

The Madawaska HIGHLANDER

Volume 4 Issue 1

Free

January/February 2007

Forgotten Places: Ashdad

By Wes Bomhower

Foreword:

This writer once considered Ashdad to be just a wide place on a back country road where the old Kingston-Pembroke (K. & P.) Line passed through; where old friends, Vince and Clara Gannon made their home, and where two Bridgit Mulvihills once resided, though unrelated.

After a few visits with Tom Murphy, now in his 90th year and a resident of Renfrew, my opinion of Ashdad changed considerably. Tom—with brothers Eddie and Bernard and seven sisters—was born and raised in L.A., or Lower Ashdad, a mere four miles northward from Calabogie, but should you travel a few miles further to where the main road from Calabogie crosses the K. & P. line for the third time, here was situated the I.S. or Inside Settlement of Ashdad. Partly because of the railroad, the Inside Settlement became Ashdad proper, although it already was a thriving community and with the railroad, a station, storage sheds and a large siding were constructed, but Lower Ashdad did not give up without a fight. In later years, Tom's younger brother, Bernard, who stayed on the old homestead until his death recently, often took it upon himself to show some of the doubters where the proverbial bear pooped in the buckwheat. He convinced more than a few young stalwarts that rough and tough men still lived in L.A.

The following is Tom Murphy's history of Ashdad, as he remembers it, and as told to him by his father and grandfather, both of Lower Ashdad.

Greenwood Crossing, or Ashdad as it was later called, obtained its name from an argument between two men who were felling trees in the area. This is strictly hearsay of course, but apparently one of the men carried the

family name of 'Dodd', and the disagreement centred on a large tree they were about to cut down. Dodd insisted the tree was an elm, the other man in exasperation exclaimed, "It's an ash Dodd, and the name stuck, except it became Ashdad rather than Ashdodd.

It is uncertain exactly when the village was begun, but it was in the days of the shantymen when a drink of good whiskey at either of the hotels could be had for 25 cents and a 12 ounce mickey cost 50 cents. The hotels, both owned and operated by Quilts, were some distance apart, the one being roughly downtown where the rail line eventually came through, and the other up over the hill toward the Pucker Street Road. The Quilty who owned this latter hotel preferred to be known as 'Tom Danger', probably to intimidate some of his rowdier customers.

Predominately an Irish settlement, names like Murphy, Ryan, Norton, Culhane and Dillon were quite common. The Murphys first settled down by Long Lake when they came out from Ireland, but Tom's great grandfather purchased land near what was to become Ashdad from a man named White who lived in Calabogie in the early Eighteen Hundreds. Most of the buildings which stand to this day on the old Murphy homestead are from this period. Later, Tom's grandfather, (who was also named Thomas) bought the farm for \$1000, which was a tidy sum in those years.

Not all were Irish, however. Abdullah, a man who originated around the eastern Mediterranean, was the first to operate a store in Ashdad. He did well and eventually sold the store to Jack Culhane, and then Abdullah set up business in Pembroke with a larger store. Jack Culhane made a profitable business with the store, post office and a separate building for the stretched

continued on page 3

The Madawaska in winter



Near Camel Chutes

Photo: Bill Graham

Moving forward

By Bill Graham

On a number of fronts the results of decisions taken during the last term of Council in Greater Madawaska are beginning to be seen.

Waste management projects are moving forward. During the last year of the previous Council there was debate about whether to keep our landfill sites operating or to use transfer stations and export our waste to recovery sites such as the Ottawa Valley Waste Recovery Centre. Driving the debate was a \$1.2 million Canada-Ontario Municipal Rural Infrastructure (COMRIF) grant. While the final outcome of that debate is yet to be resolved, money from the grant is being spent.

Council awarded the tender for Landfill Transfer Sites to RDI Systems. This tender is for equipment such as compacters that will reduce the volume of waste so that it can be more easily transported or will take up less space in the landfill site. Equipment is to be placed at the five waste sites with four being covered by COMRIF funding and one at the total cost of the municipality.

Council has awarded the Landfill Monitoring and Annual Reporting tender to Greenview Environmental Management for the period of 2007 to 2011 at a cost of \$237,127 plus GST. Such monitoring is required by the Ministry of the Environment.

continued on page 2

**Mulligans
Den**

Indoor Golf
9 holes for \$14.95

752-4653

Moving forward *cont...*

In a final move forward regarding waste management, Council awarded the tender for Recycling Depot Services to Ottawa Valley Waste Recovery Centre for the period of March 1, 2007 to February 29, 2008.

Attempts to bring municipal activities and services to all ratepayers are moving forward. It began with the rotation of Council and Committee of the Whole meetings around the municipality during the summer months. Now the idea is being expanded to include municipal service.

Beginning in March, staff from the municipality will be attending the municipal office in Griffith one day per month to provide municipal services to the ratepayers of Griffith-Matawatchan. Initially, this will include dog tags, waste site cards, payment of municipal invoices and taxes and other basic services. This service will be monitored for six months to see if it is used. If it is proven valuable, consideration will be given to extending the service to Dacre on a 'once a month' basis as well.

Work on Barnet Park is moving forward. Council recently supported the recommendation of the Barnet Park Committee to approve the proposed 'field house' design and authorized the Barnet Park Committee to proceed with construction.

Finally, Greater Madawaska's image is moving forward. Since amalgamation the township has been saddled with a make-shift cartographical logo made up of the outside borders of the townships of 'Griffith-Matawatchan', Brougham and 'Bagot and Blythfield'. It was sported on the Township flag, on township vehicles, letterhead and business cards. It must have been a real mystery to anyone who didn't realize what it represented.

Thanks to the township's Economic Development Committee and especially Rick Brown, Greater Madawaska now has a very attractive logo that with the graphic representation of rock, trees and water captures the spirit of the municipality. The township also has a slogan: "So Much More to Explore", which will be used in tourism literature.

End



GREATER MADAWASKA LITERARY

MATTERS

By Mary-Joan Hale

Happy New Year! When is it too late in the year to make that wish? No matter, we expect that this will be a banner year for GMPL. The Outreach is off and running and we hope that those who took out memberships will fill the courier bags with requests. All residents of Wards 2 and 3 are eligible for membership.

The Trillium Grant allowed us to purchase 200 large print editions of many popular titles. Many new audio CD books were added also thanks to Trillium funds. We are part of a pool from the Southern Ontario Library Services supplying us with about 25 DVDs every three months. We also started to purchase our own DVDs with funds from the Calabogie Seniors' Club. These are not movies that will compete with the businesses in the area. The manuals from the depots are being updated, and will be returned shortly. Dr. Burwell's kind donation contributed to many reading aids for children.

We welcome Terry Gorra who joined the staff in the fall to work on Sat-

urday mornings. She will be my replacement for meetings and holidays. She has been a Godsend this past week, when I was hit with the flu bug. Terry has been working diligently to help with the backlog of cataloguing. If you have not yet met her, drop in and say 'Hello'.

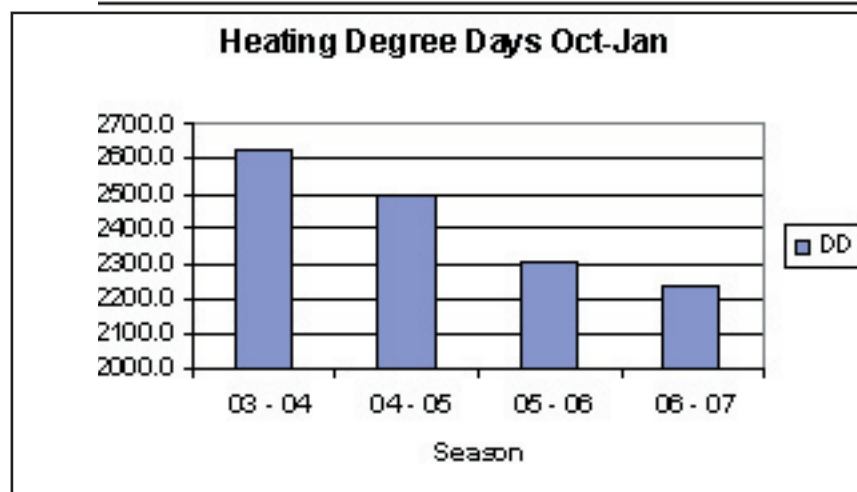
We congratulate Reeve Emon and the Council and wish them a productive four-year term.

At the inaugural meeting of the Greater Madawaska Public Library Board, the following officers were elected: Chairman – John Allerton, Vice-chairman – Bruce Parker; Treasurer – Mary-Joan Hale, Acting Secretary – Mary-Joan Hale, Council Representative – John Pratt. Pat Ripmeester is a new Trustee and Council has appointed Roberta Pringle to fill the other vacant seat. I look forward to four exciting years.

The Trustees meet every third Thursday of the month at 4:30 in the Chambers. Interested citizens are welcome to sit in the gallery and observe.

The snow is all around and we are finally enjoying a wonderful winter. The collection has many books on winter sports and heroes. We also

Weather Postcast



Is it climate change? The heating season in Matawatchan is charted over the past four heating seasons from October through January. The demand for heat in Degree Days (DD) has steadily declined since the 2003 – 04 season.

The mean, low and high average temperatures over this period have likewise produced similar indications, an exception being the average low in the 2004-05 and 2005-06 seasons. A total of the number of cold days per month (that is # of days: below 0 in Oct; below -5 in Nov; below -10 in Dec; and below -20 in January, show a very steady decline from 50

and 53 days in 03-04 and 04-05 to 37 days in 05-06 and only 33 this year.

Four heating seasons in our local community does not make a case for global warming. However, if the trend continues, less wood splitting could be in the cards. Plan your banana crop now.

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

Road

RR#3 Griffith

Matawatchan, Ontario KOJ 2R0

E-mail: grahwil@fcicanada.net or

E-mail: highlander1837@hotmail.com

Advertising:

Richard Copeland, 613-333-1551

E-mail: racopeland@northcom.net

Contributors and other volunteer staff:

Garry Ferguson, 613-333-1107

Mary-Joan Hale 613-752-2317

Wes Bowhower, 613-752-2429

Doug Bell 613-836-4422

Jim Weatherall 613-752-2145

Filipa Martins 613-333-1841

Angela Bright 613-333-1901

Susan Veale 613-752-1540

Lynn Jones

Louise Sazabo

Judy Ewart

John Roxon

Floris Wood

Rick and Jane Baxter

Design:

Adam Copeland 613-333-1841

Special thanks to: Jamie for proofreading and Patrick Garbutt for photos

End

Ashdad cont.....

mink hides, which the local trappers brought in. Jack had a good reputation for honesty and he kept a snappy team of horses for picking up the mail each day at the train station, then delivering it to Mount St. Patrick.

In later years he had a car for the summer months. Tom Murphy recalls when he was a lad of four or five years, he tagged along with his grandfather who took inventory each spring at the store for Jack Culhane.

The Barnetts, whose farm adjoined the Murphy farm, were the most prominent citizens of Ashdad. They made money on various enterprises but were always willing to spend it on any worthwhile cause. They kept a stable of prize winning Clydesdale horses, and Quinn, the local undertaker, was allowed to use these beautiful beasts to haul the casket when someone died around Ashdad. Old T.F. Barnett was one of the first in Ontario to use his mares for the manufacture of penicillin.

Another prominent man around Ashdad, though he never married, was Jim Scollard. Scollard had a university education, something rare in those days, and it was said he could hold his own with any politician on the speaker's podium. He was extremely knowledgeable around farm machinery and could butcher venison, beef, pigs or whatever with the best of them. His farm was next to the Barnett farm and his sister was mother to Bishop Windle of Ashdad. As a boy, the Bishop attended school with Tom Murphy, the old original school being north of the village a half mile or so. Their first teacher was Margaret Gibbons of Admaston, a sister to the Gibbons who later shot the two Fitz Maurice brothers for trespassing on Gibbons property in Admaston Township. Their next teacher was Annie Windle who eventually went to Ottawa. A school was later built in the village and is one of the few remaining structures today.

In the early years, the closest blacksmith shop was Mount St. Patrick until Martin Mulvihill bought one of the hotels and built a blacksmith shop on the site plus livery stables and barns. Jim Dempsey ran a sawmill nearby which was purchased and operated by Tom Rowan, a man who won first prize at the Renfrew Fair one year for growing the longest and best beard. A dairy and cheese factory also did a good business out of Ashdad for some years.

There was a fair bit of freight traffic on the K. & P. line, and you could set your watch by the morning passenger train as it pulled into Ashdad, or

the afternoon train too for that matter. An infestation of tent caterpillars was so bad one year that the trains had great difficulty making the grade from Calabogie to Ashdad. Paddy Shanahan, a great fiddle player in his day, sold a lot of timber in the area for piles used in building foundations. The siding became known as Shanahan's Siding. Thousands of cords of pulp wood and firewood shipped from this siding over the years.

J. L. Murray, a Federal-Provincial Liberal in the mid-thirties, at the height of the Great Depression, decided to build a road north eastward from Ashdad, more or less paralleling the K. & P., to probably link up as an extension of the Tenth Line or Hurd's Lake Road. The Barnetts donated land 66 feet wide for the intended road allowance which passed through their farm and soon work on the project was begun.

Right of way was cleared, tons of rocks were hauled for the boggy sections, culverts installed and other work was carried out, all by the local farmers for at least two years. Then, as quickly as it started, the project was abandoned, whether because of a change in politics, the Depression itself or other reasons unknown to Tom Murphy, but whatever, it all grew up in forest again and one would be hard pressed to even find any of the old culverts today. Charlie MacIntyre, a tobacco chewing employee for the Barnetts, summed it up by calling it 'The Bachelor Highway' or 'The Road That Almost Was'.

The following is a little side story by Tom Murphy.

There was a beautiful stand of pine many years ago on a certain farm near Ashdad, but of course in those years the Government had a monopoly on all large pine. One of the local sawmills received a contract from the Government to cut this stand of pine, and the farmer in spite, drove large spikes into the logs while they lay on the skidway. This was an extremely dangerous practise, because when sawed, the pieces of spikes could fly like bullets. Fortunately someone reported it, the spikes were removed and no one was injured.

Today, there is little to indicate that a busy village was here in the backwoods, except in the memories of older folk like Tom Murphy. A large grove of plum trees has grown up where the old K. & P. crossed the 'Calabogie to Ashdad' Road for the third time, and on a quiet summer day, if you close your eyes and really listen, you may hear the distant sound of a train whistle as she chugs up the grade from Calabogie to Ashdad. Or was that just my imagination?

End

PEOPLE HELPING PEOPLE: SENIORS' HOME SUPPORT

By Judy Ewart, Coordinator of Volunteer Services

This past December, Renfrew & Area Seniors' Home Support was awarded an Ontario Trillium Foundation Grant to hire a part-time Coordinator of Volunteer Services. This position was created to work in unison with existing Home Support staff and volunteers at several local agencies to increase public awareness about home support services and the volunteer opportunities involved. This column is one of the avenues that will be used to inform local communities about Home Support services in our area.

Seniors' Home Supports are grassroots organizations providing services to seniors and adults with disabilities in our communities through the use of volunteers. Funding is provided in part by the Ontario Ministry of Health and Long Term Care and through a variety of fundraising efforts. Programs are developed based on identified needs in the community and with the help of volunteers these programs are carried out. Depending on the nature of the service, some services are provided free of charge while other programs have a nominal charge to help cover costs.

While there is variation in the scope of services each Home Support provides, based on resources (finances, staffing and volunteers available), there are several common services associated with Home Support agencies. Practical services, such as: Transportation, Friendly Visiting, and Telephone Security Checks help keep people mobile and connected with others in the community. Home

Maintenance/Home Help, Frozen Meals and Respite care promote the independence of seniors and adults with disabilities and allow them to live longer in their homes. Foot Clinics, offered in conjunction with other service providers, provide another beneficial health service. Many various social programs and community events are offered to provide an avenue for people to interact with others and remain actively involved in their communities. Home Supports often help 'fill in the gaps' when there is a need unable to be met by other resources locally. They often play a vital role in providing information on other resources available and assisting people to complete forms/paperwork essential to their health or financial well being (e.g., CPP, OAS, GIS applications, drug benefit forms and basic income tax completion).

To access services through Home Support, you can call the nearest Home Support office to find out more about the process involved. Depending upon which service is requested, the process may be as simple as a phone call. If the situation is more complex, further follow-up may be required in the form of a home visit or office appointment. For those people who want to volunteer, they too can contact the nearest home support office to discuss their interests.

For further information about local Home Support agencies in your area please contact the Renfrew & Area Seniors' Home Support office at 613-432-7691, the Arnprior • Braeside • McNab Seniors at Home Program at 613-623-7981 or the Calabogie and Area Home Support at 613-752-2828.

End

Snider's Tent & Trailer Park & Variety Store

271 Aird's Lake Rd. - Matawatchan

Gas & oil

Propane Exchange

Groceries, Giftware, Ice,

Worms and Fishing Tackle

Winter Hours

Phone before you come

333-5551

Dispatches from the South Seas

By Rick and Jane Baxter

It's hard to believe we have been here almost a year – we are one third the way through our contract.

Over the last year, we have had fun taunting you with photos of lovely scenery and the great weather here, but for those of you who think that living and working in the South Pacific is all glamour, read on.

Rick has been traveling on business for the past three weeks. The first week was instructing at a project team management workshop in Fiji. It went really well and at the end, the students presented Rick with a few gifts, one of them being a Fiji outfit of a Bula shirt and sulu, which is a skirt the Fiji men wear. The photo will make you smile! The hotel grounds where the course was given was loaded with mango trees. Each morning you arose early and picked up the "grounders" before the birds got them. The fruit is very sweet and delicious. While he was in Fiji there were indications that a coup was about to take place any day so he was glad to leave at the end of the week. The peaceful military coup occurred the week after and the island of Fiji is now trying to assess the impact. This is the third coup in 20 years and it sets them back every time. Tourism, their main industry, has come to a grinding halt and everyone is wondering how it will end.

From Fiji, he was home for two days and then on to Tonga to help them with their census, scheduled for November 30, 2006. Tonga was embroiled in riots on November 16 (now called 16/11) led by a pro-democracy group, with the result that 80% of the downtown area was burned and six people died in the fires. The hotel in Nuku'alofa, the capital of the kingdom of Tonga, where Rick usually stays was destroyed, marshal law was declared and the entire downtown area became a restricted zone. He stayed at a guest house just outside the downtown area that turned out to be very comfortable but with no air conditioning to counter the +30 temperatures. His luggage did not arrive (it took a side trip to L.A.) so finding some new clothes was really difficult since most of the shops were gone – he was wishing he had his Fiji outfit with him! The luggage arrived after two days thankfully. Rick will take you through the events of the following days.

Because of the extensive preparations and public awareness program, the government of Tonga decided to proceed with the census in spite of

the riots. Therefore, the enumeration process was a bit of a challenge in some areas. Even without the riots, it's a bit of a challenge! During the course of the two weeks, my Tongan counterpart and I travelled to several tiny island paradises. One day, during the first week, we visited five islands, all within a 30 minute boat ride from Nuku'alofa. Two of the islands contained small tourist resorts, while on one lived two families with no source of fresh water, (it had to be brought from the mainland) and no toilets. Another contained about seven households, plus two churches. Two of the households were occupied by ministers of the churches. The second week, we travelled north on a rusty old ship to the Ha'apai Group of Islands to observe the enumeration process first hand in these areas. The boat was supposed to depart at noon then delayed until 5:00 pm, then 7:00pm and it finally left the port at 9:30pm. The boat was packed with people, luggage, crates and supplies destined for the outer islands. That night was spent trying to sleep on the very dirty floor of the boat, but you dare not leave your spot or someone, who was standing, would take it. We arrived about dawn at a small island with a concrete dock and a ramp going into the sea, and from which, the front gang plank of the ship was lowered on to. Passengers, suitcases, cardboard boxes, crates, several 45 gallon drums of gasoline and old freezers filled with chopped ice were unloaded on to the dock. The ice was immediately unloaded into small picnic coolers, called Eskies in the South Pacific, and rushed off to the small islands in the area to store any fish that was caught, and then shipped back to Nuku'alofa for sale on the next ship back.

After finding our belongings, supplies, six 25 kg sacks of flour that my colleague had brought as a Xmas present for his relatives and three drums of gasoline, we loaded onto an eight meter boat with twin 85 horsepower outboard motors and headed out across the vast Pacific Ocean to six small islands. Our purpose was to meet the census enumerators, check their work, resolve any problems, pick up the completed census questionnaires and pay the enumerators. This part of the Pacific is extremely rough because the waves come from opposite directions at the same time. With the twin 85HP Yamaha outboards running at full blast, waves washing over the roof of the small boat, and bone jarring landings as the boat jumped from being airborne to sea, we had to stand up during most of 1.5 hour trip to prevent permanent back damage. Our pilot skilfully manoeuvred around coral reefs using

Continued on page 5



Mastercard, visa, and debit service bring higher prices and accommodates all potential buyers

Modern technology ensuring fast and easy registration and cash out

Fulfilling your auction needs in a professional manner with a personal touch

Our own website helps to give full value in the advertising cost and promotion of your sale

We look forward to meeting new customers in this beautiful Madawaska valley

AUCTIONEERS

Don Faught
21 Eastern Ave.
Griffith, On. K0J2R0
Ph. 613 333-1945
Fax. 613 333-1947

Tom Redmond
39 Main St.
Cobden, On. K0J1K0
Ph. 613 646-9628

www.topvalueauctions.ca



CALABOGIE
Home Hardware

Barry Fulton, Owner

"SPECIALIZING IN ALL YOUR HARDWARE NEEDS"

Phone (613) 752-2102
Fax (613) 752-0003

Box 115, 636 Mill Street
Calabogie, Ontario
K0J 1H0

AS OF FEBRUARY 26TH ...



...COME IN AND GET YOUR APPLICATION TODAY!

South Seas cont...

only the colour of the water to guide him. All of the islands were small, pristine and quiet-some with only one family living there, others with twenty or so families. The islands share one phone and a phone call is a very big deal there so everyone gathers around listening to the conversation of any calls that come through. Because there is no furniture in the homes, the enumerators sit under a nearby tree to get the information they need and to meet with us. In some cases, the family Bible is brought out because that is where children's birth dates, etc. are recorded. Life is simple there – not easy, but simple.

Following a very tiring day, we landed at a small island where we spent the night at the home of one of the twenty families who lived there. Although the family was very poor, they were able to put together tasty and nourishing meals and made us very welcome. The people live mainly on yams, fish, fruit (mangoes, bananas etc.), chicken and taro which is a very starchy root vegetable. Yams are difficult to grow, but a staple in Tonga and I was told that by serving them, it was a sign of wealth and prestige and an honour for the guest. At one meal, we were served turtle and it was delicious. The islanders spend most of their time outdoors. Pigs, chickens and dogs are everywhere. Beside the sleeping house is a huge mango tree where everyone gathers. There are small stones circling the tree and this is the sitting area. Before you enter the circle, you have to take off your shoes; you do this when you enter their homes as well, even though it may be a dirt floor. That night, I was offered a mat on the floor to sleep on which was an improvement from the boat. The people were so gracious and everyone shared what they had. One cannot help but notice that, the poorer people are the more generous they are. The kitchen is a separate structure with a dirt floor. All cooking is done on either an open fire or with a small single burner kerosene stove. Fresh water came from rainwater collected from eavestroughs running into a large fiber-glass tank. There was an outhouse for toilet facilities and a separate wash house. Each home has a small solar panel that is used for lighting in the evening, but there are no refrigerators, TV's etc. Any news is obtained from portable radios. Often during the evening, the men gather in the circle, talk, sing and drink kava - a slightly intoxicating beverage made from a ground up root. It tastes awful, but gives you a bit of a buzz. Tobacco is picked off the Tongan tobacco trees, soaked in water, dried by holding the leaves close to pieces of burning firewood, crushed into a powder when brittle, rolled in toilet paper or newspaper and then smoked.

After one night and all day here, we (my colleague and I), and 11 other people who took advantage of a free ride, plus the driver, loaded into a five meter outboard boat with a 15 hp motor for the one hour trip back to the island with the concrete dock to meet our ship home. The whole village came to say goodbye. Our boat, and several small boats from other islands, arrived about 7:00pm, just before dark. Around 10:00 pm, our ship home arrived in pitch blackness. With only some lights from the ship and the high tide waves washing up the concrete ramp, we loaded ourselves and our supplies, but not without getting wet. One waited until the waves receded, and then rushed down the concrete ramp and up the metal gangplank of the ship. One fellow slipped on the wet surface, fell and was completely soaked. After another night sleeping on the floor of the boat we arrived back in Nuku'alofa about 8:30am. Just before landing, one of the men aboard the boat dropped a fishing line and pulled up a large tuna. He proceeded to cut up the tuna and pass it around to those near by. Raw tuna for breakfast – yum! Back at the guest house, I couldn't wait to get into the shower and clean clothes. I had to take the red-eye flight out of Tonga at 2:15 am that night, changing planes in Auckland and then home to Noumea the next morning (Saturday). I was really happy to get home but the experience and memories of the trip were great.

Christmas is coming up and we have a trip to the nearby island country of Vanuatu planned for the holidays. Vanuatu is about an hour and a half flight north of New Caledonia. It is a third world island, one of the poorest in the South Pacific, but a recent survey also found that the people there are the happiest people in the South Pacific, so we'll let you know. We will miss our family over the holidays, Christmas is especially difficult, but we will be thinking of everyone. Thank you all for your e-mails over the past year and Rick and I send you all our very best for the holiday season and the New Year. Stay healthy and stay in touch.
End

Hockey Night in Matawatchan

Every Saturday night starting March 3, come watch the big game on the big screen at the Matawatchan Hall. Bar opens at 6:30 p.m.

Hockey games will be shown as long as there is interest.



XPLORNET
INTERNET SERVICES

We'll mean the world to you.

SATELLITE HIGH-SPEED INTERNET IS...

- Up to 75x faster than dial up
- Always on, always ready
- NOT connected to your phone line
- Reliable and secure
- Available in convenient packages at competitive prices



NORON
Home Communications

250 Raglan St. S, Renfrew ON
(613) 432-8614 / (800) 565-0544
www.noron.ca

Pete & Lou's
Fireplace and Bath Centre

Portrait Series



Valor
Gas Fireplaces

Tel and Fax: 613-623-9871
Email: pandl@idirect.com
Web: www.peteandlou.com

264 Herrick Drive, Arnprior, Ontario K7S 3G7

The Madawaska HIGHLANDER

“read cover to cover”

Matawatchan Market planning moves forward

Planning for the Matawatchan Market has begun. Two planning meetings have already taken place and a third is planned for March 4. A core group of residents has definitely been established. Some of those who attended are reporting that they spoke with many who did not attend but who are interested in seeing the project succeed.

During the first meeting on February 10 at the Matawatchan Hall twenty-five area residents attended. Setting the scene with the aromas of freshly baked bread and fair-trade coffee, the meeting began with a slide show projected on the Hall's new large screen. This presentation, which incorporated the input of several speakers, proposed plans and ideas for making the market successful, as a basis for discussion among those present.

The first area where consensus was sought concerned the reasons for having a local market at all. The most obvious reason was having a venue to buy local fruits and vegetables and with that provide local people with a local source of revenue. There was also concern about the impact on rural communities of large scale farming and centralized food production. With the disappearance of local food production rural communities were losing their independence along with their family farms. Many of those attending had a shared concern about the quality of food that was available in supermarkets and the impact on the environment from its growth.

Next, agreement was sought on a few guiding principles and goals for the market. The first and most discussed principle concerned the word organic. Some felt that 'organic' should not be "shoved down people's throats" and others were concerned about what organic meant. It was finally agreed that the market should strive to have, as much as possible, organic produce and that organic meant locally grown without pesticides, chemical fertilizers and GM-free. It was also agreed that we would try to be environmentally conscious in the conduct of the market.

It was agreed that the market should encompass a full range of home-produced products. In addition to produce grown by market gardeners and hobby gardeners, there

should be room for home-baking and preserves, plus arts and crafts and any local cottage industries.

Developing community by the presence of the market and its activities was a goal for many present. Some of the suggestions for activities that might flow from 'market day' were community lunches, apple pressing in the fall and films and practical workshops on such subjects as energy conservation.

During this first meeting some specific plans were presented. Special orders of fruit from Niagara will be arriving in Matawatchan on two or three occasions during the summer. Orders of cherries, peaches, plums and pears would be made on behalf of those wanting them on a 'first come first served' basis. A contact list is being developed.

A number of hobby and market gardeners plan to be a source fresh local produce. The expectation is that by mid-May salad greens, peas and beets could be available. Utilizing greenhouses, cloches, cold frames and with a little help from Mother Nature, these growers hope to be three to four weeks ahead of the usual planting schedule. Using succession planting they also hope to have fresh produce at market each week. However, the weather will be a big factor.

The first meeting ended with the assignment of some research about insurance, legal matters, potential funding and the Association of Farmers Market of Ontario.

The second meeting on February 18 also had twenty-five residents attending though not entirely the same group as earlier.

Those attending learned that a letter had been sent to Council asking for endorsement of the market activity at the Matawatchan Hall and coverage under the municipality's insurance. There are assurances that this is no problem. As to legalities concerning licensing and food safety, these issues are covered in the book 'Sharing the Harvest', which was written on behalf of the Farmers' Markets of Ontario. Again, there appears to be no huge impediments in proceeding with our market plans.

When the rules and regulations gov-

Looking back...



Train station in Calabogie

Photo credit: Harriet Everitt (Nee LeClair, Daughter of James and Anne LeClair)

Dear Editor:

There seems to be a myth in Calabogie that there are very few children here and that this is a retirement community. While many seniors have settled here, I can assure you that there are many young families. They will disappear if there are no jobs for them. St. Joseph's School enrolment has increased steadily since I moved here seven years ago. Some of the children moved here from elsewhere. Unfortunately, at Grade 4, children from CPS are sent into Renfrew. All of the High School children go to the two schools in Renfrew. At the end of the day, they are back home.

Through my church, library activities, and school visits, I spend a lot of time with children and know their parents. We need to provide activities to occupy these youngsters. The more things there are for the children to do, the more reasons there are for families to stay here. It will also provide an incentive for others to relocate. There is research that proves that there is a new dy-

namic evolving. Young families are moving to smaller communities for the benefit of their children.

The rink and diamond need to be maintained. Several years ago, there was to be a soccer field here. Unfortunately, many kids have to go to Renfrew for sports. It would be nice to pave the ice pad so that it could be used for ball hockey, roller blading, tennis and basketball in the summer. We have a wonderful new Recreation Committee and I hope they get the encouragement and support they need to provide activities for all. Volunteers will help them with their mandate, but support from the Council and community is necessary.

We need to keep our ratepayers in the Township. Every time a facility is eliminated, there is another reason to leave (and spend money) elsewhere. This new council has a wonderful opportunity to begin work on the Long-Range Plan and encourage sustainable development in this township. With about 95% of the tax base coming from the residen-

continued on page 19

erning the Matawatchan Market were discussed, it was a spirited exchange. Debate revolved around the word organic. For example, if someone bought at auction a ton of industrially grown Mexican tomatoes, would they be welcome for sale at the Matawatchan Market? On the other hand, if a half ton full of corn from Southern Ontario was brought to the Market by an entrepreneur would it be welcome? The consensus was that Mexican tomatoes would not be welcome but the corn might. The corn grown in Matawatchan is mainly grown for animal feed, so maybe corn for human consumption is needed. One suggestion was: as long

as there is a sign indicating the corn was from Southern Ontario and how it was grown, then it would be OK.

Two committees were formed to come back with a set of rules for the Matawatchan Market and to determine a list of potential vendors for the Market. Stay tuned!

Editor's note: Due to computer problems I lost my list of residents who expressed interest in the Market last summer. Please contact me again about this at grahwil@fcicanada.net

End

Singing the praises of cabbage...

By Lynn Jones - Ottawa River Institute

Eating a salad of raw vegetables every day is a most healthful and delicious practice, the virtues of which I enthusiastically espouse at every opportunity. Alas, when you come to think of it, eating fresh, green leaves in the dark, cold months of winter in the Ottawa River watershed doesn't make a whole lot of sense.... After all, they don't grow well in Canada at this time of year and must be transported long distances in refrigerated trucks at great cost in terms of fossil fuel use and greenhouse gas emissions.

Fortunately there's cabbage!

Cabbage is very nutritious, being full of important nutrients like Vitamin C and many other beneficial vitamins, minerals and chemical compounds. It is available year round and can be stored for months on end without the use of electricity if a cool, dark place such as a traditional root cellar is available. There is no need to transport it long distances since it grows well in temperate climates around the world. It is

available in many different varieties.

The humble cabbage is delicious and much more versatile than most people realize. The possibilities for complementing and dressing shredded raw cabbage are endless. My current favourite is shredded cabbage, with diced celery, minced garlic, mayo, chopped dill pickles, salt and pepper.

Dressed with sesame oil, garlic, ginger, a little sugar and vinegar (with or without sprouts) cabbage becomes an Asian treat. Or try olive oil, lime juice, chopped jalapeno, maple syrup and cumin seeds for a Mexican flavour. If you're short of time, keep it really simple and just use any prepared dressing that you like. We witnessed a minor miracle last night in our house when I served finely chopped green cabbage dressed simply with bottled ranch dressing to our kids and they emphatically declared that it was good!

Cabbage lends itself well to fermentation, the ancient food preservation method that relies on naturally-present bacteria to partially break down and preserve food without spoiling it. Humans facilitate the process by providing salty brine, cool temperatures and a low-oxygen environment. The best-known products of this age-old

preservation method are sauerkraut and Korean kimchee. I especially love kimchee and have successfully made it in a gallon jar on my kitchen counter using Nappa cabbage, jalapeno pepper, garlic, ginger, honey, cider vinegar, salt and paprika.

Detailed instructions for making sauerkraut and kimchee are available on the internet and in books such as Wild Fermentation by Sandor Ellix Katz (also see the website by the same name). Katz emphasizes the healthful aspects of fermented vegetables, pointing out that their consumption helps to foster "micro" biodiversity in the human digestive system which, like any other ecosystem, functions most effectively when populated by diverse species of organisms.

Historical and botanical evidence indicates that cabbage has been cultivated for more than 4,000 years and used extensively as a medicinal herb as well as for food. Cato the Elder of Rome (circ 200BCE) is said to have praised cabbage as the "first of all vegetables" and declared that because of cabbage, ancient Romans existed without doctors for six centuries.

Cabbage in the form of poultices and compresses is still a highly-valued folk remedy for inflammation, skin problems, migraine headaches and many other maladies. A recent discussion in the British

Medical Journal notes the long-standing use of cabbage poultices for acute inflammation. Proven medicinal benefits of eating raw cabbage include anti-cancer, anti-ulcer and immune-boosting properties.

An anonymous cabbage aficionado in cyberspace has sagely declared February 17th to be World Cabbage Day, "A day of international culinary delight and desire...A day in which the pleasure and simplicity of the cabbage is celebrated." On this day we are urged by the mystery webmaster to "Celebrate! Eat cabbages and be merry." I see no reason not to follow this advice!

We are in good company as we celebrate and enjoy the humble cabbage. Well-known Scottish-Canadian poet Robert W. Service, most famous for his poem "The Cremation of Sam McGee", deeply appreciated the virtues cabbage (as well as those of simplicity and humility) in his poem, "A Cabbage Patch". Here is the closing stanza:

And so I mock at fame,
With books unread;
No monument I claim
When I am dead;
Contented as I see
My cottage thatch
That my last goal should be
--A cabbage patch.

End



March 2007 Meeting Dates

Tuesday March 6th, 2007 – Committee Meetings – Council Chambers

- 9:00 a.m. Finance & Administration
- 11:30 a.m. Environmental Management
- 12:30 p.m. Public Works
- 2:30 p.m. Planning & Economic Development
- 4:30 p.m. Public Services

****Please note there will be a 15 minute break in between each meeting****

Thursday March 8th, 2007

Committee of the Whole 5:00 p.m. Council Chambers

Thursday March 15th, 2007

Council Meeting 7:00 p.m. Council Chambers



DANGER

Recreational activities near hydro-electric facilities are hazardous

Stay clear of hydroelectric stations, dams, shorelines, and surrounding waterways.

Hydroelectric stations operate all year round and their operation affects water flows and ice conditions. Water flows can change suddenly. Ice that forms at, near or even several kilometers away from a dam or station can be dangerous.

Obey all warnings, signs, booms and buoys. If you see water levels changing, move immediately to a safe distance away.

To obtain a free water safety DVD or children's computer game visit www.opg.com

STAY CLEAR AND STAY SAFE.

www.opg.com

Griffith / Matawatchan News

By Garry Ferguson

Firefighters Visit Northern Lights

On Tuesday, January 16, 2007, Station Two's Greater Madawaska Fire Department Captains Ken Birkett and Scott MacDonald attended the Northern Lights Seniors meeting in the Matawatchan Hall as guest speakers.

Captains MacDonald and Birkett ensured a lively audience participation by commencing with a series of safety-related verbal questions that required a show of hands to indicate whether or not Lighters had recently carried out basic maintenance on heating units and smoke alarm systems. By the responses to these queries and the questions posed by club members, it's evident that our seniors are keenly interested in and informed about fire safety.

Points stressed by the two fire fighters were that: smoke detectors, mandatory by law, should be checked every few weeks and that batteries (no cheap brands please) be replaced every six months, that chimneys be regularly checked, an escape route be planned in case of fire and that carbon monoxide detectors be installed. If in doubt about a chimney problem, con-

tact a WETT (Wood Energy Technical Training) certified chimney sweep.

Three very informative brochures entitled "Tips for Safe Heating," "Older & Wiser" and "Facts About Smoke Alarms" (all available at the fire hall) were distributed to reinforce the fire safety session.

Large Screen Comes To Matawatchan Hall

A trial run of the large screen projection system, with satellite feed, at the Matawatchan Hall on Saturday February 03, 2007 came up a technical success. Though only seven loyal hockey fans showed up to watch a Leaf/Sens game on the eight-foot screen, the system met all expectations and allowed the directors to proceed with tentative plans for a variety of entertainment and social events centered around the system. The implementation of these plans will depend on public response.

Plunging temperatures didn't deter an equal number of hearty souls from making the trek to the hall the following evening to pig out on Richard Copeland's spicy, super-sassy salsa and to take in the Super Bowl on the big screen. Again the system performed flawlessly.

Adam and Richard Copeland along with Bill Graham have invested a lot of time and effort into the project believing that such an amenity would be well received by the community. If there is a favourable response within a reasonable time, the board will consider programs on topics of interest, pub nights to coincide with televised sports events, movies and even dinner and movie nights. If there is a perceived lack of interest, the project will be abandoned.

Denbigh Griffith Lions

The recently departed Yuletide Season is now just a memory (already a bit fuzzy for those of us in the long-tooth category) but the DG Tabbies are still breathless and all aglow over the local support given to their Christmas projects.

You readers out there with the loose purse strings or you who participated can take a bow. The DGL Information Officer - and my pipeline into the Pride - Pat Dicks released a statement that (paraphrased a bit) read something like "Thank you! Thank you! Thank you!" The Craft/Bake Sale, the Children's Christmas Party, and the New Years Eve Party all broke club's records while the Monster Bingo boasted the highest attendance of the year. Carol-

ling at the homes of sick and shut-in neighbors, as always, was as enjoyable for the velvet-voiced visitors as it was for the visitees.

The big 50/50 draw, on which tickets were sold from September to year's end, netted a gentleman named Leonard Zicari \$435.00 when his ticket was drawn at the New Year's Party. Hopefully Mr. Zicari had the cash in pocket and everyone had had enough turkey, well wishes and boogying by 1 a.m. when the lights went out courtesy of Mother Nature and Hydro One.

The club will again be selling chocolate Easter bunnies in late March. So, save a trip to town. Buy your goodies locally - from the Lions. If, by chance, you just happen to sample a few before they get to the kiddies, you'll have a handy source to replenish your stock before the significant other knows they're missing.

Bingoholics should note the following dates: March 06 and March 20, 2007.

New Neighbours

If there are any among the good folk of Griffith who get to believing that they're losing it when they hear what is evidently an auctioneer's cry floating over the town at various times of the day, don't tear off to consult

continued on page 14

DENBIGH CHECKING IN...

By Angela Bright

We wish to convey our sympathy to a number of families in the area: To Dianne Isaacs on the passing of her father plus the loved ones of Albert Keller, Olive Grant, Bill Scott, Aileen Ball and Glenda Bence—we remember each of you in your time of loss and send our condolences.

Congratulations to Ashley Rosenblath and Daniel Quade on their recent engagement. Proud parents are Pam and Ronnie Rosenblath and Raymond and the late Lillian Quade. The wedding will take place in 2007. Best wishes to the happy couple!

Is one of your New Year's resolutions to lose weight, and have fun doing it? Look no further, TOPS will help you! The key to TOPS is a weight loss support group, and no one knows other than you, or those you choose to tell, your initial weigh in or progress. Each Monday, the group meets at Denbigh Public School. Weigh in is 6:00 p.m. with a short meeting following at 6:30 p.m. Everyone is welcome to drop by, no need to call ahead! If you have questions, Mary is available at 333-2791 or Pam at 333-2971.

The Denbigh Recreation Committee has made it official. Thanks to all

who made games night such a success, every second Friday, you will be able to play euchre and crokinole at the Denbigh Hall from 7 to 10 p.m. What a great way to get re-acquainted with neighbours and enjoy a night out. There is no admission, though donations would be greatly accepted for future events. Also, attention all high school students! Anyone who needs to complete their volunteer component for credit towards their diploma, the Denbigh Recreation Committee welcomes you to pitch in with painting and maintenance once the weather warms up. Please give Janice a call at 333-2797 to get involved.

Vennachar Free Methodist Church held a potluck lunch following the morning service on Sunday February 4th, with 58 people (of the 65+ in the service) gathering to enjoy some hearty, good cooking and fellowship!

Not too long ago, I bought a particular brand of raisins and regretted not looking at the ingredient label first. To my surprise, hydrogenated oil was on the list (not all raisins are preserved this way). I am certainly not what you would call a health nut, though at the same time when I buy non-hydrogenated margarine I would be defeating the purpose if I bought and used other products that included it. On closer inspection I also found

that two of my skin care products also had a form of hydrogenated oil! I encourage everyone to read labels when you go shopping for what ever it is you are buying. There are healthier options out there and they are not always more expensive. Be heart - healthy, starting this month, and also remember to give where you can to the Heart and Stroke Foundation.

As I watched the late night news one evening a couple weeks ago, there was a story about a little boy named Shane Bernier. Shane has been fighting leukemia and is currently in CHEO in Ottawa. His birthday is coming up on May 30th, and his wish is to receive the most birthday cards anyone has ever been sent. Please send Shane a card if you can. He already has a good number in his collection, and you can send it anytime. You do not have to give any personal information or your last name if you choose not to. Just let him know you thought about him and it will boost his spirit. Cards can be sent to: SHANE c/o KISS FM, 2001 Thurston Drive, Ottawa ON, K1G 6C9.

Just a of couple items from 2006..

Eighty-five happy people, young and old, greeted the New Year at the Li-

on's Hall in Griffith. There was music plus spot dances, snacks and door prizes. At midnight after toasting the New Year, a delicious turkey dinner was enjoyed by all. During the last dance of the evening the power went out, so everyone quietly slipped away home. Thank you to all the folks who came out to make this a great evening. We hope to see you again next year. Santa's Helpers made a visit to the Denbigh Community Food Bank. They were dressed as paramedics and had an ambulance full of food. Thanks to Elizabeth and her crew. Thank you to the New Apostolic Church for the generous donation of food gleaned at the Annual Christmas Carol Sing, as your help is always appreciated. And to the thoughtful benefactor of three Christmas baskets - it was a delightful surprise for needy families in the community. Don't forget that angels are sometimes disguised as neighbours! The Denbigh Griffith Lion's Club would like to thank everyone who donated food and money to the Club for the Christmas baskets for the needy. Thank you for helping us to help others. For use of the food bank please contact Ruby at 333-1449 or Evelyn at 333-2755. All calls and visits are kept confidential.

End

GRIFFITH BUILDING SUPPLIES INC.

All Your Building Supply Materials & Hardware (PAL Dealer)

HOURS

Monday to Friday 7:30 a.m. to 5:00 p.m.

Saturday 7:30 a.m. to 12 noon

Closed Sundays



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



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

Highway 41 Griffith, Ontario K0J 2R0

❖ Phone: 613-333-5596 ❖ Fax: 613-333-1121 ❖ griffithbuildingsupply@mazinaw.on.ca

J. SCOTT MacDONALD CONTRACTING

26 YEARS CONTRACTING EXPERIENCE

LICENSED CARPENTER AND MEMBER OF ONHWP

(Ontario New Home Warranty Program)

Residential
Renovations
Soffit and Fascia

Commercial
Septic Installation
General Carpentry

Additions
Roofing
Siding

Call for More Information:

Home-333-5207

Business- 333-5596

Fax -333-1121

jscottmacdonaldcontracting@mazinaw.on.ca



Given Enough Time, Everything Changes - - Even the North and South Poles

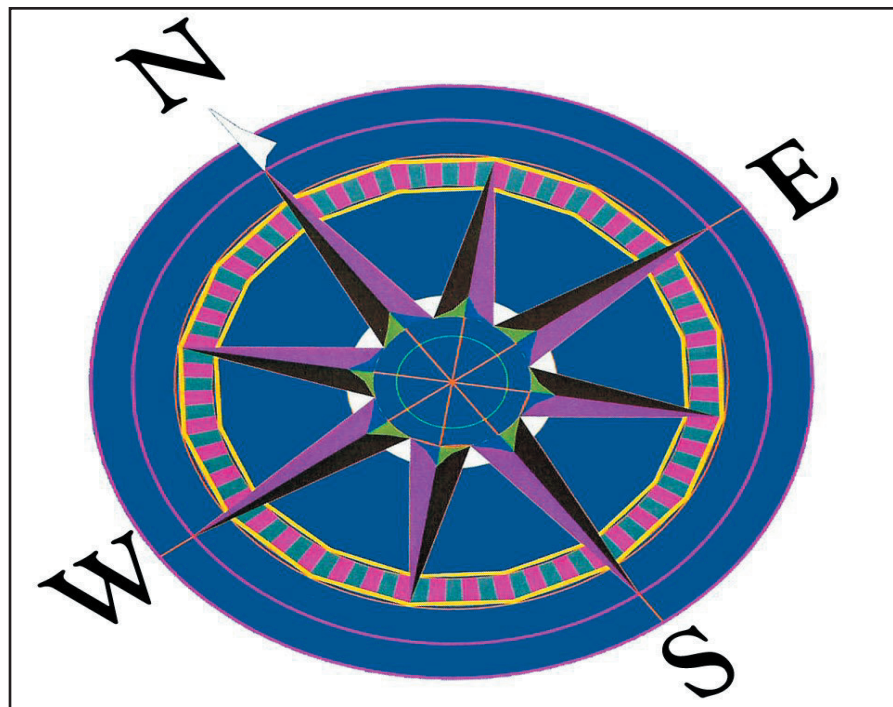
By Floris Wood

We all know that Earth has a North Pole and a South Pole. Actually, we have an abundance of North and South Poles. Well, two each anyway. The true North and South Poles form the axis on which the earth spins on its daily 360 degree twirl. The other North and South Poles are called the magnetic poles. The magnetic North Pole, a citizen of Canada, is the place where the earth absorbs electrons. These electrons were emitted from the South Pole area and sent scurrying around the earth to form our electromagnetic field. That description would be a little simplistic for most scientists but it will suffice for people like me. The earth is a magnet. But more importantly, having that magnetic field all around us is a real lifesaver for us.

Outer space is full of things we cannot see with the naked eye. They are rays and waves such as x-rays, gamma rays, ultra-violet rays, electromagnetic waves, etc. I wish I could write for you a description of a wave or ray that would leave the reader completely enlightened on the topic. But I confess to a total lack of understanding of anything that does not have weight, mass and that I cannot see, at least with a microscope. But I trust science to know the rays are there, because they can build machines that depend upon the rays being there, like medical x-ray machines and scanners, and they seem to work as predicted.

Well, as useful as these rays and waves are, in proper doses in controlled conditions, an excess of them is very harmful to us. Some burn us, some cause cancer, and some give us radiation sickness, and so on. So we need this electromagnetic field surrounding the earth because it deflects most of these harmful rays off into space. Those that reach us help warm us, illuminate our days, help things grow and enrich our lives in many other ways. This invisible shell is but one of many earthly conditions that helps make life on earth possible.

I have mentioned that the magnetic North Pole is a resident of Canada and has been for as long as we can remember. But soon, probably within the life spans of some of us, it will immigrate to Russia. That is correct . . . it moves. It was located near Resolute Bay in 1831 when James Ross discovered it. By 1904, when explorer Roald Amundsen found it again, it had moved 50 km north of where Ross had left it. Recently it was spotted by Larry Newitt of the



Geological Survey of Canada, whose job it is to track the magnetic North Pole, about 600 km north of Resolute Bay and moving at about the rate of 40 km per year toward Siberia. So, it not only moves but it has been moving faster in recent years. While our native son seems to be a bit fickle, there is speculation that, however far it may roam, it will someday return.

The instability of the magnetic poles is nothing new. They have always been erratic. That instability in the earth's electromagnetic field is a result of the earth having a solid iron core, surrounded by a liquid (molten iron), surrounded again by a very thick, solid crust. The earth spins at one fairly constant rate while the solid inner core spins at a very slightly slower rate. The molten iron layer has to absorb the difference. With the upper layers of the molten core moving faster than the inner layers, the molten iron becomes a vast sea of turbulence that generates electricity. The result is that the earth is a gigantic dynamo or electric generator, creating an earth sized magnet. Since the turbulence inside the earth is erratic, so is the amount and flow of the electricity generated by it. There is evidence that in recent years the electromagnetic field surrounding us has weakened somewhat. Alarmists are tempted to blame the high rates of cancer in recent generations on this weakening in the magnetic shield. But, although these measurements are accurate, two or three generations of human life are but a blink in geophysical time. So there is no way of knowing where these measurements stand in the magnetic field's range of normal, long term fluctuations in strength.

Furthermore, the electromagnetic field is so unstable that every once in

a while (in quantum time) the poles actually switch so that the South Pole becomes the positive end (the end toward which a compass will point) and the north magnetic pole becomes the negative pole. That electromagnetic flip, as it is called, has not occurred in 750,000 years. But we know it occurs at intervals ranging from 5,000 years to 50 million years, with an average of about 300,000 years between flips. Are we overdue? I guess a suitable answer might be, "yes, but don't hold your breath". We know also that during a flip (which takes centuries) the magnetic field on the surface of the earth becomes very unstable. Compasses go haywire for a while on parts of the earth where breaks occur in the nice south to north flow of electricity.

The earth's magnetic field is often disrupted by variations in the solar wind. These variations are caused by huge magnetic solar storms that spew charged particles far out into space. As these particles pass through our magnetic shield they cause turbulences that often result in a spectacular display of northern lights. But these disturbances are generally short lived. Disturbances caused by turbulences within the earth's core last much longer.

What is the evidence that such flips have occurred in the past? In the ongoing process of earth creation, rock from earth's mantle is subjected to tremendous pressure and, subsequently, heat. The rock melts into lava and is forced to the surface. As it reaches the surface it hardens again to form igneous rock, such as the granite. If ever you have had a well dug in the Madawaska Valley area you might be familiar with the hardness of this stuff and how much it costs to drill or pound through it.

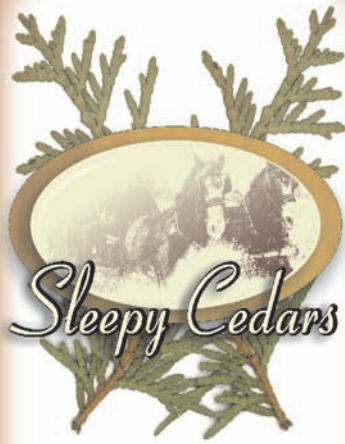
As molten lava cools into igneous rock it forms crystals. Since these still superheated crystals respond to earth's electromagnetic forces they tend to align themselves, like a compass needle, to point toward earth's magnetic North Pole. However, geologists, digging all over the world, have found that some igneous rocks crystals are not pointing north as they lie in their original positions. In fact, where igneous rocks lie in many layers, representing many millions of years of formation, the crystals of rocks of the uppermost layers, created in the last 750,000 years, will point north. The next layer will point south. Still deeper they will be oriented toward the north again. One possible answer to the question of why these rocks seemed to alternate their crystal orientation every few thousand or million years would be that the earth's magnetic field flips occasionally.

In the 1960s, scientists discovered the mid-Atlantic oceanic troughs or rifts that spewed molten lava onto the ocean floor. These troughs ran north - south and, although the lava hardened into igneous rock, it did not make sense that the hardened rock did not build up at the sides of the trough and form a volcanic mountain range. The answer, of course, was that, as the lava hardened into igneous rock, it was forced away from the trough. The whole ocean floor moved. The mantle on the west side of the trough moved toward the Americas and the mantle on the east side moved toward Europe and Africa. Plate tectonics was born. The earth's mantle is constantly being born.

Typical of new discoveries that solve problems, the discoveries raise more questions than they answer. One of the new questions was this. Why were the crystals of the new igneous rocks, at the mouth of the trough, magnetically oriented toward the North Pole, while rocks further away from the trough, on both sides, had crystals magnetically oriented toward the South Pole? And, why were rocks located even further away from the trough oriented north again? In fact, the rocks magnetic orientation formed a striped pattern parallel to the trough that alternated their north and south orientations.

Life is fragile, but there were animals living 750,000 years ago, the last time a magnetic flip happened on earth. There is no evidence that the flip caused a major catastrophe such as the one when a comet struck the Yucatan Peninsula, killing off the dinosaurs. So relax, enjoy the sunsets, the animals, the beautiful Madawaska landscape, your family, and whatever else you enjoy, and don't worry about the flip.

End



Sleepy Cedars

Custom Made
Handcrafted Furniture
That Will Stand
The Test Of Time

To place an order Please Call Mike Graham
613-752-1150



Pine Valley Restaurant & Variety

UNDER NEW MANAGEMENT

Gas & Diesel

Home cooked Meals

Lotto Machine

ATM **Groceries**

Hwy 41 in Griffith

-552

333-5523 **Home Baking**

Crafts

Glen's Country Car Sales

Automotive repairs & Towing

Computerized Wheel Alignment Centre
Your Dual Exhaust Specialist
Walker Mufflers
Custom Pipe Bending

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

Tires and Batteries
Free Estimates on all Repairs
TILT-N-LOAD SERVICE
LOCAL AND LONG DISTANCE HAULING
We deliver to the garage of your choice

LOOK! We now have an on board
VEHICLE DIAGNOSTIC
CENTRE
for most makes and models ...

For all your automotive repairs

432-9480 Days

433-9086 Evenings

Hwy. #132, 6 km South on Whelan Road,
R.R. #4, Renfrew



Sleepy Cedars

HORSE DRAWN
SLEIGH & WAGON RIDES

Enjoy the beauty of
our natural trails,
with a peace that only
Mother Nature can offer.

HORSE DRAWN
LOGGING

SEE YOU SOON

613-752-1150
MIKE GRAHAM
Calabogie, Ontario

**ENCORE
ENCORE
ENCORE**

\$1,000,000

WINNER SOLD HERE!



Million dollar Encore Ticket Purchased at Pine Valley Restaurant

Residents of Griffith and Matawatchan celebrated the good luck of Wayne and Noly Corbin at the Pine Valley Restaurant on Saturday February 24.

The lucky couple who bought the winning ticket at the Pine Valley late last year were presented with the cheque by Tim Cameron of the Lottery Corporation.

Left to right in the photo are: Wayne Corbin, Noly Corbin, Pine Valley owners Bert and Carol Kauffeldt and Tim Cameron.

First rural residential hospice in Ontario to be located in Renfrew

By Bill Graham

In the course of many illnesses there comes a time when the curative process ends and the palliative begins. With the recognition that a patient is dying, care focuses on comfort for the patient and providing access to family members and friends.

Increasingly this comfort and access can be found in a hospice. There are currently ten residential hospices in Ontario with another twenty being constructed over the next two years. With one exception, all of these hospices are located in urban areas. The exception is the hospice being built in the Town of Renfrew for residents of Renfrew County. Because of its intended catchment area, this would be the first rural hospice to be built in Ontario.

Hospices were originally places of rest for travellers in the 4th Century. The word shares the same root as hospital and hospitality. The term hospice as it is used today is fairly recent. Although a religious order did establish hospices for the dying in Ireland and London in the 19th Century, it wasn't until the founding of St. Christopher's Hospice in 1967 in the United Kingdom that the first modern hospice was established. Since then thousands have been built in the UK and in North America.

Construction will begin in the spring of 2007, on a 4500 square foot, 6-bed residential hospice for Renfrew located on land close to the Renfrew Victoria Hospital. The first resident is expected to enter the hospice in December 2007.

All rooms will be private rooms with private washrooms. A living room and quiet room will be available to families for their comfort and enjoyment. A sunroom and garden area will provide a comfortable and enjoyable space for residents. A tubroom and bathing area will help ensure residents' comfort. A kitchen will supply meals and comfort food for residents 24-hours a day.

The building will meet the standards set by the Hospice Association of Ontario and will be open to people throughout Renfrew County who have a life expectancy of 3 months or less. The Renfrew Hospice is expected to provide care for 70 to 100 residents from throughout Renfrew County on an annual basis. It is also expected to create 8 to 12 local jobs.

The Care, Comfort and Compassion Campaign

A team of community and regional leaders will invite people throughout the region to join in the creation of this new service, by supporting the fundraising campaign to secure \$1.5 million - \$1.7 million. This campaign, entitled the Care, Comfort and Compassion Campaign is aimed at ensuring the funding necessary for the building campaign and the first 3 years of operational funding required. People are encouraged to consider:

- One-time contributions
- Multi-year pledges
- Contributions of stocks, life-insurance policies
- Bequests
- Gifts-in-kind in the form of building materials for construction

All contributions are eligible for a charitable receipt and donors will be offered a variety of opportunities for recognition, unless anonymity is requested. The Province of Ontario has pledged the cost of nursing and personal care services in a free-standing residential hospice. This operational funding, up to \$460,000 annually is to begin in 2007. However, this is only 80% of the operational funding that will be required. Thus, this operational shortfall plus the capital cost of construction of the facility must be paid through the generosity of the community.

To date, \$600,000 in cash has been raised, but this doesn't reflect the total amount since the gifts-n-kind donations in the form of building material for construction. When the specifics of needed building supplies are calculated and those donations are made, the bottom line will look much healthier. Regardless, donations of money, construction materials and the time of volunteers are still needed. Those wanting more information or wanting to donate can contact Hospice Renfrew's project coordinator Margo Turpin at 613-433-3993 or visit the website at: <http://www.hospicerenfrew.ca> Volunteers will be welcome at this facility and all will be asked to take special palliative care training. Call the Hospice Renfrew telephone number above to register for volunteer training workshops. Even though it may be cold comfort now to know that this facility will be available when one of your family members is dying, when that time does come you will realize the comfort a hospice can give.

End

Leonard's tree

By Louise Szabo

I had been praying for such a statement from my husband Charlie ever since our granddaughter Lisa had been born. 'This cottage is too small. Let's put on an addition. I'll call Leonard.' Alleluia!

At that time Leonard Leclair, in his early eighties, was the man with the bulldozer. How he loved that bulldozer. I am convinced that he had spent his entire life on that machine. He could drive it into the trickiest spaces and all trees were at his mercy. We said a silent prayer as he maneuvered his beloved bulldozer inches from our cottage.

Charlie gave him strict orders on which trees he was NOT to bulldoze down. "Jesus! What the matter! You got plenty of em. Wat'ch you need that one fur?" One tree in particular was a few feet from the side of the cottage and in the path of the bulldozer and Charlie literally stood in front of it to prevent old Leonard from toppling it over. "It's in the way. One day you'll be sorry. I tell ya!" Charlie literally stood his ground and the tree stayed.

Right where the addition was to go the bulldozer unearthed a huge unmovable bedrock outcrop. "Heck! A few sticks of dynamite will do the trick. I can get rid of that!" I don't think so, Leonard. We could just see our existing cottage being blown to smithereens.

Under the good advice of Leonard, we hired Gib Sykes as our building contractor and every now and then Leonard

dropped in to the construction site to give his comments on the progress.

With a new addition it was also the time when, much to my delight, we decided on indoor plumbing. Once again we called upon Leonard. We told him where we hoped the well would be and asked him to use his skill with the water witching and find the right spot to drill. Leonard surveyed the area, marched over to the tree he had reluctantly left standing, and cut off a branch. Revenge! Witching rod in hand, Leonard started to walk back and forth around our designated area. The rod kept going up and down, mostly down and he counted off his paces. One, two three four and on and on he went. The minutes also went on and on, ten minutes, fifteen minutes.

'Leonard, what are you doing?' asked Charlie wondering. 'Jesus!' his booming voice shouted. "Can't you shudup? Now you interrupted me. Now I gotta start all over again. Be quiet." Leonard was upset.

What he was counting was how deep we would have to go to reach water. Once done he walked into our cottage and with a pencil wrote a small number right smack in the middle of the wall. His educated estimate was 165 feet.

The next week he put in our septic tank. We hired a contractor to put in the well and all indoor plumbing facilities. Two weeks later Leonard showed up. A brief hello and his loud voice asked, 'How deeps the well? Gi'me a glass of water.'

'We found water at 162 feet. Good job Leonard.' A smug smile on his

continued on page 15

Look who's reading the Highlander



Send cheque or money order (Canadian \$20 and outside Canada \$30)

Subscribe to
The Madawaska Highlander

Name _____

Address _____

Province/State _____

City _____

Postal/Zip Code _____

Phone: _____

Email _____

Payable to the Madawaska Highlander.
Mail to: The Madawaska Highlander,
c/o Bill Graham, 1837 Frontenac rd
RR#3 Griffith ON, K0J 2R0

Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

St. Andrew's United Church
 Sunday Worship 8:30 a.m.
 Sunday School 8:30 a.m.

Our Lady of Holy Rosary Catholic Church
 Griffith: Sat. Mass 7:30 p.m.
 Sunday Mass 11:00 a.m.

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

DENBIGH AND VENNACHAR

Vennachar Free Methodist Church
 Sunday School 10:00 a.m.
 Sunday Worship 11:00 a.m.
 Tuesdays:
 Ladies' Bible Study (Bi-Weekly) 1pm
 Bible Study (weekly) 7pm
 Bible Study (Bi-Weekly) Plevna---7pm
 WMI - Monday (monthly)
 Third Sunday of every month
 New Beginnings, Clar-Mill Hall, Plevna-----6:30pm

St. Luke's United Church
 Sunday Worship 10:00 a.m.
 Sunday School 10:00 a.m.
 March 2 - World Day of Prayer:
 St. Luke's Church, Denbigh

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 - Sunday 10:30 am
 Bible Study - Wednesday 7:00 pm
 Christian 12 Step Recovery - Friday 7:30 pm

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

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

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

COMMUNITY EVENTS

Calabogie

Calabogie Home Support Fund-Raiser
 Sunday March 18 at 1:30 p.m.
 Shooter's Bar and Grill
 Live entertainment until the music stops. information: 752-2429

Sliding Party: Saturday March 10,
 Township Recreation Committee,
 Activities from 12 noon to 4 p.m.
 In Barryvale, 752-2222

Calabogie Arts and Crafts Assoc.,
 every 2nd Monday (if holiday, then 3rd Monday), 10:00am - 1:00 pm,
 Community Hall, prospective members welcome (\$12 per year), 752-0072

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

Calabogie Seniors: Pot luck dinner and meeting - the last Thursday of each month - Community Hall begins at 4:00 p.m.

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

Dacre

St. Patrick's Day Celebration
March 17- 1 pm to midnight
DACA Centre
 Live entertainment and food all day (step dancing, fiddle music, Irish stew, a cash bar and more)
 Admission \$10
 Bus pick-up in Renfrew - call Linda at 613-649-2509 for details

Griffith & Matawatchan

G&M Fish & Game Club
 Ice Fishing Derby
 March 3 - Centennial Lake & Matawatchan Hall

G&M Fish & Game Club
 General Meeting:
 March 10 - Matawatchan Hall - 2:00 p.m.

Pancake Brunch:
 April 1 - Matawatchan Hall
 9:45-1:00 p.m.

Euchre
 Fridays at 7:00 p.m.
 Matawatchan Hall

Lion's Club Bingo
 Every second Tuesday at 7:30 pm
 Nov. 14, Nov. 28 and Dec, 2
 Community Centre, Griffith, 613-333-5523

"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.
 AllSeniors Welcome

Community Bus Service
 Phone Kay Kelly for information and reservations at 333-2731 by Tuesday evening. Bus travels every other Thursday for shopping. The bus fee is \$10.00.


Fellowship Luncheon
 These meals are held the first Wednesday of each month at noon. Contact Pat Holleran 333-1229 or Lois Robbins at 333-1082

Denbigh


Diners Club
 Dinners are held the first Monday of the month at the Denbigh Community Hall at 12 noon. Full Course Meal \$5.00.
 Contact Lynn McNicolle at 333-5586 for information.

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

HEALTH CARE
 Paramed Health Care Services Foot Care Clinic/Denbigh
 Call 333-5559, Muriel Burgess, for an appointment



One Stop Shopping
SEARS
 1-800-267-3277 www.sears.ca
 Inquiries Denbigh Store 333-1646 Store # 7714



Restaurant & Pizza

Sun
9am-7pm

Mon to Sat
8am-7pm

Gas, Propane, Ice, Gifts and much more
 Barry & Suzanne Lee 333-9333 Denbigh

G&M news *continued*

a medical professional. It will be Don Faught practicing his auctioneer's chant. Yes Griffithites, you can now boast a professional auctioneer among your citizenry. Don Faught, an ex dairy farmer from Cobden and a graduate of the Western School of Auctioneering in Leduc, Alberta, with wife Sharon has retired to Eastern Avenue. From here he plans to promote his company, Top Value Auctions.

The Faughts, who have a son and a daughter, Todd of Port Perry and Tara of Cobden, say that they love the area and are here to stay.

Donation To Combermere Relief

The annual Tree Lighting and the Christmas Concert in the Matawatchan Hall on December 08, 2006 raised \$190.00 to help Combermere recover from the damage inflicted by the tornado that smashed into it in 2006. The money will go toward the reforestation project now administered by the Madawaska Valley Lions Club.

The amount, held in trust by the Matawatchan Hall Board until a cheque could be sent, was raised through a good-will offering at the door. As usual, folks in G and M came through in their customary generous way. Our spot on a plaque will read, "The Community of Griffith/Matawatchan."

The concert, made possible through the efforts of Hall Board members, the Kids' Club and its leaders along with local musicians is the second in recent years. Hopefully it, like the tree lighting, will become an annual event.

The Fish and Game Club

Club President Karen Gaulin has sent out the first newsletter of the year so if this column is news to you, you're out of the loop and you'd better get yourself a \$5.00 membership, especially if you plan to get in on the big shiver-fest on Centennial Lake. The club's Annual Ice Fishing Derby, of the catch-and-release breed, will be held on Saturday March 03, 2007 around the usual designated area. If in doubt, follow the scent of roasting hot dogs and sizzling sausage or better yet, ask for directions when you buy the five-dollar tickets that will give you a shot at one or more of the 200 prizes up for grabs. You don't have to fish to win the prizes but you do have to buy tickets. Prizes, both senior and junior, will be awarded at 5 p.m. at the Matawatchan hall where there'll be chili, burgers and a bar.

Winners of the 2006 George Kelly Awards have already been named. Congratulations to Ted Erland for a twenty-three-pound pike and to Spencer Holleran for rescuing the Holleran family's honour with a one-pound eight-ounce bass.

For information regarding the

club's planned activities over the remainder of the year or to get that membership, contact Karen or Paul Gaulin at 613 333 1206.

Matawatchan Community Market

Twenty-five residents of the area met in the Matawatchan Hall at 2 p.m. on February 10, 2007 to consider the formation of a community market. Much of the planning and groundwork had already been carried out by a steering group made up of like-minded enthusiasts who had advertised the meeting via a mail-out, formulated an organizational concept complete with a set of "Goals and Guiding Principles" and planned a well organized – and well-fed – meeting.

Utilizing Richard Copeland's comprehensive Power Point presentation, Richard, Ken Birkett, Joanne Murray, Bill Graham and Filipa Martins

took turns at familiarizing those assembled with background information gathered as well as principles and aims as articulated by the steering group. Though vendors would be free to sell anything (legal!!!) that would bring in a buck or two, the major draw, it is hoped, would be baked goods, fresh fruit and chemical-free garden-fresh vegetables.

During a wide-ranging general discussion, several people volunteered to gather information regarding the requirements (i.e. insurance) and legalities related to such an undertaking and to report back at a future meeting. By consensus, it was agreed that the market should operate between the hours of 9 a.m. to 2 p.m. at the Matawatchan Hall on Saturdays from mid-June to mid-September. (See article by Bill Graham in this edition)

End



Mill Valley

TRADING & LOGGING COMPANY LTD.

STIHL POWER PRODUCTS - SALES & SERVICE

Buyers of Woodlots and Standing Timber

John Limlaw Dacre, Ontario K0J 1N0
Tel: 649-2366 • Fax: 649-2743

Floyd Enterprises

Hwy 41, Griffith phone or fax
(613) 333-2753

- * Utility and Custom made Trailers
- * Boat Trailers
- * Dump Trailers
- * Pressure Washer (gas driven)
- * Welding and Steel Fabricating
- * Small engine and auto repairs
- * New Generators—best price in town one year warranty, in stock. 9000wt, 8500wt, 6500wt, 1500wt, 1000wt.
- Trailer parts and accessories
- Used Snowblower
- * Prestone, windshield washer, chain oil, motor oil, filters
- * Batteries, oils, filters, antifreeze, windshield washer fluid, spark plugs
- * Gift Certificates Available
- * New Oregon Chains, bars and files
- * Bosch Wiper Blades

Come and browse around.

Visa and Interac accepted

SOMETHIN' SPECIAL GIFT SHOP


BURNSTOWN



Mega Clothing Sale

30-40% off

Telephone (613) 432-0670
Fax (613) 432-1697
Email: Somethin.special@renfrew.net
web site: www.somethinspecial.ca



Swiss Inn

Motel & Restaurant
In the beautiful
DENBIGH HILLS OF MAZINAW COUNTY

In The Land O'Lakes Area
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, K0H 2R0
1-800-884-0284 or 613-333-2221
Your Hosts
Werner and Martha Lips

swissinn@northcom.net
www.swissinn.northcom.net

Busy Bees Call It Quits

By Garry Ferguson

After 32 years of all-out good times, 21 members of the Busy Bee Craft Club swarmed for a final get-together at the Pine Valley Restaurant in Griffith on December 12, 2006. Since an annual Christmas party had been a part of the fun-and-frolics aspect of the club since its inception, it was fitting that this last hurrah serve also as a Yuletide bash.

The club came into being at the home of Audrey and Arthur Ward of Matawatchan on September 12, 1974 where seven women and one (brave) man met to get an organization off the ground. Audrey Ward became the first Leader, Leona Dean the first Co-Leader and Helen MacPherson the first Secretary /Treasurer.

Members tossed two bits (25 cents) into the kitty for bi-monthly meetings originally held in private homes. The first craft sale was held in the St. Andrew's United Church basement on November 28, 1974 and sometime during that first year, a hooked "Busy Bee" sign was completed. It hung at every sale over the following 32 years. During that time, the crafty group participated in sales at the Holy Rosary Church Hall, Holy Rosary School, Northern Lights Craft Hall, Matawanooka Tent and Trailer Park, the Matawatchan Hall and the Denbigh Fair. It buzzed off to even more distant points – gasoline was cheaper then - to sell hand-crafted items in Cloyne, Renfrew, Cobden, Madoc and Petawawa.

Annual fall trips were originally meant to expose crafters to new ideas at shops and to provide access to supply outlets, however, in later years non-members from the greater community were welcomed to ride along and the event became a pleasant, get-away-from-the-hubby-for-a-day outing.

Leonard's Tree cont.....

face he took a sip of water, then another, drank the whole glass and asked for a refill. His only comment: 'Damn good water.'

Many years have gone by since then. Our property now also holds a beach shed, a wood shed and a garage. The trees have grown bigger; we are getting older and the cottage maintenance more difficult. Every year, sometimes twice, Charlie goes up on the cottage roof to remove the leaves and pine needles before the moss accumulating on the shingles becomes too thick. And each time he is up there he looks at Leonard's tree and thinks of him. He thought of



Long time member Kay Kelly works on craft project

Though the Hive shared 32 years worth of skills, barrels of giggles - and coffee – along with tons of goodies, all was not doily making, feasting and frivolity. Community-minded members became involved in so many charitable projects that even they can't remember them all. A few of the causes to which they gave support were the Chronic Care Unit at the Renfrew Victoria Hospital, public speaking in local schools, the Griffith Snow Ball Winter Carnival, quilts and blankets for needy families, the homeless in Ottawa – politicians didn't quite qualify - and African relief.

It's interesting to note that of the original 26 charter members, Olive Parks, Helen Snider, Carol Anne Kelly, Lila LeClaire and Annie Thomson hung in there from the day of the first official meeting until the last. The club served its members and its community well and though there was no cheering or dancing on the tables - at least no one will admit to it - those who were there to close the books did so with great pride remembering all that the Busy Bees had accomplished.

End

him a lot this winter when he decided to get the damn tree chopped down. He could almost hear Leonard laughing at us from heaven and shouting in that booming voice of his, the voice that could resonate over the noise of his bulldozer so loud that everyone knew when he was in the neighbourhood, "I told ya so!"

End

Calabogie Home Support Fund-Raiser
 Shooter's Bar and Grill
 Live entertainment until the music stops.

Out on the First Concession

By Wes Bomhower,

EXCUSE, MISSUS BONAWR, I DRAUNK !

It was snowing that winter evening in 1936 and we were gathered around the big kitchen table eating supper when we heard sleigh bells outside. None of us recognized the bells but soon a lantern came zig-zagging across the yard and a loud rap on the door. Mom answered the door, but at first there appeared to be no one on the back step. Then a huge furry apparition leaned into the doorway with a big crooked stem pipe jutting out of its mouth. Just when we thought it could lean no further without falling on its face, it teetered back the other way, disappearing momentarily, then leaned back in again.

This seemed to continue for a good minute or more until Mom found her voice and said politely, but a little cautiously, "come in". The furry apparition stepped forward into the kitchen and spoke in a heavy French Canadian accent, "Excuse, Missus Bonawr, I draunk"!

That was the understatement of the year by all appearances, and Dad jumped up to offer the apparition a chair but it shook off any assistance and teetered over by the big wood range where it continued to amaze us with its gravity defying feats. It fumbled a fur hat aside, set the lantern down, opened its raccoon coat, removed the crooked stem pipe from its mouth and there, still teetering, was Claude Privost from a mile or so down the road.

His condition was certainly a surprise, for Claude seldom drank anything stronger than coffee. He smiled broadly now and tried to focus on Dad's face. "By Gar, Ahliss, (Ellis) I win law suit wit dat damn Antoine and now I celebrate, me". He shoved about half the crooked stem of the pipe back into his mouth and took a long hearty drag, then blew out a cloud of strong smelling tobacco smoke.

He and Dad then conversed in a mixture of French and English, because even though Dad had spent some years in Montreal working for Dominion Bridge, his spoken French was as poor as Privost's English was. They managed however, with a lot of gestures and this was Claude Privost's story.

There was a hydro transmission line which crossed both Privost's and Antoine's farm, with a sort of road allowance that ran from pylon to pylon. Apparently, this allowance was leased so maintenance work could be done from time to time. Privost, for some reason, used this road allowance to cross Antoine's property and as a result faced a lawsuit by Antoine who was a difficult neighbor at the best of times.

The case had dragged on for the better part of a year and the final result that winter day was in favour of Claude Privost. He was so happy, he imbibed a little too freely before leaving town but he made no excuses now, other than, "Excuse Missus Bonawr, I draunk"

End

Gentle Kripalu

Yoga in Calabogie and Renfrew

Renfrew

Wednesday March 21: 6:30 to 8:00 p.m.
 Saturday March 24: 10:00 to 1:30 a.m.
 Renfrew Recreation Department

Calabogie

Tuesday March 20:
 10:00 to 11:30 a.m.
 United Church Hall

You need not have a fit and flexible body to begin. This is a misconception about yoga. You begin where you are. That is the beauty of the process.

Lou Bennett 613-432-3170
Certified Thai Yoga Therapist, Certified Kripalu Yoga Teacher and Certified Reflexologist

Cottage Corner

Cool solutions to a hot subject

By John Roxon

The answers to the current wide ranging debate on Global Warming has been right under my nose. And these aren't just the answers to how we can all do our bit to lessen our environmental impact, these are the answers for every human being on the planet in every nation.

Before I go on, I just want to state that this is not to editorialize on whether humans have or have not caused global warming. There are still many respected scientists - now silenced of course because their views don't reflect the zeitgeist - who believe that global warming is part of a naturally occurring cycle that occurs every 90-100,000 years called the Milankovitch cycle.

The Milankovitch cycle basically illustrates that the earth's orbit around the sun is not static. Both the shape of the orbit and the degree of earth tilt on the axis changes and these changes cause profound shifts in the earth's climate. As the orbit becomes more elliptical, the distance from the earth to the sun can vary by as much as 3-5 million kilometres. Similarly, a 2-4 degree tilt in the axis can mean many more annual days of heating or cooling - depending on which pole is towards the sun and which is tilted away. It is this cycle which is largely believed to be the cause of the last ice

age. Don't forget, it was only 10,000 or so years ago - a mere fraction of a second compared to the life of the planet - that most of Canada was covered by a sheet of ice.

So, arguably, global warming really started 10,000 or so years ago. These same scientists predict that we could be as little as 10-15,000 years away from the next ice age - that after this period of warming is over, we will go into a long and protracted period of cooling culminating with more glaciers and ice sheets likely covering all of Canada as happened previous.

Anyway, you all know by now what the prevalent or popular stream of thought is and, as I said, I'm not going to editorialize on it. Regardless what is or what is not happening to our planet, it is always wise to travel light and to leave as small a footprint as possible. If you don't want to do it for the environment, then do it for your wallet.

As I mentioned at the beginning of my non-editorial, I found many of the answers to all our environmental hemming and hawing under my nose - right at the humble cottage no less. The ways of the cottage, if adapted to our urban centres, could possibly result in a marked reduction of these greenhouse gas emissions and provide possible solutions to other problems which we're told plague society today such as obesity, debilitating cancers and other diseases and of course the country's low fertility rate.

Now I certainly don't profess to have any or all of the answers, but recent cottage experiences have shed at least some light on the climate change conundrum.

Here is where I would start based on those experiences.

First off, laws concerning ATV's, motorized bicycles and other highly efficient (when compared to the auto) means of transportation should be carefully examined. ATV's are perfect as the preferred commuting vehicle for single riders travelling within a city. They can be used year round, can be easily parked and are very fuel efficient. And they would greatly ease traffic congestion.

Secondly, at the cottage we have to bring in what we'll need for every visit and get rid off all our garbage when leaving. This forces us into a disciplined way of thinking because we don't have the storage room in the car to bring in superfluous junk nor do we want the hassle of handling mounds of garbage since every item we throw out we eventually have to shlep back to the dump. Perhaps curbside pickup in urban areas helps to contribute to a growing garbage crisis. In the city its easy to stock up on junk and to throw mountains of material away because, well, its just so damn easy. No packing it into the car. No driving to the dump. No scrutiny at the dump. Just put anything and everything into a green bag, walk a couple of feet to the curb and it all magically disappears.

Thirdly, we have no electricity at the cottage. Now I'm not going to suggest for one minute that we should cut the power to all households in urban areas, but I will suggest that there are ways that we can cut the useage substantially. Because we do live in the 21st century and because its

hard to be at the cottage and not watch at least part of Grey's Anatomy, or HNIC on Saturday nights or Nigella Lawson perform an imaginary striptease of food in the kitchen, we rely on solar panels.

Solar panels don't supply an endless stream of electricity, but rather act as an electricity bank. You save it up on sunny days and by not plugging in.

But when you do start plugging in, the account gets depleted pretty fast. This forces us to mete out our TV in very small dollops. It forces us to unplug these invisible energy hogs - those appliances that suck up anywhere from 2-10 watts of power even though turned off - virtually every electronic piece of equipment sucks the juice to allow for instant on. This forced energy savings plan also means that we do many more things that require low or no energy like - read, play games and stay outside - activities that would have you certified if performed regularly in the city. This also means that many of the disposable electronic toys that are manufactured using huge amounts of resources and are tossed out due to malfunction or obsolescence within two years are electronica-non-grata at the cottage. Yup, we've managed to get along quite nicely without iPods, cellphones, MP3 players, Blackberries or Palm Pilots - thank you very much.

The smart housing developer that offers homes complete with solar panels and a small, efficient floor plan to city dwellers will do very well. I'm sure that the po-

continued on page 18

C.L. Polk Forestry Consulting Ltd

Specializing in Forest Management
Aesthetic Logging
Property Line Location

Also Complete Property Appraisals

Contact: Larry Polk, BSCF, RPF, CRA
Ph (613) 432-8681
Fax (613) 432-1660

For all your forrest evaluations and appraisals of vacant land, farms, residential and vacation properties.

Renfrew NUTRITION STORE

740 Stewart St., Renfrew Mall, Renfrew, Ontario K7V 4G8

Vitamins, Herbs, Teas, Homeopathy, Aromatherapy

Diet & Sports Supplements Gluten-Free Products

Hours:
Mon. & Tues. 9:30 am – 6:00 pm
Wed. to Thurs. 9:30 am – 9:00 pm
Saturday – 9:30 am – 6:00 pm
Sunday – 12:00 – 5:00 pm

Tel. (613) 433-9437 • Fax (613) 433-9959
e-mail: renfrnutstore@bellnet.ca

Golfers, Duffers, Funseekers – Check this out!

By Richard Copeland

Beginning to feel like you've lost the touch with that 8 iron? How's that first drive off the tee going to look after a winter too long for the golf enthusiast? If you haven't planned for a preseason trip down south to get your game shape or if you just want some plain old good golf fun amid green trees and grass you have to test your skills at David Lester's Mulligan's Den in Calabogie.

This newly opened business, on Mill Street, has put together the finest local facility for an indoor true-golf experience that I've ever played. With a real ball on the tee, and a trusty wood in hand I smacked out a drive on the first hole at Pebble Beach in California. With the characteristically clean crack of impact, the ball shot forward, struck the huge screen that was filled with the image of the first hole, and then my ball, at least the

perfect image of my ball, instantaneously rose into the air and streaked down the plush green fairway. I stood in awe as it rose then bounced and came to rest a couple of hundred yards down the fairway. A read out in the upper left told me how far I had hit it, ball speed, trajectory angle and club face angle. Another panel in the upper right displayed where it was, distance from tee and distance to the pin. Okay, maybe I did hit a tree, but it bounced out into the fairway, and I actually watched all that too. The system lets you alter the view to hit a recovery shot to a better lie and the complete scene remains true to the golf course. You very quickly sense that you are really there. Any manipulation you need to do is done in seconds with your finger on a nearby touch screen. And, heh, heh, that's where you also take your Mulligan. Oh, days of the lost ball are over.

What really happens is probably rocket science. Infra-red sensors at the ball location monitor everything

about your club head and the impact of the ball on the great screen is monitored by sound sensors telling the number crunching computer exactly where the ball hit the screen and determining its speed. A second computer takes all these crunched numbers, makes them part of the graphic, and projects your shot onto the impressive greenery in real time. This two computer system allows a seamless, very real depiction, of your perfect golf shot. Well,... perfectly images the shot regardless of its originator's perfection. If you hook, slice or top the top, you are found out, and you get to watch the shot unfold, the complex physics coolly addressed by the computers.

This Trugolf/Microsoft system can deliver to you a driving range or a number of shot-to-green scenarios to work out the bugs on your long or short iron approach shots or pitching wedges. There are 12 world renowned golf courses to choose from. The putting piece is a little trickier and four options on how to putt out are offered up. If you're a comput-

er golfer attempting to hole out on the green this system puts a putter in your hand instead of a joy stick -- a nice change and real challenge. If you're focussed on the woods and irons, any of them, you can play the course and take the offer of two puts down or gimmies if your approach was that good. Indoor greens are also available for holing out.

You can work on your game by yourself or play a competitive round with up to 6 golfers. Playing times for an 18 hole round range from 2 hours to 4 1/2 hours depending on group size or you can rent time to practice whatever you heart desires, and get feedback on your style and play that no pro on earth can determine. A round of golf is \$29.95, 9 holes for \$14.95 or rent the driving range for \$20.00 per hour and \$14.00 for the half. If you don't finish, David can save your game for completion at a later time.

Whether you're an avid golfer, local resident, visitor, or someone looking for very enjoyable virtual reality golf outing, Mulligan's Den is must. Call David Lester at 1- 613-752-GOLF.

End

What Is Natural Health Care?

By Susan Veale

Editor's note: This is the first of a series of articles on "Natural Health Care". Susan Veale (BSc.) is a certified kinesiologist and natural health practitioner operating Natural Health Wellness Centre in Calabogie and a regular guest of health television talk shows.

Since the 1980s, the concept of "Natural Health Care" has increasingly been considered as a complementary or alternative approach to conventional healing. Various studies have shown that between 30% to 50% of cancer patients explore various natural health support modalities.

Natural health care is about healing naturally rather than synthetically. Natural healing involves organic supplementation such as herbs, tonics, vitamins and minerals along with "hands on therapies" such as massage, reflexology, reiki and applied kinesiology. Words and phrases such as "detox", "macrobiotics" and environmental sensitivities are all part of this realm.

As a natural health practitioner, people come to me and ask for help with fibromyalgia, irritable bowel syndrome, cancer, heart disease, diabetes and conditions such as migraine headaches, low energy and allergies. Mothers want answers as to why their children cannot sit still in a classroom.

"Can you cure the problem?" is the most commonly asked question. I answer with complete honesty and say, "No, I cannot cure your condition".

My role is to educate people about his or her body and help people understand that the human body has within itself, a self-regulating, self-adjusting, homeostatic system. In other words, the body is programmed to continually adjust itself in order to function at optimal levels.

The body is comprised of more than 75 trillion cells with each having a specific job and function. How well a cell performs is in direct proportion to the health of the cell. The basic nutrients for good cellular health are carbohydrates, vitamins, minerals, phospholipids (essential fatty acids), water and protein. If the cells are compromised and weak, the body is in a diseased state.

When a patient asks for help, my job is to recognize a cellular dysfunction and recommend how to refuel the cell allowing it to repair itself. Methods used vary but each is designed to help the body restore naturally.

"Natural Health Care" methods have been used for centuries. Today, as then, the approach is non-intrusive and suitable for all ages.

To me, the disease label is not important. Important is how well the body functions as a healing unit.

End

WELLNESS NATURAL HEALTH CENTRE

<p>General Wellness Homeopathy Biotherapeutic Drainage Reiki Reflexology</p>		<p>Applied Kinesiology Soft Tissue Recovery Massage Therapy Ear Candling Hair Tissue Analysis</p>
<p>www.mylysis.com</p>		
<p>44 Norton Road Calabogie, ON K0J 1H0</p>	<p>613-752-1540 By appointment only</p>	

Ottawa Valley Consultants Inc

2809 Dumauiier Ave, Ottawa, ON, K2B 7W3

Accounting-Income Taxes-Will Preparation
dale.warren@sympatico.ca

Phone: (613) 722-5000 **Dale Warren**

Fax (613) 722-5000



Quality Custom Built Homes

Kelly Homes Inc.

613-433-1035

Specializing in Decking, Roofing
Siding, Garages, Soffits
Windows/Doors, Renovations
Log Homes

Jody Kelly

Licensed Carpenter



Cottage corner cont....

liticos who say they are serious about the environment can offer some nice tax credits to any and all who purchase this home of the future.

Yes, we do have to burn fossil fuels to get to the cottage. But, unlike the city, there are no dishwashers, clothes driers or any myriad of other conveniences which suck up huge amounts of resources to enable - just good, clean and often back-breaking fun.

One final thought to consider; at the cottage we grow our own tomatoes, rhubarb and whatever else we

can manage in the rocky soil. I read somewhere that it takes 36 calories of energy to deliver one calorie of fruits and vegetables from the southern U.S. markets to our table in the winter. Some fresh fruit is nice, even necessary, to preserve our sanity during the cold dark days of February.

But we've become far too reliant on having an endless supply of cheap fruits and veggies. Even in the summertime, we still import tons of exotic fruits and vegetables to ensure we have an endless supply of choice - costs be

damned. Why not encourage more individual canning and flash freezing? Why not encourage community co-operatives so amateur gardeners and canners everywhere can share their bounty? Why not encourage community greenhouses?

Perhaps the popular flavour of the month with regards to the environment is correct and we're all going to hell in a handbasket imported from China. Perhaps it's just another example of the politicians willing to trade fear for votes and human habitat will

continue for another 15,000 or so years regardless of the intervening steps we take. I don't know, nor does it matter. It's just interesting to note that we thrive and have fun and eat and are entertained at the cottage while using perhaps 10% of the resources that we would use in the city to reach the same end.

End

OTTAWA VALLEY CROSSWORDS

DOUG BELL

Across

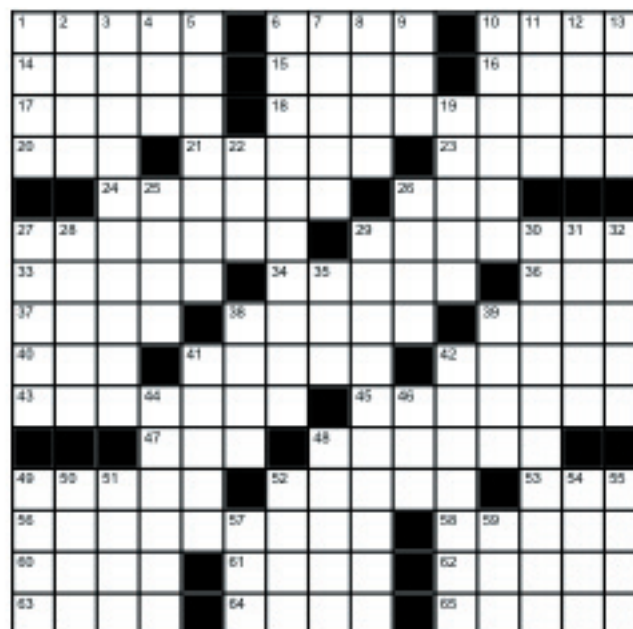
1. Winchester repeater
6. Collector's guide adjective
10. Calabogie & Stewartville
14. Basketry willow
15. Peace Nobelist Wiesel
16. Coup d' ____
17. Born first
18. "Sour Grapes", to some
20. Melancholy
21. Garden pest
23. Chop-chop
24. Of a fast period
26. Flamenco cheer
27. Yellow cheese
29. Champion
33. Family of a 1944 Nobelist in Chemistry
34. Ecclesiastical courts
36. Lyric poem
37. Part of LAN
38. Competitor
39. Joint or cap

40. "Give ____ rest!"
41. Jean's cloth
42. Martial arts schools
43. Alteration
45. Blaspheme
47. Formerly called
48. Wreckage
49. Clay-pigeon sport
52. Darken
53. Li'l Abner's Daisy
- ____
56. Submarine's outside eye
58. Frosting
60. Camelot lady
61. Kind of prize
62. Terra ____
63. Stimulant drug source
64. "Concordes, for short"
65. A Ford

Down

1. Short-armed hoppers
2. "La ____ Bonita" (Madonna song)
3. Springtime fern delight

4. Marvin of "Cat Ballou"
5. Trips with a mission
6. Misleading clue
7. Aloe derivative
8. Marmalade ingredient
9. Common Market (abbr.)
10. Dig further
11. Gillette product
12. Antony
13. Eye ailment
19. Saintry symbols
22. School gp.
25. Well known cook ____ Staebler
26. Birthstone for October
27. Meeting leader
28. Writer Bret
29. Calgary's football team
30. Ottawa Valley born, "Street Legal" actress
31. Concert-hall
32. Witherspoon of "Walk the Line"
35. Egg: Comb. form



38. Quebec's Levesque
39. U.N.'s Annan
41. Losing regimens
42. Gnawing rodents
44. One of the "Six Nations"
46. Stat. for a slugger
48. Storage centre
49. On ____ (with no contract)

50. Game like bingo
51. Clapton of rock
52. Raspberries
54. Chip that starts a pot
55. Equal in Entrelacs
57. LPs' successors
59. Grand Banks catch in the past

ovcrosswords@gmail.com

21 Runs & 2 Terrain Parks
Stay & Play Packages
Ski - Spa - Dine

Enjoy THE PEAKS
At Calabogie Lake
 The Region's Premier Mountain, Lake and Wilderness Resort







March Break Snow School
Unbelievable Rates at Dickson Manor March 18 - April 30
Weekly Sunday Brunch 10 a.m. - 2 p.m.

WWW.CALABOGIE.COM
 1.800.669.4861 EXT.1705

CALABOGIE PEAKS RESORT

The Duck Restaurant

729 Mill St/PO Box 138
 Calabogie, Ont. K0J 1H0
 Phone & Fax 613-752-0888
 www.theduck.ca



Cuisine Creative

Recommended in the
 National Restaurant Guide
"Where to eat in Canada"

Thursday - Duck Night

Friday Night - Rib Eye

The Dining Experience
 Open Wednesday through Sunday
 Kitchen hours 5pm until 8pm

Don't Be Chicken !



Come out of your shell this spring and raise your own! We are now taking orders for baby poultry. Orders start to arrive in April. Also available are ready to lay pullets, ducks, turkeys and pheasants!

see www.freyshatchery.com

Pool & Hot Tub Supplies

Spring Seeds are in, time to start early varieties
 Special Orders Welcome

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



RENTALS
 Visit our website for availability on rentals. Inventory can be located on the rental info link. Call TODAY as inventory goes quickly.

RESALE
 Resort prices have been discounted. All available resale inventory prices vary between \$1000 to \$9295.00 for vacation interval. Conversion to points extra.

Website: www.calabogielodge.com
 Email: info@calabogielodge.com
 729 Mill Street Tel. (613) 752-2676

CALABOGIE LODGE

Guided snowmobile tours available
 call for more information

