill site at 376 Bruce Street; but only from May 18 to August 21.

End

Looking back...



K & P rock cut at Bluff Point (Calabogie) 1912

The new transfer stations will each have a compacter, which will crush the trash to into 1/3 of its original volume. The compacted trash will be transported away, and as Reeve Emon says: “no more white plastic bags floating around.” The trash goes to a La Fleche Environmental bio-reactor about 162 km from Calabogie. To transport the compacted waste the township has acquired a large tri-axel truck and a pup trailer. With the new equipment GM Public Works is capable of transporting the equivalent of 6 truckloads per single trip. With these efficiencies, the trip will only need to be made about once every three weeks on average. This particular truck was carefully chosen to be multipurpose in its use. With all these changes, the operational cost of waste management for GM will remain unchanged from 2005 to 2010. Good news for taxpayers.

The remaining land fill sites of Black Donald and Mount St. Patrick will have their lives extended by 100%. Compaction is now in operation at Norway Lake and is expected to be operated at Griffith

and Mount St. Patrick in July.

There is a Source Separated Organics (SSO) program, only at Norway Lake for now. Using a “Moloks” container 6 feet below ground and bear proof, people can leave organic material including food scraps. The organics system will not accept diapers and no bags of any type, even the bio-degradable types, are acceptable. Absolutely no plastic accepted here.

Further considerations about improving waste management are continuing. More improvements need to be found in the area of waste diversion, where we currently score very low at about 10-15%. There will be lots of well labelled bins at each site to guide everyone in the sorting of different types of waste. Our blue box materials go to the Ottawa Valley Waste Recovery Centre, outside Pembroke. Many materials have been added to the re-cycle listing, such as styrofoam, and we all need to make ourselves familiar with recycling and commit to do it. The diversion target for GM Township will be in the order of 50%, a big climb from our currently poor showing.

End

Hours of operation

Present Hours

Norway Lake Transfer Station, 574 Norway Lake Rd
Wednesday & Saturday 8 am – 4 pm
Sunday 10 am – 6 pm
Holiday Monday May to Oct: 12 pm – 6 pm

Griffith Site, 6 Finns Road
Wednesday 12 pm – 5 pm
Saturday 8 am – 4 pm
Sunday 12 pm – 5 pm
Holiday Monday May to Oct: 12 pm – 5 pm

Mount St. Patrick Site, 134 Flat Road
Wednesday 3 pm – 5 pm
Saturday 8 am – 4 pm
Holiday Monday May to Oct: 3 pm – 5 pm

Effective June 2, 2010

Norway Lake Transfer Station, 574 Norway Lake Rd
Wednesday & Saturday 8 am – 4 pm
Sunday 10 am – 6 pm
Holiday Monday May to Oct: 12 pm – 6 pm

Griffith Site, 6 Finns Road
Wednesday 3 pm – 5 pm
Saturday 1 pm – 5 pm
Sunday 1 pm – 6 pm
Holiday Monday May to Oct: 12 pm – 6 pm

Mount St. Patrick Site, 134 Flat Road
Wednesday 12 pm – 2 pm
Saturday & Sunday 8 am – 12 pm
Holiday Monday Closed

Household Hazardous Waste

Tuesday to Saturdays 8 am – 4 pm May 18 August 21, 2010
Town of Renfrew Site at 376 Bruce Street.

Please bring your Township of Greater Madawaska I.D. Card to all sites and to the Town of Renfrew Site.

To the Editor:

I was pleased to see Christi putting in a good word for Hydro workers in her column. Yes, it can be very frustrating for customers when power goes off, but just as frustrating for the people who are trying to remedy the situation, especially in the dark of night in snow, wind and rain. Oft times the line person thinks they have remedied the problem and plugs a switch back on only to have the switch blow open again and the search begins once more down through the dark forest for sometimes many miles until the main problem is finally located. Safety is a big factor, with temporary grounding having to be applied to the conductors after all sources of possible power are cut off and tagged until the trouble is found and the job is completed.

I speak from experience, having worked as a lineman for most of my adult life across the Province, the latter years as line foreman and instructor. I am now 81 and living in Ottawa, but I still cringe when the news predicts freezing rain and wind, two of a line person’s worst enemies.

Wes Bomhower

P.S. Garry Ferguson’s story about Mrs. O’Toole and his ‘Grand’Mere’ was so interesting and funny that I forwarded the story on to an acquaintance, Kay O’Toole of Ottawa, possibly a distant relative, who knows?

Literary Matters from the GMPL

By Mary-Joan Hale

Welcome tulips and blossoms; go away black flies! In life we take the bad with the good. We may not like the rain, but boy do we ever love the flowers. We may not like the thorns, but love the scent of wild roses. We may not like the 'construction season', but love driving on the nicely paved roads. So it is with opposites, the yin and the yang. I don't like running anymore, but two young ladies in Calabogie love it. They love it so much that they are out every evening getting ready for the Ottawa Race Weekend (May 30). They will do the ½ Marathon and are taking pledges for your Library. They asked to do this innovative fundraiser after their children participated in the March Break Program here. Maxine Allen and Dani Emon are very enthusiastic, energetic and hard working Moms. To say that I appreciate their efforts would be the greatest understatement. Those who pledge will receive a tax receipt. Forms are available at the library, Shooter's, Pinky's and from the two women. Cheques should be made out to the Greater Madawaska Public Library. Funds will go to the children and teen book collections, which need to be updated, as well as for children's programming. They set a goal of \$1,000 and have already the new 'Early Learning Centre', purchased with our SOLS credit. It is a hit with the wee ones. I do not have it connected to the net and all of the programs are fun-filled educational ones. They learn geography, research skills, math, reading and so much more without realizing it. It has a touch screen and a tiny mouse for little hands. The keyboard is multi-coloured. Parents may bring in a memory stick to get a list of tested, safe URLs for children's sites which they can access at home.

On Saturday, April 10, 2010, the Council Chambers in Calabogie overflowed with the squeals and giggles of babies and the delightful comments of their older siblings. Parents and grandparents gathered to receive their Baby Book bags from the library. The project is co-sponsored by the Women's Institutes of both Calabogie and Burnstown and named in honour of Nancy Gorra, who died last year. Her mother and grandmother were founding members of the WI in Calabogie. Nancy was a tireless worker for this organization which supports many initiatives in our community and was very active in the Most Precious Blood Church. Jack Gorra, her husband, was present with their children and spouses, and two grandchildren. The 2009 babies and two from this year were given two books, other gifts and a library card. John Allerton, Board Chairman, and I welcomed the babies and their families. Marjorie Watts brought greetings from the WI. As

a result, a dozen more patrons joined the library. Since then, one of the newest babies comes to the Storytyme and delights in the activities of the other children.

Speaking of children, our Preschool Storytyme has grown again and we are bulging out of the Snuggle-up-and Read Centre. Doing crafts and exercising our sillies out has become too cosy, so the Chambers have been booked on Tuesday afternoons (2-3) when there is not a scheduled Council Committee meeting. This week we marched with the 'Grand Ol' Duke of York' in the parking lot. Nothing beats the sound of kids' laughter.

Thanks to Asta, Sally, Dominique, Sharon and Teri, the cataloguing of the backlog is moving along quickly. Come in to see the new items to read, view or listen to. A new batch of DVDs and Large Print Books will be arriving soon. Meanwhile the library's collection of these items is also expanding.

Three of the Patron Computers have been updated thanks to the CAP grant. In order to give the best service to the patrons, I like to have state-of-the art equipment for them to use. Some of the stations were having a few problems, so it is nice that we can remedy the situation. I just hope that this grant continues after 2010/11. There was a hint that it was to disappear this year, but (normally quiet) librarians lobbied and we have it for one more year, all be it under a different government department. We thank the federal government for this grant and hope that we do not hear, "Grant does not live here any more" down the road!

The number of new patrons has grown again since the beginning of the year. Not only are they new residents, but locals who are running out of room on book

Affordable Cabin & Boat Rentals On Centennial Lake

The Eagle's Rest
5373 Centennial Lake Road
Ph: 613-333-2713
www.TheEaglesRest.ca
Steve & Gayle Main

shelves and realize that they can get what they wish to read and, with the price of books these days, it does not cost them \$10-\$25 for a paperback book. If the library does not have it, another library will and it will be sent by the mail or the Southern Ontario Library Services' courier. If you do not already have a card, "BEE A BOOKEE!" Join and open the

doors to a marvellous new world!

I have a few more surprises yet to come if grant money I have applied for comes through. Watch and wait for further announcements.

End

STAY CLEAR STAY SAFE

Recreational activities near hydro stations and dams are dangerous

For your own safety obey all warnings at hydroelectric stations, dams and their surrounding shorelines and waterways. These facilities operate year-round, affecting water flows. Water that looks safe can become treacherous in minutes and ice forming near, or even several kilometres away, can become dangerous. Signs, fences, buoys and safety booms are there to warn you, but if you see water levels changing, move a safe distance away immediately.

ONTARIOPOWER
GENERATION

Visit opg.com to receive your free water safety DVD or brochure.

Dumped On

by Richard Copeland

As reported in this paper, a number of initiatives have been undertaken by the Township of Greater Madawaska to improve how we deal with disposal of our garbage. It is difficult to argue with closing a dumpsite and improving upon our ever assaulted environment. It is a difficult argument to make whenever the changes made are effective and equitable among taxpayers. The changes have actually been made to achieve a goal of no increase in costs from 2005 to 2010; the first operational year for the new transfer stations. But we need to look at how equitable this really is. Often one change will directly cause another.

The township had looked at the possibility of a truck & trailer stationed at the Matawatchan dumpsite on designated dump days to transport trash to directly to a transfer station for compaction and recycling. This was deemed too costly and consequently dropped as an option. Ignoring this distance between refuse sites does not make the cost go away – it is borne elsewhere, but it is still there. For Matawatchan a new round trip of 36 km is introduced since residents must now travel to the new transfer station at Griffith since the closure of the Matawatchan site.

At an acceptable accounting cost of \$0.45 per km to cover the full operating cost of an individually owned vehicle, this cost per round trip is an additional \$16.20 for Matawatchan rate payers. At 50 trips a year that's \$810.00 and if you're really good at standing up to the smell in the summer and beating off the bears, you might only make 25 trips, at an annual cost of \$405.00. Now some residents, on the Griffith side of the Matawatchan dump, will not have to bear the full travel distance, but there are many on the oppo-

site side and even some who already bear a trip of great distance. These vehicle cost numbers are equivalent tax increase. For some, this travel cost might be more than their current tax bill while for others.

Most will use an older vehicle to take garbage to the dump—likely a pick up truck. A vehicle at 10 litres per 100 km will put out 432 kg of CO² greenhouse gas per year per 50 trips, which is close to a metric tonne for every two households, achieving a transfer of one dangerous disposal of waste to another.

Matawatchan has a history of doing without and doing it stoically. Apparently Matawatchan is still waiting for a promised railroad. High speed internet, finally recognized as a requirement for economic infrastructure, is still a long way off and to add insult to injury this imposed journey to the Griffith dump forces many more trips on a potholed roadway where one is sometimes challenged to find a road. The road repair, which has been wanting for a very long time—expected in 2008 and now promised for 2014. Next year's promised construction takes place where the potholes aren't.

The final straw: Dump hours will be reduced on June 2 just when the increased volume of dump visits will increase with the return of cottagers.

There was a time when we elected a reeve whose platform was to have different mill rates based on the service levels in defined zones. MPAC is busy checking your property's view to apply to your tax rate while ignoring that they couldn't make phone calls on their cell phone or that they just rattled the locks loose on their car doors. These little inconveniences get little notice in terms of value. The GM Township Council needs to address the true 'cost' of the latest refuse management service and recognize who is paying the cost.

End

GLEN'S AUTO REPAIR & TOWING

Your dual exhaust Specialist

• Gas Tanks • Walker Mufflers and Radiators

**We supply & install:
Flex joints, Catalytic Converters, Resonators ect.**

"If you can't find it we can probably make it"

**Custom pipe bending - Licensed Mechanic
safety inspections - ALL MAJOR REPAIRS
brakes, shocks, struts and towing**

• Tires and Batteries • Free Estimates on all Repairs

**TILT AND LOAD SERVICE LOCAL
AND LONG DISTANCE HAULING**

We deliver to the garage of your choice

**Foreign Vehicle Owners - Save big \$\$\$ on Exhaust work.
New Piping or Repairs
Guaranteed Mufflers Also Available**

Shop: 432-9480 Fax 432-0704

Hwy. #132 6 km south on Whelan Rd. RR 4, Renfrew

*Rua
Healingworks*

*Massage
Craniosacral Therapy
Reflexology*

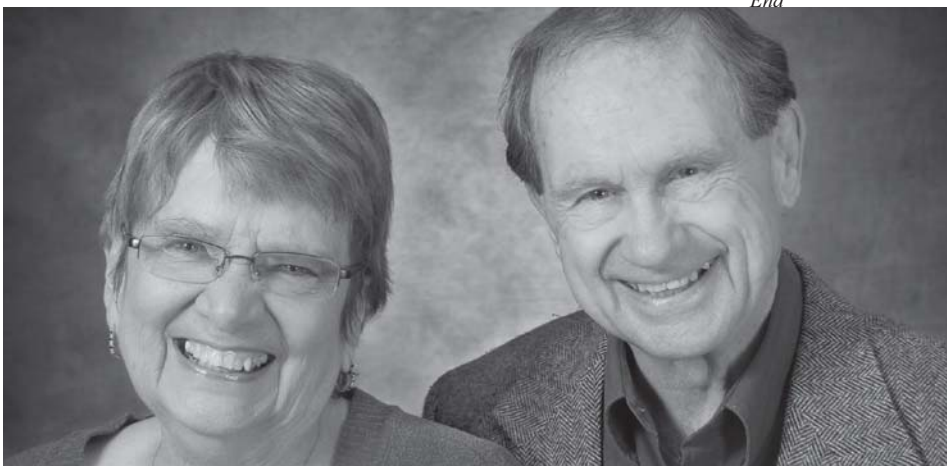


**1694 Burnstown Road
Burnstown, Ontario**

613.433.5738

**ruagringer@gmail.com
www.ruahhh.com**

Rua Grinbergs, Bodyworker



**CONGRATULATIONS MOM AND DAD ON YOUR
50TH WEDDING ANNIVERSARY.**

**WE ARE SO PROUD OF YOU AND WE LOVE YOU
VERY MUCH**

**SCOTT, ANNETTE, LAURIE ANNE, VAL, MARK AND
PATTY**

Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

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

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

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

DENBIGH AND VENNACHAR

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

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

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

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

CALABOGIE

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

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

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

Calabogie St. Andrews United Church
1044 Madawaska Dr. (on the waterfront)
Church Services Sunday Mornings at
8:45 a.m. Communion 1st Sunday of every
month.

COMMUNITY EVENTS

Calabogie

Kids' Free Movie Nights, at 7 pm every
second Friday, May 7 and on...at Calabogie
Community Centre, organized by Township
Recreation Committee.

Pancake Breakfast, Sunday, May 23, 8
to 11 am, \$5.00 per person at Calabogie
Community Centre. All welcome.
Organized by Township Recreation
Committee.

Bake Sale, May 23, 11 am to 1 pm,
Most Precious Blood Catholic Church,
Calabogie

Yard Sale, May 29, 8 am to 3 pm, at
St. Andrew's United Church, Calabogie

Seminar: Day of Teaching with Amy
Dempsey, Calabogie Bible Fellowship
Congregational Church, May 29, 9 am to 3
pm; call 613-752-2201 for details

Renfrew County Seniors' Games in
Petawawa, June 9-10; for information call
Ronnie Brown at 613-753- 0247 or Greater
Madawaska Township Office at 613- 752-
2222; as long as you are 55 + a Renfrew
County resident, you may participate

School's Out Dance, June 19,
free for kids of all ages, 7 to 10 pm,
at Calabogie Community Centre, organized
by Township Recreation Committee

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

Calabogie Seniors' Dinner & Meeting,
last Thursday of each month, 5 pm
at Community Hall. All seniors 55+
welcome. 752-2853

Calabogie Women's Institute meets
usually second Thursday monthly, 7:30 pm.
at Calabogie Home Support Office next to
Pinky's Bar & Grill at 5056 Calabogie Rd.;
April meeting is 3rd Thursday at 6:30 pm
including pizza dinner.
New members welcome. 613-752-2598

Calabogie Arts and Crafts Assoc.
Every 2nd Monday (if holiday, then 3rd
Monday), 10:00 am – 1:00 pm, Community
Hall, prospective members most welcome
(\$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,
2nd and 4th Thursdays of the month
9:00 am to 11:00 a.m.
For emergency situations, please call 752-
2201

Griffith & Matawatchan

**Matawatchan Market
Pre-Market Plant Sale**
May 29 – 9:00 a.m. to 1:00 p.m.

Matawatchan Market - Every Saturday
starting on June 26 9am - 1pm

Lion's Club
May 19th Fellowship Luncheon

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

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

Denbigh

Blue Grass and Country Music
Bill White and White Pine
Saturday May 29th at 7:30 pm.
at the Denbigh Community Hall
Admission \$10.00

Denbigh Ontario Early Years Playgroup
(up to age 6) Every Tuesday
Denbigh Community Hall 10 a.m.
until 12 p.m. Info 1-613-336-8934 ext 257

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

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

HEALTH CARE FOOTCARE CLINICS
Sylvia's Foot Care
Every 6 weeks in Denbigh and Matawatchan
Next clinics are August 11 & 12, 2009
For information or appointment
Please call--Muriel Burgess 613-333-5559
OR --Annabelle Marshall 613-333-1752
Home visits can be arranged

Jeeves Creations
*Innovative solutions to
your creative wishes*

- House rejuvenations & expansions
- Custom outdoor furniture
- Deck design & erection

Joe Dobec 613-333-1494 Griffith Ont. Eve Dale 613-312-7084

CABA CORNER

By Debora Giffin, President

It seems there's always a lot happening in the business world in Calabogie and Area at this time of the year. May is the month where our seasonal operators are busy preparing for the summer tourists; our contractors are booking overtime hours trying to keep up to the spring rush of new construction, home and cottage repairs, "fixing everything that broke"; food and beverage operators start to see a higher number of visitors; galleries and shops welcome spring visitors buying a new, irresistible piece to chase away the winter doldrums; real estate sales take a jump; and our winter enthusiasts exchange their skis for fishing rods, golf clubs and ATV's.

May 1st also brought the official transitional date for Ontario's new HST which comes into full effect July 1st 2010. Businesses have been given a variety of opportunities to attend free training seminars throughout the County, organized and sponsored by the Enterprise Renfrew County group.

CABA has participated in the Ottawa Valley Tourism Authority Travel Guide and Map as well as Maple Lanes publication, both in partnership with the Township of Greater Madawaska, Calabogie Lodge, Calabogie Peaks and Calabogie Motorsports. This initiative is new for CABA with the objective to bring greater exposure to the entire area, translating into a higher number of visitors.

The first meeting for the 2010 Festival of the Senses is scheduled in May and anyone with time, energy and interest is welcome to join the planning committee.

CABA membership renewals come due July 1st and any business enterprise operating in GMT and Burnstown is welcome to join. The benefits far outweigh the modest \$40 annual fee. A free listing in the Highlander produced Business Directory, free onlinelisting and links within the CABA website plus a wealth of information garnered from our quarterly meetings is enjoyed by 100+- members each year.

The CABA Executive and Directors wish all our business operators a very successful summer season!

End

Pruning Fruit Trees

By Robbie Andeman

The purpose of pruning is to encourage the health of a fruit tree (or bush) by opening up space to allow easy wind, bird, and sunlight penetration. This helps reduce diseases, moulds and bugs, while promoting full ripeness of fruit. A side benefit is usually fewer, yet larger fruit.

Locally, in the Upper Ottawa Valley, Spring Pruning begins after the severest cold of winter. As pruning stimulates growth, it's best not to prune when new (healing) growth will be killed by the cold. After the full moon in February is a good time. However, in recent years I've been waiting for the deep snow to melt below knee level before heading into the orchard.

The best spring pruning season happens before the buds start opening. Pruning can continue later than that, however, the best effects are achieved before then. With such a fast hot spring stimulating early bud growth the past couple years, pruning has to continue on until the flowers are fully open. These opening flowers can be put into a salad.

Sharp good tools are easiest to use: side cutting hand pruners ("secateurs"), rather than anvil pruners which mash the remaining bark, making healing more challenging for the tree. A hand saw which cuts on the pull stroke is necessary, and best with a scabbard that hangs from the same belt that your pruner's holster is attached to. This enables one to climb the tree or a ladder and have the tools ready to hand and safe from dropping. A pole

pruner helps for hard to reach branches/twigs. Only when restoring an old orchard would a chain saw be helpful, such is the quality of hand pruning saws available today.

When cutting a branch, it is best to make the first cut at least six inches further out the branch (under cut first, then cut from the top) to take the weight off for the final cut. The final cut is just at the end of the "collar" where healing "auxins" are present to help with healing. The collar can be identified by the wrinkles in the bark where the branch meets the next larger branch or trunk. A smooth clean cut is best, with any remaining jagged bark being cut off with a sharp knife.

Any stumps left protruding beyond the collar will dry up, crack, and welcome in moisture and rot.

Twigs (and branches) need to be cut to a branch that it comes from so the remaining sap flow can easily move further up the tree. Any branch that is cut off beyond a good fork will likely dry up and die. The exception to this is the "heading" cut on the end of a twig or the main "leader". This is taken to a good strong bud further down which is pointing in a direction you want the branch to grow in. This stimulates a thicker branch and the growth of "laterals" and fruit spurs.

The lowest branch is best to be no higher than three feet (one meter) above the

continued on next page 12

Pine Valley Restaurant & Variety

Full Service during power outages



Home cooked Meals Movie Rentals Home Baking
 Lotto Machine  -552 Ice
 Crafts **333-5523** Gas & Diesel
 ATM Hwy 41 in Griffith Groceries
 Hours: Mon-Fri 6am-8pm Sat. 7am-8pm Sun. 8am-8pm

Post Office

CALABOGIE

Refill Your Propane Tank Here

PIZZERIA AND

ICE CREAM BAR

4983 Calabogie Road

613-752-1777

Open 7 days a week

Check out our new Gluten-Free items

Sunday to Thursday
 11 am - 9 pm
 Friday and Saturday
 11 am - 10 pm
 Delivery daily 4 pm - closing
 on orders over \$7.00

The beaver meadow

By Howard Popkie

shanty dish while we had blueberry pie.

Editor's note: *A beaver meadow is a meadow created when beaver have felled trees and have inadvertently created a field*

In days to come when the cut hay was dry we would go back and gather the hay with pitch forks. My Grandfather had a big hand rake that he made out of wood. I watched him make it one day.

In the early 1940s I was about ten years old and we had a small farm but most of our fields were so small that we had to get hay wherever we could find it.

We had all of the hay in hay stacks and the men put a mall canvas tarp on top with ropes hanging down that they tied stones to hold down the tarp.

It was common practice to cut hay in the summer months wherever there was a beaver meadow.

After Christmas when the snow was deep the men went back to the beaver meadow with a sleigh to take out a big load of hay. On the way home out of the bush a deer suddenly appeared running in the deep snow. I ran along the side of the sleigh the horses were pulling. My brother Reuben grabbed an axe and jumped from the top of the load of hay and landed

My Grandfather John Stubinski, my dad, mom and all my brothers all went somewhere deep in the bush to a big beaver meadow to harvest hay. We cut it with a scythe by hand all day and I remember the camp fire at dinner time and my Grandmother drinking tea from a tin

on the deer's back. He beat it over the head while riding the deer and broke the axe handle but he did kill the deer.

We were all happy that night at supper time. The cows had lots of fresh hay and we had lots of fresh venison.

End

Matawatchan Market
Pre-Market
Plants and everything else sale.
No vendor fees- Call Joanne at
613-333-5534 to reserve a space
May 29 – 9:00 a.m. to 1:00 p.m
BBQ lunch will be served

Kelly Homes Inc.
Business built on Quality workmanship
Home Building, Log Homes,
Post & Beam homes,
cottages, garages, siding soffit & fascia,
backhoe work, finish carpentry,
hardwood & ceramic flooring
complete project management
 jody.kelly@sympatico.ca
613-433-1035



Ottawa Valley Insulation & Construction
Has gone green!
TAKE ADVANTAGE NOW
THE HOME RENOVATION TAX CREDIT (HRTC)

- **Blown Cellulose**
- **BATT Insulation**
- **Air Barrier**
- **Vapour Barrier**
- **Insulation System**
- **Sprayed Fireproofing**

- **Home renovations are a smart investment**
- **Superior insulation for greater energy efficiency**

REBATES ON INSULATION FROM ECO-ENERGY RETROFIT HOMES GRANT

Call now to retrofit your home

613.433.9908

Specializing in sprayed urethane foam

Serving Lanark & Renfrew County

Rural Survivor

By Adam Copeland

In the investment world there are many roads for your hard earned dollars to travel. In these "uncertain" times many flock to gold to preserve their capital. After all, with pretty much every country and their citizens living far beyond their means, holding onto cash could be risky. The US government is over a trillion dollars in debt, and its growing. Wall Street wizards are constantly finding new ways to spin your money into cash for themselves, to the detriment of society. One must be very wary about where one makes investments. There is solution to this dilemma. Two words "Emerging Markets" or Farmers Markets to be more precise. Quit your job and buy a farm. You will never have to worry about what to do with your money ever again.

You may know my partner in this country living adventure, Filipa, the author of the City Girl articles. We have had our ups and downs here out in the sticks, for which she has no shame in sharing with anyone who picks up the paper. We ended up in the country quite by accident; we didn't have any formal training, or great ambitions to become farmer type folks. We had gotten used to spending our summers up in Matawachan and

when the time came to set up and raise a family we figured it would be best if we just stayed. The cost of living was minimal, so it seemed like the perfect fit for a career hobbyist like myself. So with no five-year plan in place we purchased our first home, a classic two story farm house with fifty some odd acres that needed a little work.

This style of life is not for everyone, though I think anyone could live it and like if given a chance. It is a lot like that TV show "survivor"; except there is no million dollar prize waiting for you on at the end of the game. The strategy however is strangely similar. You quickly realize that in order to succeed you are going to need to make some alliances. Now here in Matawachan the cast of characters are a little different, there are hardly any 20 year old bikini clad women looking for someone to help them split some firewood. But there are quite a few grey bearded fellows who would kindly take you up on that offer. The point is you start to see the role each person in the community plays and realize how important it is to have a strong community. As far as I know, there is no one person plotting to have me voted off our little island, however, now that I think about it, there have been a few times when I couldn't be so sure.

continued on page 17

FOR SALE

MADAWASKA RIVERFRONT PROPERTY

FLYING CLUB ROAD, OFF HIGHWAY 41, 4 K SOUTH OF GRIFFITH

508 FEET OF SANDY WATERFRONT

5 ACRES OF WOODED AND OPEN ACREAGE

2 BEDROOM HUNTING CABIN, 16 X 24 FEET

PRIVATE, QUIET, PRISTINE, NATURE AT ITS BEST

40 MINUTES FROM CALABOGIE PEAKS GOLF AND SKIING

1.5 HOURS FROM OTTAWA, 3 HOURS FROM TORONTO

RIVER OFFERS BOATING, KAYAKING, CANOEING, FISHING, SWIMMING, WHITEWATER

and provides

ACCESS TO BLACK DONALD AND CENTENNIAL LAKES

OFFERS IN WRITING RECEIVED UNTIL FRIDAY JUNE 25TH, 2010, 12 NOON

VIEWING BY APPOINTMENT

PLEASE CALL 613.744.4283 OR ANDY AT 613.728.8572

LOOK WHO'S 75 ON APRIL 11, 2010



THE TWINS DELBERT AND HUBERT

They are still ruttin' & struttin' but not as often



Father with four brothers

Matawachan Hall Clean Up Day

Wednesday May 19

at 9 am.

Pot Luck Lunch

CALL JOAANE AT 333-5534 FOR MORE DETAILS

Pruning fruit trees (Cont)

ground. Leaving a branch lower than that will result in fruit and branches being in the fungal zone and possibly on the ground, which makes access to the tree challenging and fruit less than healthy.

Never remove more than 1/4 to 1/3 of a tree's wood in one year. It's fine to take 2 - 3 years to get the shape you want.

Scaffold (main) branches are best when pointing outward in three directions in the circle around the tree. They will spread as they grow to meet each other and fill the whole area. Leaving branches in four directions invites this meeting to happen sooner, and the need for more pruning. On a full size apple tree, scaffold branches in the same direction need to be about three feet (one meter) apart. Again this encourages air and light penetration.

Summer pruning in late July or early August, particularly of watersprouts arising from spring pruning cuts, and when training young trees encourages fruit bud development over vegetative regrowth. It also allows better sunlight penetration to the ripening fruit, resulting in better color and size. Summer cuts are best limited to branches with a diameter of one inch or less. These can fully harden off before winter.

The first obvious cuts to consider after the main structure are: Overly tall leaders, crossing or broken limbs, and branches growing back towards the center or with narrow crotches (less than 45 degrees from vertical).

Trees are long living plants. The care you lavish on them will be given back in good fruit.

End

Griffith / Matawatchan News

By Garry Ferguson

The meeting to allow local reps to fire off a broadside of grievances against a gaggle of targets from Hydro One took place in the Griffith Hall on April 09, 2010. The little get-together, organized by MPP John Yakabuski's office, was attended by sixteen people including John, Reeve Peter Emon, Councilor Karin Lehnhardt and Hydro One officials as well as Centennial Lake residents Barry Dicks and Stephen Morrison who initially kicked off the whole affair with a 265-name petition. They took exception it seems, to spending Christmas in the dark.

Our local lads, Barry and Stephen, pulled no punches by letting the Hydro Ones know, in no uncertain terms, (my paraphrasing) that our interludes of candle light and whine have become too frequent and too long, that we deserve better and expect dramatic improvements in our future service. The Hydro boys, Jim Gordon, customer operations and Bill Chant, superintendent, both for east-central zone along with zone planning engineer Ashley LeBel came well-prepared with no intention of keeping their audience in the dark. (Sorry about that one) They outlined several planned modifications that should improve reliability of the 190-km-long system.

Older model switches (reclosures) will


be replaced by new state-of-the-art models with a better capacity for handling the higher-than-normal surges that always occur immediately after an outage. Also, a couple of two-km lengths of line will be rerouted from bushy areas onto presently-installed Bell poles along Highway 41 and the Matawatchan Road. Another option under consideration is an alternative line from Mazinaw to Centennial Lake via Griffith to improve load handling. (Wonder if that one was for Stephen and Barry) Another meeting to review the progress of upgrades is planned for early autumn. Because Stephen, who works for Ottawa Hydro and engineer Asley LeBel speak the same jargon, they will maintain ongoing communications so that residents may be kept informed.

In our last publication, I mentioned that Barry had dunned Hydro One for the \$117 and change he'd spent for generator fuel during the Yuletide outage. Well, he's not waiting by the mailbox anymore but the request is moving up the heap. Hope the outcome doesn't shock him.

Of all the causes vying for our attention and support, Hospice Renfrew is certainly among the most vital. A recent Steve Newman article in *The Renfrew Mercury* reminded many of us just how much of a God-send the Hospice can be to families with a terminally ill member. It was gratifying to learn that Karin Lehnhardt and Betty MacPherson had taken the article to heart and went out to represent Matawatchan at the fourth, annual Hike for Hospice held on Sunday May 02 in Renfrew. They and their fellow hikers brought in \$40,204. Nice going.

Betty, Karin and Hazel Warren also received award certificates from the Northern Lights Seniors Club for picking up the winter's accumulation of trash along the Madawaska Road. Apparently, proceeds from the bottles covered a night on the town for the three. Could be another career path for the ambitious.

The Denbigh Griffith Lions tell me that they were very happy with the turnout for the annual Children's Easter Party on April 03 at the Lions Hall. Twenty-five wee-wuns came out to participate in crafts and



Adventure CAMP!

- Explore the outdoors by land and water, meet new friends and learn skills that will last a lifetime!
- Many activities including: hiking, biking, canoeing/kayaking, golf, beachfront, orienteering, wall-climbing, and more!
- Only \$150/5-day camp and \$120/4-day camp. Dates available:
5-day: July 5, July 12, July 19, July 26 and August 9. 4-Day: August 3

SAVE THE DATE JUNE 26TH: ANNUAL GIANT GARAGE SALE!

613-752-2720 Register at www.calabogie.com

the **Riverstones**
Gallery & Studio

www.riverstones.ca

featuring **Karen Phillips Curran**

original art
prints & cards
commissions
custom framing
gifts, classes

12-5
Tuesday to
Sunday



Discover. Linger. Rejuvenate.

BURNSTOWN

www.burnstown.ca



Betty MacPherson, Karin Lenhardt and Hazel Warren with their award certificates

all the other delights of an Easter party including lots of sweets, like Easter eggs, on which to get rambunctious.

Start putting your twoonies and loonies aside now for the Lions annual spring Toll Road to be held from noon to seven p.m. on Friday May 21. Stations will be set up in the usual spots, the Matawatchan Road near Highway 41 and Highway 28 by the fire hall in Denbigh. Another \$5000 instalment of the \$25,000 Lions' pledge to Hospice Renfrew is coming due, so perhaps you might consider dropping around with a contribution - even if it's out of your way.

The Matawatchan Annual Hall Grounds Clean-up will happen from 9:00 a.m. until noon on Wednesday May 19. So, bring rakes, shovels, snippers, mowers or anything that you think may be needed along with something for the pot luck lunch - or dinner, or whatever it becomes - to be laid on after the work is completed. Donations of plants, flowers - anything but weeds - for the grounds would be appreciated. We had a lot of fun at this very social bee last year, so mark it on your calendar. The alternate day, in case of rain

continued on page 23

Solar Power in Matawatchan: Part 2

By Bill Graham, Editor

Editor's note: This is the second of two articles on the Ontario Government's MicroFIT program, which encourages the development of small electrical generation for sale to the province's electrical grid. The electrical generation covered in these articles is from solar panels. The first article in April covered the nuts and bolts of the MicroFIT program, while this article will outline the personal experience of the four Matawatchan residents who installed solar arrays.

It started in early December 2009 with a workshop on renewable energy opportunities, which was sponsored by Renfrew County and the Ottawa River Institute (ORI). While a number of Matawatchan residents are members of ORI, not one of them attended the workshop. However, word did get back to the village about this opportunity to invest in green energy and to make a very favourable return on the investment.

It started out as talk and questions among friends and became a meeting of members of eight local households. The focus of the meeting was Richard Copeland since he was familiar with solar systems, his house being totally off-grid.

Most of the discussion concerned the MicroFIT rules, which is a 20-page document. Our group had one paper copy to review because, at this point, we didn't even know we could get it from the Ontario Power Authority (OPA) website.

Of the eight at the meeting four dropped away and four moved forward. The four still in the game are JPDeGrandmont, Ken Birkett, Donnie McAlear and me with our respective partners. Moving forward meant more talk; exchanging emails and finally a few group sessions with solar panel companies in the region. In the process we are all doing research and sharing what we learn among the group. At some point JP points the group to a company that does solar installations for Home Depot. This company is Power1Solar Solutions based in Ottawa. They provide solar panels and inverters. Power1Solar Solutions is associated with Diamondview Solar, which is a local Kinburn based company that provides the mounting systems for the solar panels, their installation and electrical connection.

These were young guys and fairly new companies willing to travel to Matawatchan and talk to us as a group. As a group we had agreed that we would share information and buy cooperatively. We let this be understood from the on-

set. In our case this could represent a sale of almost a quarter million dollars.

Before I describe our choices, I want to say that there are many good technologies and companies out there that can provide you with a good end product. What follows are simply our product and company preferences.

Company preferences

We chose Power1Solar Solutions and Diamondview Solar because they took the trouble to visit us (without an hourly charge); because they responded well to all of our many questions, because their mounting system was Ontario manufactured and because they had a good product.

During our first meeting with Michael Bourdeau of Power1Solar and James Shepherd of Diamondview Solar the viability of all four sites were established followed by a lunch prepared by Juliette and JP at their Juniper Hills Farm. During the meeting both Mike and James were assailed by questions. Lunch took two and a half hours.

During subsequent meetings, we met with James' business partner Darryl Eastman and we established who these guys were and how good a product they had. When you are putting tens of thousands of dollars into someone's hands you want to be sure you are not involved in a scam. Remember that these are new compa-

nies selling new technology. In our case they delivered everything they promised.

Operating as a group we got the very favourable price of \$70,000 for a 10 kilowatt solar installation. This is after negotiations involving conditions, guarantees and price. We were happy. When work began and was completed, we were also happy.

The Product

Power1Solar Solutions use Suntech solar panels in conjunction with Enphase inverters. Both are products manufactured in California. Power1Solar has done extensive research on the product. Numerous manufacturers of solar panels and inverters were tested before settling on this particular combination.

Inverters, which convert direct power (from the sun) to alternating power (for the house) usually handle around five kilowatts each. This could represent the output of 25 to 30 panels. They are single, fairly expensive pieces of equipment. A typical 10 kilowatt system would usually require two. In our case we settled for a system that has a small micro-inverter for each panel.

The panels that we are using are 175 watt Suntech mono-crystalline solar panels. They carry a 25 year warranty. Attached to each of these panels is a M190 Enphase micro-inverter, which has a 190 watt out-

continued on next page

POWER 1 NE SOLAR SOLUTIONS

Power1Solar offer's grid-connected Solar Photovoltaic Energy Systems that qualify for Ontario's NEW Feed-In Tariff Program, which launched October 1, 2009.

This program allows consumers to sell ALL the energy they produce from a system back to Hydro for \$0.802/kWh for systems under 10kW, guaranteed for 20 years.

A 1kW system will cost approximately \$8500 (\$8.50/watt) installed, and will generate \$1100/year in revenue. This equates to a 12% Simple Return On Investment.

The most advantageous system to install are 10kW Ground Mounted systems. These systems are built for seasonal adjustments allowing for maximum energy harvest, with no moving parts to worry about. The cost for a 10kW Ground system is approximately \$75,000 (\$7.50/watt) installed and will generate \$11,000 a year in revenue. This equates to a 14% Simple Return on Investment.

The products we offer are Suntech panels and Enphase Micro-Inverters. Suntech is the largest panel manufacturer in the world, and offer 25-Year Power Output warranties. Enphase Micro-Inverters have a 15-year warranty and enable the system to take the DC power produced from the panels and turn it directly into AC. This increases overall energy harvest, as well as offering per-module monitoring.



On the left: A partial shot of a 10kW Ground-Mounted system.



On the right: A screenshot of the Enphase Monitoring system via the internet.

For more information visit www.power1solar.com or call 1-613-832-8207 or toll free 1-888-832-8204

put capacity with 95.5% peak inverter efficiency. The warranty on the inverters is 15 years. The Suntech solar panels are very efficient and will begin generating electricity even in low morning or evening light. While rated at 175 watts, they actually generate more and the 190 watt inverter can accommodate the extra generation. Consequently, a system that has a nameplate rating of 10 kilowatts can, on a good day of sun, generate about 11.3 kilowatts. Enphase inaugurated its Ontario manufacturing facility in March 2010 to supply Micro inverter Systems that qualify for the Ontario Power Authority's feed-in tariff (FIT) programs.

This system comes with an Enphase Enlighten web-based monitoring and analysis system, which monitors electrical production via an Ethernet adapter and the internet. The system collects energy and performance data from the micro-inverters through the wiring in your house. The data goes from the house wires to the monitoring unit then through a broadband router to your internet satellite down to Enphase headquarters in California where a database makes the information available to you via a password protected web page. The system will also work with dial-up internet access or as a spreadsheet if no internet access is available. It is very elegant.


With the monitoring system you can see how each individual panel is performing. In full sun a graphic showing your particular array of panels will show as bright blue. If one panel is not producing that particular panel will show black. If the panel is only producing half its allotted production then it will display in brightness between black and bright blue. The monitoring also shows your real-time production in kilowatts by time of day by means of a graph. A summary showing that day's production, the month's production and the lifetime production are also displayed. By adding up the kilowatt hours times 80.2¢ per kilowatt hour you have a record of what Hydro One should owe you.

The Process

If you decide that you want to set up a MicroFIT installation, the first thing you should do is go to the MicroFIT section of the Ontario Power Authority (OPA) website (microfit.powerauthority.on.ca) and carefully read all of the material; especially the rules so that you know what you are getting into and the overview.

If you decide that you want to proceed, the second thing to do is determine the size of installation that you want and register with OPA. When registered, complete the application form—the earlier that you do this the better. You may need to do a little research to determine what you need. In January and February 2010 the turnaround was 30 days but now it is 60 to 90 days. The OPA is currently processing over 8,000 ap-

J. SCOTT MacDONALD GENERAL CONTRACTING INC.

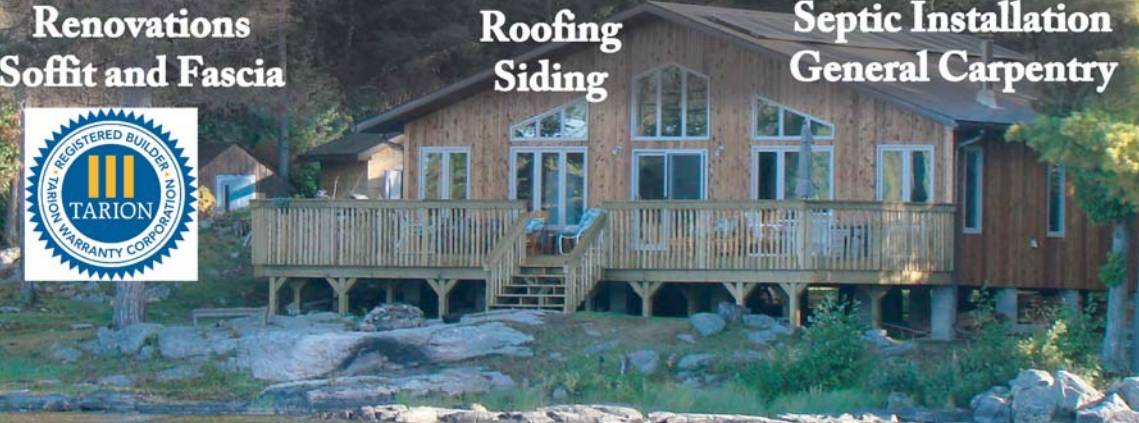


LICENSED CARPENTER AND MEMBER OF ONHWP

**Residential
Renovations
Soffit and Fascia**

**Additions
Roofing
Siding**

**Commercial
Septic Installation
General Carpentry**



28 YEARS CONTRACTING EXPERIENCE

Call for More Information:

Home: 333-5207 Business: 333-5596 Fax: 333-1121

jsmacdonaldcontracting@hotmail.com



plications and this number will grow.

Third, secure your financing. A 10 kilowatt ground mounted system will cost you at minimum \$70,000 but probably more. Roof mounted systems are generally less expensive. With the right collateral you can currently get a line-of-credit for about 3.25%. Confirm with your bank what you can get. Banks are slowly learning about the MicroFIT program but you will want to go to your banker with information from the OPA website to show that it is a legitimate Ontario government program.

continued on page 16

Glen's Rebuilding & Repairs TRANSMISSION

531 WHELAN ROAD, R.R. 4, RENFREW, ONTARIO K7V 3Z7

- Complete Transmission Overhaul
- Domestic & Imports
- Towing



Over 15 Years
Experience



...and old-fashioned cash.

GLEN CARDIFF
OWNER
613-432-9480

Solar (Cont)

Four, determine the type of system that you want and find a supplier. Again, do your research and know with whom you are dealing. Ask dealers about the Ontario content of their product and if they can do the installation. Remember, until January 2012 there must be a minimum of 40% Ontario content, but after that date it goes up to 60%. If you are able to buy as a group and live in the same vicinity, you will save money. It saves the dealer and installer both time and hassle.

Five, when your system is installed the electrician will call the Electrical Safety Authority (ESA) for an inspection. The ESA inspector will inform Hydro One of the approval and, in theory; Hydro One will connect your system to the grid within ten business days. However, you would be advised to go to the Hydro One web-



Solar array at J.P. DeGrandmont and Juliette Legal

site concerned with MicroFIT and begin application proceedings immediately.

There will be a fee of around \$1,000. OPA approval and Hydro One connection are slow. ESA approval is quick.

The MicroFIT program is a really good program. Finally government has got it right. However, it is a complex process that requires diligence. If you are lucky enough to be in a group of like-minded investors, you will find, like we did, that the process so much easier.

End

Health Resources Fair

By Christi Landrie

The Senior's Advisory Committee organized a Land O'Lakes Committee Services Resources Fair held at the Denbigh Recreation Hall Monday, April 12. Yours truly was impressed with the wealth of information. I had no idea we had such a vast variety of resources at our disposal. As I believe everyone needs this info, let me give you a quick synopsis. Senior's Group member Betty Bass introduced the individual speakers. Susan Andrew-Allen spoke of the Committee's goal TO provide a choice of services and providers of such services for people to recuperate in, or stay at, their own home as long as possible, and to receive help with such issues as home care, palliative care, housekeeping, shopping, gardening, personal care, lifeline support, and even visiting.

Marlene Dacuk, transportation co-ordinator for LOLCS, supplied information about personal drivers and the VON van with future wheel chair access available to take people to dr. and hospital appts. She also talked of the ongoing meals on wheels service that will continue to run in conjunction with Northbrook for the residents of Denbigh and area. Volunteers would be greatly appreciated.

Ruby Malcolm from the Denbigh Lions Club let us know the Denbigh Lions have an assortment of medical equipment available on a loan basis, everything from canes to wheelchairs, and all without cost. The Lions will gladly take donations of medical equipment no longer needed.

Bonnie George gave a revealing glimpse into the Pine Meadow Nursing Home, which will expand to four more rooms this year, with a dining room at each end, and ward, semi or private rooms available for the residents. Among their many options are cable TV, private phones, a tuck shop with sundry items such as

stamps and stationary, ingoing and outgoing mail, newspaper delivery, hairdresser/barber, laundry and housekeeping services, and there is a library on the premises. They also offer a wide variety of activities, bingo, shuffleboard, gardening, horseshoes, darts, music and movie nights, tea parties, socials, word games and visits to the Lions' Club for lunches. They encourage visitors without restrictions. For those who care for someone at home, they also have one respite bed for a reasonable price, so you can take granny for a visit to the home and either grab some extra sleep or go on that holiday you have been promising yourself. They encourage anyone to come anytime to have a tour of the place. Many volunteers work at the home, and new volunteers will be cheerfully accepted. Contact Bonnie at Pine Meadows, 613-336-9120.

Senior Manager of the Community Engagement and Integration, Joel Cole, represented CCAC (Community Care Access Centre) which offers a wide scope of services to the communities: Social work, equipment rental, physiotherapy, info, eligibility and admissions into nursing homes or long care facilities anywhere in Ontario. They will also direct you to services they do not provide themselves and put you in touch with the right people. You can call CCAC toll free between 8 am and 8pm by dialling 310-CCAC (2222). Anything you need, they will help.

V.O.N. Michaela Jones explained the SMILE program in detail, While the criteria for in home care is quite restricted, each person will be assessed and they hope to be able to correlate that information with other resource centres in the near future. The person must live alone, or have the caregiver unable to do four key issues of daily living to qualify. Smile (Seniors Managing Independent Living

If you think everything is too far beyond the promised time for service, call your MPP (John Yakabuski). His assistant Laura Lapinskie did great work on our behalf when we were getting frustrated with turn-around times. You could also call the Minister of Energy & Infrastructure and complain or threaten to call the CBC. Threatening to call the Madawaska Highlander will probably not instil any real anxiety.

THE "HONEY DO THIS" COMPANY



HOME REPAIRS - PLUMBING - PAINTING
 SPRING YARD CLEAN-UP
 GRASS CUTTING
 SEASONAL OR "ONE TIME" LAWN CARE
 SPECIALIZING IN SMALL JOBS

Weiss Home & Cottage Maintenance
 30 years experience - Meticulous work - Reasonable rates
 Renfrew - Calabogie
 Bill: 613 570 1488
 Email: weissmaintenance@gmail.com
 Let me empty your "Honey, do this" Job Jar!

continued on page 25

Survivor (Cont)

Matawatchan is not in a unique situation. Most rural villages and towns have experienced the same problems. Very few good paying jobs result in the younger generations moving to larger centers in search of opportunity. Now these picturesque destinations are the havens for newly retiring boomers, who after living a lifetime in the rat race, escape into the blissful countryside. This is a trend that can be seen across the country. These boomers come with some pretty impressive numbers and it seems they mean to stay around for awhile. In fact, they will likely be the longest living of all the generations, living well into their eighties. They are educated and know the importance of a healthy lifestyle, good food and good habits. Good food is getting harder to find these days unless you grow and raise it yourself.

Let's go back to our survivor analogy here. We are seeing new alliances being made between food growing folks and the non food growing folks. Some people are seeing the problems with our current food production system and are contracting food producers (farmers) to supply them with a reliable supply of fresh, naturally grown plants and animals to ensure their supply of healthy food. We get to see first hand by watching survivor how quickly the contestants' physical shapes change when their diet is altered. They compete and backstab

each other for a good meal, after all food is fuel. We see the opposite is true when we walk the streets of our towns and cities. Our grocery stores are flooded with cheap food that is, for the most part, not what our bodies want but what our minds do. Obesity and diabetes is now an epidemic, the cause can be traced almost 100% of the time to our lifestyle choices. The game is on; lots and lots of people are seeing the value in supporting their farmers. After all, we are not competing for a million dollars in this game. All we want is good health for our friends and families.

In every part of this country Farmers Markets are on the rise and they are looking for farmers to fill their stalls. Why?—because people are starting to realize the value of fresh locally grown food. For years now small family farms have been bought up or abandoned by farmers who threw up their hands in disgust and gave up. Some kept at it while their kids moved to the city in search of greener pastures. Making a good living took a lot of hard work and knowledge but food prices simply have not risen with the cost of living. Can you imagine what your life would be like if you had to live your life today, with the salary you earned in 1973? It would be pretty tough to make all those payments eh? Oddly enough that is what life is like for a small scale full-time farmer. That is why they are almost extinct. With this new global economy we found it to be far cheaper and easier to import a lot of our food.

Thankfully the farmers are evolving, realizing that the middle men were taking the lion's share of the profits of the food they produce. By selling directly to the consumer they can be more competitive on price and get to know their customer, which helps to strengthen their alliances.

There is a surprisingly large group of people who like hard work, are ok with no retirement plans, and want to live and raise their family in a rural community. It is a simple example of supply and demand, if you think supply and demand economics is simple. By creating demand for our local products it will result in increased supply and jobs. Growing food is a very satisfying occupation, so if you think you would like the satis-

faction of eating local food you have a few choices. In Renfrew County there is a fantastic Co-op, the Ottawa Valley Food Co-op, which makes it very easy to connect with your food supplier. Next there are farmers markets in almost every little village and town...Don't be shy; the people who grow food are generally good natured, attractive and always looking to make new connections.

The Matawatchan Market is now on face book, look us up to get weekly updates and get a chance to meet the vendors and volunteers behind this market.

End

Is your Subscription for the Highlander up to date?

Check the mailing label in the lower left corner of the envelope for your subscription end date. If it is highlighted in yellow you are out of date. \$20.00 renews your subscription & our address is on Page 2 of this issue. Thank you.

Snider's Tent & Trailer Park & Variety Store

271 Aird's Lake Rd. -

Matawatchan

Gas & oil

Propane Exchange

Groceries, Giftware, Ice,

Worms and Fishing Tackle

(613) 333-5551

Somethin' Special Gift Shop



Celebrating 10 Years of Business Join us for a Wine & Cheese On June 5th from 5-7 pm

Burnstown

Telephone (613) 432-0670

Fax (613) 432-1697

Email: Somethin.special@renfrew.net

web site: www.somethinspecial.ca



Motel & Restaurant

In the beautiful

DENBIGH HILLS OF MAZINAW COUNTY

FAMILY OWNED AND OPERATED

SINCE 1968

Situated at the junction of Hwys 28 and 41, Swiss Inn is ideally located for the four season traveler.

Swiss Inn offers an upscale country restaurant renowned for its Swiss and Canadian cuisine and fine wines, served with traditional hospitality.

Inquire about our recreation packages

OPEN ALL YEAR

Swiss Inn, Denbigh, Ontario, KOH 2R0

The Lips Family

(613) 333 2221

swissinn@explornet.com

www.SwissInn.ca

The Bell on the Church at Black Donald

By Howard Popkie

The Church of the Assumption was built by October 1919 at Black Donald. My mother was a true blue Catholic and every Sunday she would round up everyone and make them go to church—hung over or not. Even before I started school, I remember mother going to church carrying her new shoes and silk stockings so as not to scuff them going through the bush from our home to the town.

I always liked history and I would admire the 25¢ coin mother always had for collection with King George V and sometimes Edward VII.

When we came to the field where the church was she would put on her new footwear and hide her old shoes behind a stump.

As we came up to the church the altar boy would pull on the long rope that was on an old iron wheel attached to the church bell and ring it like mad—you could hear the bell for miles away.

When there was a wedding the bell sounded cheerful but for a funeral very mournful with a slow bong playing the dead march as they carried the coffin.

My cousin Lloyd Skiptchuk was quite a character and he was an altar boy and he served mass all through his time at Black Donald even when he was old enough to grow a big beard. One day after church

when everyone was standing on the big veranda in front of the church, Lloyd came out dressed in a long black gown and his big beard and said: "Don't I look amazingly a lot like Christ".

Before they blew the church to kingdom come to make way for the new Ontario Hydro dam that formed Centennial Lake, someone took down that big bell and part of the tower that it was in and put it on

his lawn in Calabogie. That was where I last saw it.

My mother made me go to church so often when I was a kid that I banked up so much church time that I have been withdrawing on it ever since.

End



Squared Cedar Logs from historic 26' x 29' log home, tagged and numbered, rebuild ready. FOB Matawatchan, Ont. Asking \$10,000. Could be negotiable. Call (613) 224-4174. E-mail: kpullen@sympatico.ca

photos and reconstruction plans are available by mail or e-mail



The Eagle's Rest General Store Centennial Lake

Cabin and Boat Rentals



Minnows Leeches Worms Fishing Tackle Gas on the Water

Frozen Pizzas, Groceries, Confectionary, Propane Refill Station

Fireworks

15 % Off

In Stock Moccasins

Until June 27/10



Tracey's Ice Cream

Monday—Saturday

9 am—7 pm

Sundays

9 am—5 pm

Internet Access & WiFi Hotspot

Steve and Gayle Main
5373 Centennial Lake Road
Griffith Ontario K0J 2R0
613-333-2713

Denbigh News

By Christi Schroeder-Laundrie

There was much ado about in Denbigh on Wednesday, April 14, as many residents found their phones weren't working. A fire in an old building across from the fire station had severed the overhanging wires and left quite a mess. The building burned to the ground and left only a pile of black rubble. When yours truly arrived on the scene, several service trucks were present, and quite a few workers were very busy trying to sort out the burned wires and restore order. Our phone was up and running again several hours later, but I heard many were still without service until the next day.

Barry and Suzanne Lee wish to offer much gratitude to the 41 Stop community for their support over the past 10 years. Suzanne says, "The friendships made will be cherished. A "Special Thanks" to all who made the gathering on Feb. 27th at the Denbigh Hall so memorable. It was very kind, greatly appreciated and touched our hearts deeply. It's great to be a part of such a caring community. THANK YOU." Yours truly would like to add that although the new owners of 41 Stop are delightfully friendly, we will all miss Suzanne and Barry very much and wish them the best in their new found and well deserved retirement.

Denbigh Recreation will host a Blue Grass and Country Music event Saturday May 29th at the Denbigh Community Hall at 7:30pm. Bill White and White Pine will provide the entertainment, and you may very well go home with a door prize. Admission is \$10.00 per person. Tickets are available from any Recreation member, or contact Janice Kerr at 613-333-2797. Reserve your tickets early, and plan to come on out for an enjoyable evening.

Several residents feel we have a serious need for a new-to-you type of bank/exchange in this area. Since I married Don Laundrie, and amalgamated two households, yours truly herself has a large quantity of items no longer needed, including over 1500 books I would like to downsize. (and no, harlequin romances don't count, those are fire starters). I regret taking good articles to the Salvation Army, as I find their prices too high lately. Maybe we could have a once a month white elephant exchange or something of that nature. We should be able to share such things without having to pay for them. One man's junk is another man's treasure, I always say, and if I haven't had it before, then it's new to me. What do you think, good citizens of Denbigh? Got suggestions? Call me, let me know, or contact Frances Rosentblath. Let's talk.

What a great Daffodil tea party yours truly attended on Saturday 27 March at the Griffith Lions Hall—So many beau-

tiful tea sets, such beautiful intricate designs, many in floral patterns, and quite a few in fine bone china. It was eye candy just to look at, never mind drink the tea from such treasures. The tea was poured by cancer survivors and hats off to these brave souls. Two door prizes sat by the door. A basket of assorted candy (candy which I was told came from the U-K shop in Peterborough) a hard cover Easter book, and a boxed, heritage angel will make a fine keepsake for anyone. The second door prize was a fuchsia coloured hydrangea in full bloom I would have gladly taken home. The food

displayed on the self serve table was enough to make your mouth water, and behind the counter, volunteers, worked non stop, washing, preparing, all with an air of camaraderie. Of course, all proceeds from this luncheon will go to the Cancer Society. Highway 41, consisting of Garry Ferguson, Elinor Duncan, and Harold Kaufman provided the entertainment. I talked with several folks there, and everyone was having a great time. Of course, I took home a bunch of daffodils to display on my dining room table. Anyone familiar with the poem entitled

"Daffodils" by William Wordsworth? It was required reading in High School in my time, was always my favourite and I can recite it still by heart to this day.

Sigh.... No one came to my door selling chocolate Easter bunnies... and I was SOOOO hoping to bite the ears off at least one. Oh well, I expect the sales went well and there are many happy chocoholics out there. Yours truly also hopes everyone had a safe, happy and very colourful

continued on page 21

The White Pines Cottage Resort

Experience the adventure!
Be the adventurer!

Black Donald/Centennial Lake
Shawn & Valerie Popkie
613-752-2884

www.thewhitepines.com
info@thewhitepines.com

GARY GARAGE DOOR

Can We A-Door You?

**Commercial Doors
Residential Doors
Electric Openers**

613-432-7766 ~ 1-888-256-4793

Cottage Corner

Tips and tricks to cottage ownership (Part 2)

By John Roxon

April is the 10th anniversary of cottage ownership for us. In those 10 years we have been at the cottage during every season, in every type of weather condition and temperatures ranging from minus 38 to plus 38 Celsius. And in those ten years we've probably made about every mistake possible to make when owning a cottage. We've had burst pipes (of course) and we've been overrun with mice. We've had a one foot hole in the roof and we've had frozen food that should have been thawed and thawed food that should have been frozen.

The good thing is after you make the same mistake three times, you eventually learn from it. It's from this 10 year masters program in cottage ownership that I bring you the following tips and tricks so you don't make the same mistakes that I did. By no means exhaustive, it's a good start nonetheless. I'm sure that another list will beckon with the mistakes that will no doubt be made over the next 10 years.

There were so many tips I needed two issues of the Highlander to accommodate them. Here is part 2:

For critical engines, like generators, keep in cottage for winter so they can warm up from the wood fire. This will make them much easier to pull start.

Get some cheap plywood or particle board - 1/4 inch is fine - and put over stairs and key entry surfaces. In winter, just remove and voila - your stairs are clear.

Be sure to keep some firewood protected. It's all about kindling temperature - that is the internal temp that must be reached before wood burns. The warmer, drier the wood, the quicker it ignites. Follow this for getting your woodstove started that much quicker in the dead of winter.

Water is everywhere in the winter. Boil when necessary, trust your spring if it has proven reliable, and don't worry as long as you don't ingest too much - that's why you stored the bottled water.

Have bottles of that alcohol-based hand wash. It's all you need if water to wash up with is in short supply. Can be used on the face too, but apply some Nivea or Vaseline afterwards.

That balm made for cow udders is also a very good antiseptic moisturizer. Use on face as well.

If bored, remember that satellite based internet, radio and TV is all available in the area. Satellite radio, in particular, is very affordable and very reliable - much more than satellite Internet or TV. Speaking of TV, you do not need a phone line to enjoy Expressvu or Starchoice at even the most remote location.

Buy a Coleman gas lantern. Even with electricity, they are irreplaceable. Bright and dependable.

If building new, pay the few extra dollars to get winterized and rough in power - even if not on the grid. Don't forget that with power roughed in you can add a small generator at any time and power the whole cottage from one entry point.

Be sure to leave extra boots and gloves and coats up there - even if they don't fit you anymore - they may fit a guest. Guests always come unprepared.

There is no such thing as cottage fashion - ignore Cottage Life and all similar magazines and newspaper articles.

The only cottage fashion is what you're wearing when you're up there - which is to say what keeps you warm and comfortable.

Flannel sheets are great - especially in the colder months.

Get a good steel stock pot, fill with water, and leave on wood stove. This is your dishwasher and or cleaning up water. As you heat up the cottage, you heat up your water supply.

Be sure to get a woodstove with a good flat surface for warming and cooking, if necessary.

Oil any locks regularly to prevent freeze - especially padlocks in areas where water drips.

Own an auger - always test your ice. If mice are a big problem, get some of those plastic storage containers and keep sheets, towels and clothing in there. Also be sure to keep cutlery and spices in a plastic container.

Keep extra paper goods in other plastic containers. Keep three month supply if you have space.

Don't forget to add antifreeze to all pipes used in winter. In the fall, after you blow out your pipes, pour a bit of antifreeze in. It will settle at the lowest point and help prevent burst pipes in case you didn't get all the water out.

For larger motors, leave filled with gas with lots of stabilizer inside - at least three times recommended for engine. Don't forget to run for 5 minutes to work stabilizer into the carb and through fuel lines.

continued on page 24

CALABOGIE



Visit our Greenhouse';
Annuals, Perennials,
Hanging Baskets &
More

Mon-Thurs 8:00-5:30
Friday 8:00-6:00 Saturday 8:00-5:00
Sunday from 10 am to 3 pm

Come in and pick-up your complementary catalogue

Box 115
636 Mill Street Calabogie
Ontario K0J 1H0
Phone (613) 752-2102
Fax (613) 752-0003

DENCO Engineering Ltd

Consulting Engineering Services



Storm Water Management
Shoreline Erosion Control

James R. Denham P.Eng.
(905) 641-2364

JIM MUNRO

RE/MAX TOWN CENTRE REALTY LTD., BROKERAGE
 201 DANIEL STREET, S.
 ARNPRIOR, Ontario K7S 2L9
 Telephone: 613-623-3665
 Toll Free: 888-623-3665
 Fax: 613-623-1531

Telephone: 613-623-9013



A vibrant Restaurant, Seats 52 (and quite often full) & Variety store, with Post office, Lottery center, Gas bar, 3 bedroom apartment in bsmnt, Has Diesel Engine Generator, Powers everthing, Central Air, Freezers, coolers, Shelving and all the equipment needed to run a viable business, Located on the main link HWY from Toronto to Petawawa, located on the E102 snowmobile trail, This is a must stop for fuel, eats and energy fill up.



This is a perfect retirement home with a large variety of recreational activities. Has a \$12,000 boat dock, has 2 Garages, great fishing, boating, snow mobiling, 4 wheeling, cross country skiing, down hill skiing, you name it it's here.



CALLING ALL NATURE LOVERS, Canoe, Kayak, hiking, fishing, or walking in the woods. Absolutely no prep needed for this listing. This property has 2 relatively new bunkies in rear yard with 3 bedrooms each and siting on cement blocks. We need 48 hrs on all offers, Motivated sellers.



Very nice 4 season, cottage/retirement home. All new done up nice & comfortable. New Kitchen etc, must see. Waterfront Boating, swimming, fishing, 4 wheeling, cross country skiing, down hill skiing, and hunting. Has it all, Full unfinished basement with walk out. Renfrew has all amenities such as Doctor, Dentist Hospital, Big box stores, 45 min drive. Hwy 417 4 lane is 10 min from Renfrew.



Totally unspoiled cottage and landscape. Partially finished, Drywall Installed and painted, Electric installed, Furnace installed and operational, submersable water pump installed in well, Septic installed, just Paint your colours, install flooring. Trim plumbing and Kitchen. The shell is all there and ready to go, I ran out of money. Needs trees trimmed but shore line has been all groomed.

Glen's Auto Repair & Towing

Tow Trucks located on site for instant dispatch from both Renfrew & Calabogie.

**For your convenience we will tow to the garage of your choice.
 (613) 432-9480**

Denbigh News

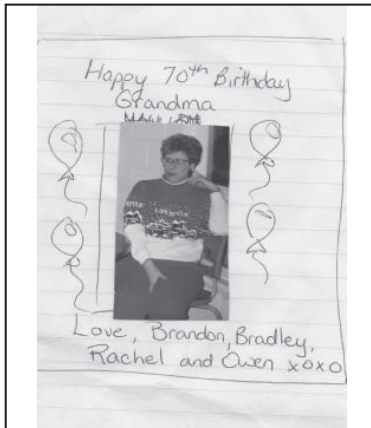
(Cont)

Easter holiday.

Thought for the day: "what if they gave a war and no one came?"

denbighnews@hotmail.com 613-333-2376

"...it is better to keep your mouth shut and appear stupid than to open it and remove all doubt..." (Mark Twain)



Jim's Bait & Tackle



Retiring



Red Tag Sale

All red tagged stock 30% off

RV & AUTOMOTIVE BATTERIES

COFFEE & SNACKS

CONFECTIONS & SUNDRIES

12600 LANARK RD
 CALABOGIE, ONT
 (613) 752-2145

McDONALD FUELS

Furnace & Stove oil

No-Lead Gas, Ethanol

Coloured and Clear Diesel

Complete Line of Lubricants

Lease to own Hot water Tanks

Jane Street, Eganville

613-628-3173

613-628-3677

“Facts about Fats”



By Susan Veale

I recently had a client approach me about “fats.” She was concerned about the amount of saturated fat listed on her package of flax seeds. She was adding flax seeds to her diet in order to promote good bowel health, but she was now concerned that these fats may be harmful instead of beneficial. After I explained to her the “facts about fats”, I decided to use our conversation as my topic for this month’s Highlander article.

In our society today, we are bombarded with information and quite often, much of this information tends to be more confusing rather than simplifying. For example, the subject of “fats” within the food industry swings both left and right.

The food industry provides validated research stating that some fats are bad for humans as they contribute to heart disease, some cancers, our waistline and how we behave. The same industry also provides information stating that some fats are good for us and are actually necessary and important in de-clogging arteries, helping our brain function and promoting good digestion and absorption. The question becomes, for optimal health, “Which fats are good and which fats are bad?” The next question is, “Are you ready for this?”

Every cell membrane of the body requires fat. Some examples are skin, brain, bowels, kidneys and joints. Fats or “Fatty Acids” are classified as being “Saturated” or “Unsaturated.”

Unsaturated fats are further broken down into “Monounsaturated” or “Polyunsaturated.”

Most researchers agree that the Essential Fatty Acids (EFA’s) are polyunsaturated fats which the body cannot synthesize and must be acquired in small quantities from dietary sources. EFA’s are broken down further into the Omega Families.

There is the Omega-3 Family which consists of Alpha-Linolenic Acid (ALA) found in green leafy vegetables, flaxseed oil, canola oil, walnuts and brazil nuts. There is the Eicosapentaenoic Acid (EPA) which the body manufacturers from ALA but also comes from wild ocean fish. There is Docosahexaenoic Acid (DHA) which the body may convert from ALA and are also found in wild ocean fish.

The Omega-6 Family of Linoleic Acid (LA) is found in vegetable oils, seeds and nuts. Gamma-Linoleic Acid (GLA) which the body makes from LA is also found in primrose oil and borage oil. Arachidonic Acid (AA) is converted from

LA and is found in meat. The Omega-9 Family is actually a monounsaturated fat and is not classed as an EFA as the body can manufacture this fat.

Trans fats are Polyunsaturated fats which have been heated and mixed with nickel powder which allows the oil to become more user friendly in the food industry. These types of fats are found in margarine, crackers, cookies, doughnuts, French fries, potato chips, pastries and other sweets. The human body, through its design, tends to recognize these heated fats as being foreign but instead of rejecting them, the body builds these fats into the cell walls which in turn can create a disturbance in cell function if too many of these fats are consumed.

Some documentation in the food industry states that Saturated fats are the same as Trans-fats and therefore should be avoided. Facts are, these fats are not the same.

Saturated fats are natural occurring fats such as found in flax seeds whereas Trans-fats are completely unnatural. Science is providing more evidence now to suggest that the body requires Saturated fats at an optimum level of 10% of the daily diet.

Saturated fats have been consumed by humans for millions of years whereas Trans fats have only been introduced into our diet in the last century.

Saturated fats are needed for various body functions such as enhancing immunity, preserving cell integrity, increasing levels of HDL (so called good cholesterol), decreasing levels of lipoprotein A, a substance associated with heart disease, helping the body convert and utilize Omega- 3’s, decreasing inflammation, aiding in healthy lung tissue, promoting fertility and some saturated fats destroy bacteria, virus, fungi and protozoa.

So to my client questioning the saturated fats in her flax seeds, I said enjoy, you are giving your body a treat.

For more information on “fats”, give me a call and we can sit down and “chew the fat.”

Susan Veale
Natural Health Professional
Wellness Natural Health Centre
Calabogie ON 613-752-1540

Help wanted:

Reliable house cleaner for a small cottage on Norway Lake.

Wages negotiable, reliability a must!

Please call Bill 613-293-2455

COTTAGE FOR SALE ON THE MADAWASKA RIVER

Year round home or cottage on 1.6 acres bordering 2 large ponds and the Madawaska River with mature pines, great for nature lovers, fishing, swimming and boating

Open house
May 22, 23, 24



Kitchen and family room area is done in 2" thick cedar
2 car garage 20 x 24 feet
Nice sandy beach

RENOVATED WITH MANY UPGRADES AND IMPROVEMENTS:

\$289,000

DOORS AND WINDOWS
NEW PROPANE FURNACE
FLOORING THROUGH-OUT
LIGHT FIXTURES
KITCHEN CUPBOARDS AND COUNTERS



1575 square feet main floor with a high dry basement, 3 bedrooms, living room, dining room, kitchen, familyroom, 1 - 4pce and 1 - 2pce bathroom, mud room/laundry room and back porch

**MUST BE SEEN TO BE FULLY APPRECIATED,
FOR INFORMATION OR TO VIEW
PLEASE CALL:**

PETE OR SUE AT 613-333-1630 OR 416-467-8861

WELLNESS NATURAL HEALTH CENTRE

**General Wellness
Homeopathy
Biotherapeutic Drainage
Reiki
Reflexology**



**Applied Kinesiology
Soft Tissue Recovery
Massage Therapy
Ear Candling
Hair Tissue Analysis**

www.mylysis.com

**44 Norton Road
Calabogie, ON K0J 1H0**

**613-752-1540
By appointment only**

Thank You

We would like to take this opportunity to say “thank you” to all who helped us celebrate our 50th wedding anniversary.

To all of you who attended the pot luck supper at St. Andrew’s Church and joined in the festivities there. To Pat and Orval Strong and Carol and Garry Ferguson who pulled things together with very little notice.

And particularly to our children, Brad and Shari, Karen and Alden and all of our grandchildren and friends who attended the dinner in our honour at the Granary Restaurant.

As well, those of you who took the time to send cards or call to wish us well. You are all wonderful and again, thank you so much. It was very much appreciated, and again,

Thank You
Cliff and Pat Holleran

Space Weather: Dark Star Cometh (Part 1)

By Douglas Vasey

The Mayan people as well as others have charted cosmic cycles that indicate that Earth as well as our solar system is going through a cyclical phase that characterizes the end of a period for all of God's children and the birth of a new era. The Mayan calendar representations pertain to Earth's positions in the Milky Way Galaxy.

No one really knows what is on the horizon, as this cyclical period has no historical record outside of vague faith based prophecies and spiritual references. However, for all you Bible thumpers it is important to note that our Earth as well as human civilization has been going through the end of days for a period of almost one hundred years. If you listen carefully in the wee hours of the night you will hear a thief quietly knocking (Biblical reference). This evolution has been characterized by rapid changes in technological and energy development. We could also see this as a time of enlightenment.

Albert Einstein once said: "everything is energy (E= MC2)." We are learning more and more that we have an electrical frequency that identifies and differentiates our place in life. We are energy and this ocean of energy that we live in is measured by a technology we have discovered or developed called weather. We have come to believe that our Sun is the biggest influence on our weather. Without the sun I have no idea where our life forces would be. Our Sun however, is only one little star in the vast universe and more specifically in our Milky Way Galaxy that also affects our planet. It seems scientists are coming to the understanding that a binary star system, rather than just a single sun influences our solar system. Astronomers haven't yet seen the other star that significantly affects our world. However, because of the geomagnetic behaviour of our planetary system their mathematical models are telling them it is there. The reason they haven't seen the star yet is likely because it is a brown dwarf binary star. A brown dwarf is a dying star. It often gives off heat without giving off light. This makes it difficult to see in space. A brown dwarf still has a very heavy mass so it has a very strong magnetic field. Surprised scientists and their IBEX satellite (Interstellar Boundary Explorer) have recently discovered a ribbon of highly charged particles on the outside layer of our solar system (the termination shock of the heliosphere). The termination shock is the area of the heliosphere that interacts with galactic plasma and magnetic fields. The ribbon is not a source of light, but rather a source of particles--energetic neutral atoms or ENAs. IBEX's sensors can detect these particles, which are produced where the solar wind begins to slow down and mix with Interstellar matter from outside the solar system. For years, researchers

have known that the solar system; is surrounded by this vast bubble of magnetism called the "heliosphere." It springs from the sun at about a million miles per hour and extends far beyond the orbit of Pluto, providing a first line of defense against cosmic rays and interstellar clouds that try to enter our local space.

"This is a shocking new result," says IBEX principal investigator Dave McComas of the Southwest Research Institute. "We had no idea this ribbon existed--or what has created it. Our previous ideas about the outer heliosphere are going to have to be revised."

"This ribbon winds between the two Voyager spacecraft and was not observed by either of them," notes Eric Christian, IBEX deputy mission scientist at NASA's Goddard Space Flight Center. "It's like having two weather stations, but missing the big storm that runs between them." One important clue: The ribbon runs perpendicular to the direction of a galactic magnetic field just outside the heliosphere. "That cannot be a coincidence," says McComas. But what does it mean? No one knows. "We're missing some fundamental aspect of the interaction between the heliosphere and the rest of the galaxy. Theorists are working like crazy to figure this out." (Science@NASA) Vatican astronomers are also trying to analyze the new information from their observatory at Mount Graham Arizona.

Understanding the physics of the outer heliosphere is important because of the role it plays in shielding Earth and the solar system against cosmic rays. The heliosphere's size and shape are key factors in determining its shielding power. For the first time, IBEX is revealing how the heliosphere might respond when it bumps into interstellar clouds and galactic magnetic fields. Additional gravitational compression could also allow more cosmic rays to reach the inner solar system, possibly affecting terrestrial climates and the ability of astronauts to travel safely through space. (Science at NASA)

Our solar system is currently traveling through a wispy interstellar cloud that is held together by a particularly strong magnetic field. Scientists are trying to analyze this new phenomenon and any characteristics that it may contain. Astronomers call the cloud we're running into now a Local Interstellar Cloud or "Local Fluff" for short. It's about 30 light years wide and contains a wispy mixture of hydrogen and helium atoms at a temperature of 6,000 C. "Voyager data show that the Fluff is much more strongly magnetized than anyone had previously suspected—between 4 and 5 microgauss," says Opher. (NASA) Earth's gravitational field is about .5 microgauss. This breakthrough constitutes a kind of matter and energy donation made by interplanetary space to our Solar System (Dr. Dmitriev & the Millennium Group). It seems we are becoming inoculated.

G/M News (Cont)

will be Thursday May 20. For info concerning lunch etc., contact Joanne Murray at 613-333-5534.

Thanks to local businesses – well promoted at the event - the Fire Department was able to present a prize to every one of the 100 ATV riders who showed up on Saturday May 08 to participate in its annual Griffith ATV Rally. Whether it was \$250, a cap or a key chain, the gesture was to show appreciation for the brave souls that beat the 53-km run in some of the worst spring weather in years. A post-run bike wash and a hot BBQ lunch laid on by a troupe of hard-working volunteers did much to comfort the shivering riders. Considering the foul weather, the event was considered a success: wasn't even a hint of hypothermia. With the number of first responders hovering over the event however, there couldn't have been a better place for such an emergency.

St. Andrew's United Church will not hold the Matawatchan Picnic on the July-first weekend this year but will down scale it to the *St. Andrew's United Church Anniversary Summer Social* (bet you can't repeat that without the paper) to be held

on Saturday, August 08. Emphasis is to be on the word "social" and will include the congregation, families and the community in general. There will be activities – to begin at two p.m. – for all ages and a cold, potluck meal at 4:30 p.m.

Watch for more details in up-coming issues of *The Madawaska Highlander*.

Breaking news just in the from Matawatchan Market Committee: There will be a pre-market plant sale on Saturday May 29. Local growers will have plants for sale or for swap if you bring your own. For this market day there will be no vendor fees. As usual there will be coffee and baked goods in the morning and a bar-b-q with salad for sale at lunch. The hours are still 9:00 a.m. to 1:00 p.m.

Hope it's soon: we need something to keep old adults off the streets on Saturday mornings.


Regular market days begin June 26.

End


Glaeser's

New Fishing Tackle


- Expanded Lines by




Heddon



Shakespeare
SINCE 1897




STORM




COTTON ORDELL

New Live Bait



EVERGREEN
GREEN 12
NIGHT CRAWLERS




EVERGREEN
BIG REDS
TROUT WORMS

**WATCH FOR
NEW STORM
SWIM BAITs**

- The Pro's choice!

Father's Day Specials !!!



GENERAL STORE

156 Bridge St., Denbigh, Ontario KOH 1L0
(613) 333-1077

Ed and Barb Villamere, Proprietors

613-333-1077
Groceries, Sundries,
Pet Food,
Hunting Supplies
& Fishing Supplies

A LOG CABIN

by Ernie Jukes of Camp J

Many folks live in our beautiful Madawaska Highlands for many reasons. Many were born here...many have come by choice. Camp J is somewhat of a mix of all that. The logs were born here but the evolution of its rebirth was by wise selection. This was the early log pioneer home of the Johnson family originally hewn and built in the Quakenbush Lake area which was named after early German immigrants. Many settlers came to our district from Kingston by horse and wagon along the Frontenac trail and others traveled by raft and boat up the Madawaska.

Naturally homesteaders used the huge pines of the forest as their obvious construction choice for buildings with rocks for corner stones, stoops, floors, and root cellars. This two story log house was located back in the bush for about 140 years establishing the Johnson Scots in the area. The latter 50 years of that however was sadly sitting abandoned. It has now been in its present attractive setting between the church and the Matawatchan Hall for the past 65 years...but how did it get here? And why?

My Dad and inspiration: W. Walter Jukes had been hunting and fishing in the area

since 1919. Like many outdoorsmen he had always wanted his own log cabin and many years later he came upon one while hunting. It was a crisp autumn day while watching for whitetail through the trees he suddenly saw the sunlight on a partial roof. There it was, a two storey log house...exactly what he had been searching for...derelict but still becoming.

Walt had many friends in the region like Billie MacPherson, Barnie Snider, Billie Thomson and the McLarens that helped in its recovery. Soon the owner was found and the house was carefully marked and dismantled log by log. It was then moved to its current site on the back of Keith MacPherson's logging truck. At that time it would be reasonably close to the general store for gas and supplies...and on a ploughed road at snow time.

Interestingly, while taking the "old girl" down and due to it being empty for so long, I noticed there were no floor boards upstairs or down. Only one remaining stair riser flopped in the breeze. Just the heavy beams survived the porcupine's onslaught. Even most window trim and doors had been eaten away. But beyond all that, as the logs were lifted off their

continued on page 26



41 Stop Inc.

Bev LeBlanc and Dave Davidson 333-9333 Denbigh

- Groceries • Ice • Gifts
- Propane • Gas • Worms **Pizza!**
- Campfire wood

Hours:

Mon-Wed: 7am - 7pm
 Thurs- Sat: 7am - 8pm
 Sun: 9am - 8pm

SEARS

1-800-267-3277 www.sears.ca
 Inquires Denbigh Store 333-1646
 store #7714

Community garage
 sale Saturday
 May 22
 Bring your
 treasures and sell
 them here.

**Pizza Whole or by the slice
 Thursday Friday Saturday**

Floyd Enterprises

- * Utility and Custom made Trailers
- * Welding and Steel Fabricating
- * Small Engine and Auto Repairs
- * Generators, Pressure Washers
- * Trailer Parts and Accessories
- * Lawn Mower Parts and Accessories
- * Made to fit Oregon Chains, Bars, Files & Oil
- * Bosch Wiper Blades
- * Motor oils, filters, washer fluid, Prestone, spark plugs
- * Batteries
- * Used Lawnmowers

No Drip Rust Proofing

Floyd & Marie Kauffeldt Hwy 41 Griffith
Phone or fax 613-333-2753

Visa and Interac accepted

LACOURSE MINI MART

AUTHORIZED AGENT FOR:



APPROVED RETAIL PARTNER &

AUTHORIZED EMPTY BOTTLE DEALER

STINSON SELF SERVE GAS

HUNTING & FISHING LICENCES

SEED POTATOES, VEGGIES & FLOWERS

LARGEST SELECTION OF FIREWORKS IN THE OTTAWA VALLEY!

Starting May Long Weekend Open:

Sun-Thur 8am - 6pm

Fri & Sat 8am - 8pm

Sundays: LCBO & Beer Store Open 11am - 6pm

Phone: 613 - 333 - 1553 Fax: 613 - 333 - 1554

Cottage Corner (Cont)

Electronics don't mind cold weather when the power is off. They respond very well when in use and I think last longer than if connected to a constant power supply.

There's nothing wrong with burning your garbage. Recycle the plastics, though. Know your neighbours and watch out for each other. Get past the petty and be human.

Keep all wood. Even though not suitable for a woodstove, scrap wood is great for an outdoor fire. Remember too, to burn only hardwoods that have been dried for at least six months in your woodstove. Also, even the highest quality woods will produce creosote. Take the time to dismantle your stove pipe at the very least every two years and remove the build-up with a wire brush. If you burn every day, then inspect the pipe at least annually.

Enjoy crown land and private property (if given permission) - but be as gentle as possible.

Camera, camera, camera. Did I mention that you should bring a camera with you at all times?

Enjoy totally. Don't worry too much - it's a cottage and it's not the end of the world if it leaks, sags, creaks, is drafty, has peeling paint, etc. - don't let conditions worsen too much, but also be aware that you have a cottage to enjoy it - not to be a slave to it.

I hope some of these tips are of help. Of course, I'm sure that there are lots of other tricks out there that make cottage ownership easier. And I'm sure that many of you have made your own mistakes in the past. Feel free to send an email to this paper with some of your tips, tricks or shortcuts and we'll publish them in a future issue. *End*

Health Fair (Cont)

Easily) is geared to making life at home as comfortable and affordable as possible.

Jilene introduced her Neighbourly Yard Services to us, consisting of special needs teenagers who will, under supervision, provide yard services such as raking, sweeping, planting, weeding, brush and wood piling at a reasonable price for the Denbigh-Northbrook area. This will give not only seniors a helping hand, but provide an employment opportunity for the youth. Call Jilene at LOLCS 613-336-8934 ext 228.

Last, but not least, Derek Maschke, director of the Maschke Funeral Home,

provided some very pertinent information on the different aspects a funeral home can provide for the public, such as orchestrating different types of burial or cremation services, arranging for available gov't help with costs, helping with forms for survivor's pension, etc, and other such issues that may/will arise when faced with the funeral of a loved one.

This is valuable information for an ever growing senior population, and I hope all of you will take note of these great services that stand at our disposal. Even yours truly will eventually need them

End

Pura Vida Nutrition Store

267 Stewart Street, Renfrew, Ontario K7V 1X9

Tarot Card readings - Donna Kinniburgh
 Thai Yoga Massage; Reflexology - Lou Bennet
 Reflexology & Reiki - Jennifer Johnston
 Reiki - April

- Vitamins • Herbals • Teas • Homeopathy • Aroma therapy
- Smoothies • Gourmet coffee • Diet & Sport Supplements
- Gluten-Free Products

Hours:
 Mon. & Tues. 9:30 am - 6:00pm
 Wed. to Fri. 9:30 - 8:00 pm
 Saturday - 9:30 - 6:00pm
 Sunday - 10:00 - 5:00 pm

Tel. (613) 433-9437 Fax (613) 433-9959
 email: puravidanutrition@bellnet.ca

MDX CONTRACTING

**EXCAVATING, LANDSCAPING
 & CONCRETE RESTORATIONS**

- SMALL EXCAVATIONS
- CONCRETE RESTORATIONS
- NATURAL STONE AND INTERLOCK
 RETAINING WALLS
- MINI EXCAVATOR & BOBCAT AVAILABLE
- HARD AND SOFT LANDSCAPING
- FOUNDATION REPAIR

LOCALLY OWNED AND OPERATED

OFFICE 613-333-9313
 CELL 613-433-4112

EMAIL: MDXCONTRACTING@YAHOO.CA

Property on Madawaska

1.2 Acres
 165 feet of excellent waterfront
 Very private, Flat lot,
 Hydro 100 feet away
 Well & septic approved

\$89,900.00 call (613) 333-1042

J. LACOURSE CARPENTRY and Son Inc.

Builder of Quality Homes for Over 20 Years
 Licensed Carpenter



BULLDOZER AVAILABLE

- Easy to move
- Experienced Operator
- Reasonable Rates
- Cottage Lots- Roads
- Landscaping ETC.

Main Office: (613) 333-1042 • Cell: (613) 312-0704 • Cell2: (613) 312-0697
 Office: (613) 333-1553 • Fax: (613) 333-1366

- Log & Custom Homes (Pre-Fabs)
- Renovations
- R2000 Registered Builders
- Deck's
- Registered with Tarion
- Dealership in FM Windows & Siding

FREE ESTIMATES

We Build Your Dreams From The Ground Up!

introducing Diane Sullivan

Arabesque

a fusion of european & oriental
with canadian traditions

motifs which suggest
the continuity & beauty of life...

bittersweet
FINE CRAFT & ART
5 Leckie Lane · Burnstown
Presently open weekends 11 to 5PM
Soon open every day beginning May 24
613.432.5254
www.burnstown.ca/bittersweet

Log cabin (Cont)

corners and rolled outward, the dried wallpaper fell off inside. This brittle whitewashed covering revealed on its backside actual Kingston-Whig Standard newspaper reports of the War of 1812.

Walt sure enjoyed his log hunt camp until his death, appropriately after harvesting his last deer in November of 1950. He died within its walls. My inheritance included my entry to the valley as I had been hunting with him here many times. And this log cabin—what tales these logs could tell of birth and death—of laughter and sadness... over the centuries of time.

Earlier he gave me and my friend Lynn McLaren the job of building its stone chimney. We hauled the stones from Colin John's meadow where the ball field is today. Well being just kids, what we knew about chimneys you could put on a postage stamp...but hey... it is still standing and usable today.

For some years following, my mother Eleanor happily used it as her home; she offered summer cottages to friends and relatives until her death. It was a gateway of introduction to our valley for a great many that liked what they saw and became local taxpayers later on. We all find serenity here. Since retirement our Camp J has been the residence of two rovers. It is our perfect place for scribbling my articles and daubing my paintings. Audrey is happy to invest time on her quilting, bridge and her garden. Of course we still welcome our weekly horseshoe players each Wednesday and in season both fishing and hunting groups and many drawing and painting folks.

This camp has been a place of encouragement and learning. Young lads have shot their first deer here, learned the Canoeing "J" stroke, made their first ringer, split kindling, piled wood or painted their first painting. It has been perfect for Scout-

ing and "Outward Bound". The camp has become a landmark for all the activities but particularly for its welcoming atmosphere. It's a bit of a tongue twister left from early settlers that may have called it "Gemutlich"...or place of comfort and tranquility. But it fits.

You know a "Camp" is many things in the Madawaska Highlands. It can be a cottage, it may be cabin, or a few buildings, or a special retreat but not only a tent camp as many of our British and mainland European visitors may believe. However it may have been called that by our early natives, where large bark long-houses were a village or a camp. This was when they used birch bark canoes for transportation, trading with other tribes and fishing. The forest has always provided and is still our major industry.

We've come a long way since moss and mud, wood chips or twigs, clay or dried animal dung all had their place between logs to keep out wind and frost. Early lime, cement and sand always cracked and fell out, we eventually had "Perma Chink" installed inside and out to protect our investment and provide more comfort.

The original construction method of square timbers, properly seasoned, is still preferred in our neck o' the woods. Dove-tail corners expel the rain very well and lock so solidly with each individual level that I believe they could withstand hurricane force winds. This method is common in Ontario but not throughout North America where the saddle-notched round log method is used to accommodate smaller trees and faster building.

The roofing methods have also changed from split cedar shakes to long lasting coloured metal. It offers a pleasant pitter patter on a rainy day with no moss growing or any rot to concern the maintenance. Like all old buildings however

HUNTER SAFETY AND CANADIAN FIREARMS COURSE

July 9, 10 & 11
– Starts at 6 p.m. on
Friday the 6th
St. Andrew's Church
Hall Matawatchan

Instructor: Wenda Cochran

wmcochran@hotmail.com

613-256-2409

they require a lot of work and care. The weather and critters like raccoons, squirrels, porcupines and carpenter ants can all take their toll.

Yesterday's giant pines, maple, hemlock and cedar were all used for early buildings, bridges, barns, stables, rails, troughs and tubs. Our local red pine is still the finest tree for hydro and telephone poles in North America. Today however it is sad to see our old log buildings neglected and wasting away. Futuristic thinking may see a "double green" approach when we make "logs" out of recycled plastic as we currently do with docks. This concept could save intensive cutting of our trees, while virtually eliminating maintenance of cabins...far fetched? Maybe?

Well our old woodshed was originally built attached to the main lodge about the same time as Dad built the icehouse. I recall both were frequented by adult male visitors for various reasons. Sometimes after some hot summer fishing, sometimes after church, sometimes after a days hunt. Today that woodshed is arguably the largest bathroom around with full flusher, big shower and a colourful sink that we hauled back from Lake Chapala, Mexico. The ice house was traded for a refrigerator and the woodshed became another outbuilding which doubles as a place to hang and butcher the deer of our group "The Hunters of Renown" founded in 1919 by Walt.

Even the birds enjoy it here with families of woodpeckers including the elusive pileated "cock o the north" species of Robert Service poetry. Of course there are blue jays, grouse, turkey, and many humming birds. Perhaps it is the grand stand of Hemlock that we have, as well as abundant beech and maple that attracts our frequent flyer friends. A family of loud but precious loons can be heard traveling back and forth between Ferguson's Lake behind us and nearby MacPherson's Lake (now Dunn's Lake) on a daily routine.

Then there are the land types like fox, fisher, wolf, whitetail deer, black bear and the occasional moose or elk that also want to visit. They may pause at our compost or Audrey's garden on the way through. When people visit they will see the old trail, there's the Haida symbols on the BBQ fence, and there is the fun and calm we have talked about. All around is a wonderful mix of forest aroma. Like many Canadians we have the best backyards in the world.

So next time you're driving along Frontenac Road perhaps to our Matawatchan Saturday Market or to visit Our Wall in the Hall museum at the Community Hall, why not stop and visit Camp J Art Gallery. Most days between 10am and

continued on next page

ENERGY OPTIONS

"Your Source for Renewable Energy Products"

Are you looking for a secure investment that yields a return of 14% for 20 years?

If so, sell power to the utility under the microFIT program!

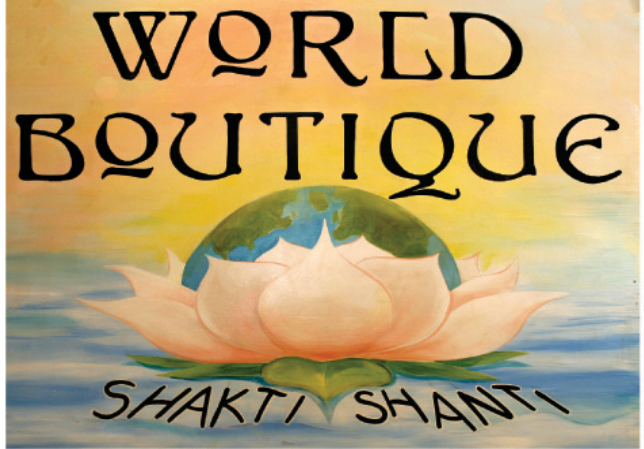
For a consultation, call Energy Options at 613 432-0924

'Your Source for Renewable Energy Products'

620 Stewart St.
Renfrew, ON
K7V 1Y6

Website: www.energyoptions.biz
email: info@energyoptions.biz

Summer Shopping! Stop in and take 'a wee trip around the WORLD'!



unique clothing & gifts from around the planet

"A Destination Shop, indeed!"

18 Renfrew Ave, West, Renfrew

Extraordinary Summer Fashions:

Sundresses, Shawls, Hats, Cotton Shirts for Men

'That Perfect Gift': Inspirational Books, Music CD's & Cards, Wind Chimes, Silver & Gemstone Jewelry, YOGA Mats & Brocade Bags

GIFT CERTIFICATES AVAILABLE FOR BOTH :
SHAKTI-SHANTI WORLD BOUTIQUE

&

HEARTSONG STUDIO

Pilates YOGA Well-Being

Drop-in Visits Welcome!

"An Oasis of Energy, a Sanctuary of Calm"

Group Classes, Personal Training

*Flatten your Belly, Strengthen your back, Trim your Waist, Energize!
Also: Teacher Training & Certification in YOGA & Pilates

613-433-7346

www.Heartsongyogapilates.ca

Garry & Carol's 50th Anniversary
Come and celebrate!

Date: June 5th at 5pm
Where: Matawatchesan Hall

Pot Luck Dinner!
Bring your Favorite Dish and
Best Wishes



Flag presentation: L-R Ken Birkett, Adam Copeland, Cheryl Gallant, Al Pennock & Bill Graham

Log cabin (Cont)

4pm... simply call (613) 333-2350 just to be sure we are there to greet you.

An old log cabin on Carswell's Mountain is still waiting for us there. To enjoy again its enduring pleasures for all of us to share. A place that remains unchanged offering constant peace of mind. A special space to rekindle our spirits while taking us back in time.

From this retreat generations have wielded axe and paddle, rod and gun...as well as brush and pen. Its environment inspires re-creation while leading us back to nature again.

Fini

Weather Master
sunspacesunrooms.com





Carnegie Custom Construction

Sunrooms & Porch Enclosures
Don't Let Nature Lock You Inside
WHILE ADDING STYLE & BEAUTY
Kevin Carnegie 613 752 0073
cell 613 433 1397





www.calabogielodge.com
729 Mill Street Tel. (613) 752-2676

RENTALS
Visit our website for a reservation request form. Contact us TODAY as inventory goes quickly

Vacation Ownership
Interested in vacation ownership or points membership Call Now



Featuring The Duck Restaurant
Open 4 pm Wed. thru Sun.



201 DANIEL ST. S. ARNPRIOR, ON., K7S 2L9

COLDWELL BANKER - Valley Wide

613-623-7303.

<p>Lot 3 Stacey Dr, Burns town \$59,900</p>  <p>Building Lot</p> <p>Build your dream home on this half acre plus lot in a high-end subdivision in the historic village of Burnstown with access to the Madawaska River.</p>	<p>Centennial Dr \$100,000</p>  <p>Waterfront</p> <p>Waterfront lot with 114 feet of shoreline on Centennial Lake Lot is in natural state. Come and build your dream getaway..</p>	<p>5513A Centennial Lake Rd \$120,000</p>  <p>SOLD</p> <p>Affordable summer cottage overlooking Centennial Lake with access to the lake over road. 1+ acres private lot with outbuildings, screened porch and furnishings.</p>	<p>678 Mill St. Calabogie \$159,000</p>  <p>Commercial Acreage</p> <p>Zoned commercial corner lot fronting on Calabogie Rd (Cty 508) and Mill St. in Village of Calabogie.</p>	<p>25 Veivmount Dr, Calabogie \$229,000</p>  <p>Deeded Water Access</p> <p>Enjoy country serenity with this immaculately maintained 3 bdrm chalet on half acre lot overlooking Calabogie Peaks. Gleaming hardwood flrs, screened porch, oak kitchen cabinets, front deck with 'sunken hot tub'. Deeded water access to Calabogie Lake</p>
<p>624 Mill St \$249,900</p>  <p>Calabogie Village</p> <p>Old world charm! A beautifully refurbished century old house on 4.4 acres, w/original hardwood flrs, three levels. Master bdrbm has glorious views of Calabogie Lake. Relax on the inviting wrap-around porch. House in the heart of Village just mins to golf/skiing.</p>	<p>85 Sentence Lane, Calabogie \$299,000</p>  <p>"Waterfront on Private Lake"</p> <p>Extraordinary opportunity to own a pine log post & beam waterfront home located on a pristine lake. Furnishings, kayak, appliances, tools - the potential for enjoyment is unlimited.</p>	 <p>Tourist Commercial</p> <p>5 Acre commercial property with frontage on Calabogie Rd. Prime development site in this four season resort with large pond on property.</p>	<p>L18C11 Calabogie Rd, Calabogie \$299,000</p>  <p>Tourist Commercial</p> <p>5 Acre commercial property with frontage on Calabogie Rd. Prime development site in this four season resort with large pond on property.</p>	<p>6031 Centennial Drive \$355,000</p>  <p>Waterfront</p> <p>115 feet of waterfront on Centennial Lake - This 4 season home has an oversized separate garage complete with alarm system, storage shed, docks are incl. Enjoy yourself on the deck overlooking a private back yard setting accessing the lakefront. Move in tomorrow and enjoy the summer!</p>
<p>330 Harold's Lane \$380,000</p>  <p>"Furnished Waterfront Home"</p> <p>Wow! 239 feet waterfront on Centennial Lake. Fully furnished 3 bedroom house on private gated drive, bunk house, wood shed, 400 sq ft steel frame dock, cathedral ceilings in living area w/wall to ceiling windows overlooking tiered landscaped yard to waterfront.</p>	<p>5056 Calabogie Rd \$449,000</p>  <p>Commercial Plaza</p> <p>7000 sq ft commercial plaza presently occupied by a restaurant, retail store and office fronting on Calabogie Rd (Cty Rd 508), paved parking. Excellent opportunity to own in this fast moving tourist area.</p>	<p>1036 Barryvale Rd # 2D Calabogie \$119,500</p>  <p>Condominium on Golf Course</p> <p>Excellent opportunity to own a condo overlooking Calabogie Lake backing on the golf course - walk to the clubhouse. Features a wood-burning stove and balcony. Use as permanent residence, week-end getaway or as an income property.</p>	<p>6099 Centennial Drive \$289,900</p>  <p>Waterfront Centennial Lake</p> <p>Home or cottage with open concept living area, three bedrooms, loads of storage space in lower level, large deck overlooking the lake. Many extras - a/c, central vac, wood stove, water softener. Private setting with perennial gardens on 114 feet of shoreline. Don't miss seeing this property.</p>	<p>1048 Madawaska St, Calabogie \$315,000</p>  <p>Affordable Waterfront Living</p> <p>Delightful 3 bdrm, fully refurbished interior, freshly painted, new electrical & plumbing systems, roof, pressure tank. Upper balcony affords views of Calabogie Lake with gentle summer breezes. Waterfront deeded to property.</p>
<p>329A Church Farm Rd, Calabogie \$480,000</p>  <p>Waterfront - Great Swimming</p> <p>Open concept l/dn/kit areas with wonderful view of lake & terraced gardens. Gleaming pine walls, floors & ceilings. Oversized garage with large living/sleeping loft & 2pc bath. Just mins. to 27 hole golf course or 15 mins. to ski hill.</p>	<p>4997 Centennial Lake Road \$599,900</p>  <p>Splendid Waterfront Privacy</p> <p>800 feet shoreline on natural point, sand beach area, gentleslope to water, perennial gardens. Custom built to afford views of lake from every window. Oversized garage w/loft work area. Private setting!</p>	<p>74 Bluff Point Dr., Calabogie \$797,500</p>  <p>Unique Waterfront Home</p> <p>Sunfilled 3 bdrm home on 160 ft shoreline Calabogie Lake. Floor to ceiling windows, soaring ceilings, delightful master bdrbm w/balcony, possibility of in-law suite on lower level. Attention to detail throughout. 3 car plus garage. Simple elegance.</p>	<p>36 Winsum Court, Calabogie \$649,000</p>  <p>Panoramic Views of Calabogie Lake</p> <p>Architecturally designed 4 season home on 2.5 acres with 333 feet weed-free shoreline. Hickory cabinets, hardwood floors throughout, immaculate condition with eye to detail. Stunning views of lake, cedar stairs down granite bluff, to decks & cantilevered docks.</p>	<p>9347 Hwy 511 \$998,900</p>  <p>Private Waterfront Retreat</p> <p>2600 ft shoreline on Napier Lake. Picturesque custom built stone faced home with scenic views of lake & surrounding natural woodlands. Possibility of in-law suite lower level. Peaceful and private - great trout fishing at your front door.</p>

MIKE LABELLE

Direct: 613-797-0202



www.calabogierealty.com