

The Madawaska Highlander

Volume 7 Issue 4

Free

July/Aug 2010

Calabogie: The Early Years

By Irene Robillard

In the Beginning

In the eastern part of Ontario, along the Ottawa River above the city of Ottawa, lies Renfrew County. Roughly following the south and east edge of this county, runs the mighty Madawaska River.

The Madawaska River, before its power was harnessed for hydro generation, was a ferocious river and contained many falls, chutes, and rapids. Amongst all this turmoil, one of the tranquil spots was Calabogie Lake at the southeast end of Renfrew County. The lake is at the base of mountainous terrain—the Madawaska Highlands of the rugged Canadian Shield. Before the Barrett Chute Dam was built, the Madawaska tumbled out of the hills in an impressive falls into a natural basin about a mile above the head of the lake. This falls was aptly named High Falls. Covering approximately 3,250 acres, Calabogie Lake is quite large and fairly round, with the normal mix of bays and points. The little village of Calabogie rests at the foot of this beautiful lake. The Madawaska then takes over again to continue its rush to the Ottawa River. At this point, a large island, about a mile long, forces the river to split into two channels or snyes, both of which originally contained rapids.

To the left of the village, around a point known as Bluff Point, is the lake's largest bay by far. Known as Grassy Bay, the end of the bay is a marshy area, the result of its being sheltered from the direct flow of the water through the lake. This significant wetland is provincially protected and contains unique plants and animals. In fact, much of the marsh is wild rice. Wild rice is actually a member of the grass family—its grain is the rice. Except for the First Nations peoples, all are forbidden from harvesting it. There are other bays on the lake that also contain wild rice. At the other side of Grassy Bay is another point, the current site of Barryvale. There are very few islands in Calabogie Lake, and there are only a few creeks that flow into it, the primary one being Constant Creek on the north side of the lake.

The Anishinabe

The Anishinabe (Algonquin/Ojibway language meaning “Original People”) have been in the Ottawa Valley for thousands of years. It is well known that this valley was a major route for the aboriginal peoples—up the Ottawa River from the St. Lawrence and over a series of portages to Georgian Bay. Morrison's and Allumette Islands, near Pembroke, are well documented as campsites of the First Nations.

The original people in the area at the time of the Europeans' arrival were the Algonquin. These Anishinabe would have found the Calabogie area an ideal spot. Both hunting and fishing were excellent, and the historic wild rice marsh would have been an important food source. Any marauding enemies would have had problems reaching this paradise, as the Madawaska River would have been a challenge, both upstream and down.

There were probably a number of Anishinabe villages along the shores of Calabogie Lake over the years. Perhaps one was at Barryvale, close to the wild rice. The point was originally called “Eagle Point,” and the name is still seen on topographical maps. Charles McNaughton, an old-timer interviewed in 1923, believed there was a campground at the mouth of Constant Creek where he had found an old stone pestle. It is known that there was a site in the vicinity of the Barrett Chute Dam.

There are still “native” labels at Calabogie. Indian Island is in Calabogie Lake, near the north shore. Squaw Point is the point near Calabogie Lodge. According to legend, if one First Nations group came under attack from another, they would send their women and children across the lake to safety.

Interestingly, Squaw Point lies directly across the water from Eagle Point. Constant Creek, flowing from Constant Lake into Calabogie Lake, is named after one of the descendants of Constant Penency, Grand

Chief of the Algonquins of the Lake of Two Mountains. The nearby Jocko Beach is named after the Joe ko family, a local Algonquin surname; some members of



Water lilies in Vennachar

Photo: Bill Graham

Betrayed

By Bill Graham, Editor

On Friday afternoon at 5:00 p.m. after the July 1 Canada Day holiday, the Ontario Power Authority (OPA) sneaked out an announcement that some 10,000 MicroFIT applications of the total 16,000 submitted would be “unlocked” (frozen) until applicants supplied information as to whether their systems were roof-mounted or ground-mounted. If the system was ground-mounted; as most of those 10,000 unlocked applications were, then OPA was proposing a reduction in price per kilowatt hour from 80.2 cents to 58.8 cents—almost a 27% reduction.

The effect on our electricity rates of paying all 16,000 applicants the 80.2 cents rate would be less than 1/100 of a cent per kilowatt hour, and could even produce a net saving since the province already pays as much as \$1.25 for peak hour summer electricity from the U.S.A.

“How can they do this”, you might ask. In October 2009 they advertised the program and encouraged both business and property owners to take part in the new Green Energy Act and build a green energy economy. The promise was that all solar (PV) systems, regardless of how they were mounted, that met the rules would receive 80.2 cents per kilowatt hour for a contract period of 20 years.

Even the most sceptical would have been convinced that the McGuinty government was serious about a green economy when in January 2010 the Toronto Star reported on the Samsung deal made with Ontario: “Because of a controversial “economic development adder” incentive over and above the hefty feed-in-tariff premium already paid for green-energy generation, the South Koreans (Samsung) will effectively receive a \$437 million subsidy over the 25-year life of the agreement.” “While that will be covered by electricity ratepayers through higher hydro bills – about \$1.60 per household a year” – McGuinty said Thursday “it's the cost of doing business in the global economy.” “Building the green economy, green-energy jobs, and putting in place the Green Energy Act is not for the faint of heart,” the premier told a news conference at the Toronto Stock Exchange tower. With the new pricing proposal levelled against Ontario citizens and businesses, McGuinty has demonstrated that not only is he “faint of heart” but that he and his minions at OPA and the Ministry of Energy and Infrastructure are untrustworthy and cynical.

Interestingly, most of the 10,000 applications not yet given a conditional offer from OPA are ground-mounted systems and most will be in rural areas and many will be farmers. Many rural ridings elected a Conservative MPP so the reasoning might be that the price of betrayal will not be so great.

Dispatches from Afghanistan

(2010-4)

By Major Ross Allan

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

This week, my contracting anecdote involves the Commander's car. We rent civilian pattern vehicles including the Commander's staff car. The average rental is a tired vehicle and, through experience, we learned to ask for a picture and assurances that the vehicle on offer is less than 10 years old. For certain select individuals, we will ask for less than 3 years old or, in rare cases, brand new. The outgoing Commander had a three year-old Toyota Land Cruiser and its lease expired the day he left KAF. Apparently, no one thought the incoming Commander should have a decent vehicle and he got the default rental – a SUV of dubious provenance

that was 3 years old approximately 6 years ago. Someone on my team suggested that we give the Commander our deluxe 2008 Land Cruiser. We inherited it when Canada gave up command of the multi-national headquarters at KAF. The general went home but his vehicle lease persisted and no one wanted to drive a brand-new vehicle when the standard was 'well aged'. The vehicle has low miles, having never left KAF, and has yet to drive above 30 kph. My team volunteered to look after it and we have been test driving it for three months trying to find all the faults before finding it a new home. The Commander of the Canadian contingent would be suitable but my team's vehicle has an inoperative air conditioning unit and smells vaguely of fish. Fortunately, there were four 2008 vehicles on the lease I knew the exact location of the other three and their mechanical condition. I was not about to offer the one used by my Commanding Officer (CO), another one of the brave souls who volunteered to be an outcast driving a new vehicle, and instead offered up one of the two being used by the team that drives visitors around KAF. Unfortunately, my plan was not accepted, the Commander took my CO's vehicle, my CO came hunting for a replacement, and he knows about the dead-fish-in-the-disabled-A/C trick. I had to quickly retrieve the fish, reconnect the A/C, buy air freshener, and say goodbye to one sweet ride. I thought about faking a car jacking but I would have difficulty explaining how anyone can steal a vehicle

from an armed soldier and then there is the difficulty of hiding the vehicle when KAF is, perhaps, 14 square km of flatland and inhabited by more than 10,000 people.

Last week, I reported that The Pond will be closed and I hope the site will be remediated. I learned this week that the site will be turned into a shopping area offering a variety of goods and fast foods. Now I really hope the site is remediated and not to Afghan or Canadian standards but European, preferably German, standards.

On the topic of standards, I usually attend the Canadian Protestant church service. Due to the denomination of the padre, we followed the rights of the Anglican Church of Canada. On occasion, I attend the British Anglican evening service. Apart from the accent, the services are identical but for one critical detail – the UK padre is more a Scot when it comes to pouring the communion wine. I know he is Welsh so I wonder how he comes by the parsimony. After the communicants have their sip, he then drains the cup himself thereby showing that, in matters of drink, he and Dylan Thomas have more in common than nationality. On the plus side, the service is over in 45 minutes with sermon.

This week's sermon topic was confession. The padre pointed out that we live in an era of confession – people will pay \$100 an hour to confess to a stranger with a psychiatry degree, that a staple of talk shows is someone confessing a past misdeed, and 'tragic life stories' is a section in some of the larger book stores. However, these confessions are often made with no sense of repentance, no indication that the person is willing to change their behaviour, and no seeking of forgiveness. Without this healing, there is little hope and the person confessing is either seeking fleeting fame or expecting to lighten his/her burden by sharing. In contrast, God's forgiveness is liberating for those who repent and this message is lost on many people offering confessions these days.

Burger King is out of Whopper patties (again) but also chicken patties and 50% of their drinks. Essentially, Burger King is a now a fry stand. A few stores down, the Pizza Hut no longer offers large pizzas because the Hut is out of large boxes. The medium and small pizza boxes they do have look a little tired – the ones from the back and bottom of the storage shed. Tim's is doing a fine business with no apparent shortages and I managed to have coffee & doughnuts, free, twice this week as a result of the headquarters change – to help ease the new people into their jobs, we lull them with the false hope that we routinely get doughnuts and coffee. They will learn soon enough.

Betrayed (Cont)

The spurious argument used to propose a lower price for ground-mounted systems is that they are less expensive to install so the profit margin will be too large. My research shows that it is the roof-mounted system that is cheaper and this is supported by installers. It was Adolf Hitler who once said: "If you tell a lie, tell a big lie."

There is still a chance for this government to redeem itself. Any applications for a MicroFIT contract made before July 2, 2010 should receive the advertised 80.2 cents per kilowatt hour price. Many of those applicants have already taken out loans and installed systems based on the promises of the Ontario Government. That is the ethical thing to do. Ontario citizens should be treated at least as well as foreign investors.

The important lesson to be learned from this situation is that of trust. If the government can betray 10,000 rural landowners who trusted in government promises, then they can betray anyone. Good government can only be built on trust!

End

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The Early Years (Cont)

this family still live around Calabogie Lake.

There is one area that still retains its original aboriginal name. This is Wabun Lake, above Calabogie. Wabun means "dawn or morning or east," all of which are related ideas in aboriginal philosophy.

Unfortunately, there is little or no documented history of the Anishinabe. The First Nations passed down their knowledge and stories orally and the newly arrived Europeans did not seem to document information about them or their way of life in the Calabogie area. Where were their villages? Their sacred burying grounds? Were they year-round residents or seasonal. Was it a peaceful life or were there forever warring factions? They, too, would have had their tales of happiness and tragedy.

How Did Calabogie Get Its Name?

There have been a number of references over the years to the origin of the name "Calabogie." Many said the name is Indian, meaning sturgeon. But both the Algonquin and Ojibway word for sturgeon is "Name" pronounced nahmay. One source indicates that the name is an aboriginal surname. Another suggests that the lake is named after

a concoction from rum and molasses created by an owner of a stopping-place along the shores of the lake.

Others say the word "Calabogie" is from Gaelic origins and is an anglicized composite of two Gaelic words. Again there are two different interpretations, although they are very similar. One is "callad bogaidh" which means "marshy shores." This may refer to the wild rice marshes in the lake's bays. The other most plausible origin is supported by a gentleman who has been studying Gaelic for a number of years. He explains that the two Gaelic words are "Caladh" (pronounced "cala"), meaning harbour, and "Bogadh" pronounced "hogie", meaning quiet, still, and soft. This would refer to the lake's being a quiet harbour in the midst of the Madawaska River's tumultuous waters.

In early references, including maps, the lake is named "Calaboga," closer to its origins. Whatever its source, the word quickly evolved to Calabogie.

Editor's note: *This selection is from Calabogie: Timber, Trains & Tourists by Irene Robillard. Copies of the book can be purchased locally from both the Somethin' Special Shop and Neat Cafe in Burnstown*

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Fire News

By Betsy Sayers, Fire Chief

Welcome back to all of our seasonal residents. We hope you are enjoying a wonderful and fire safe summer. Speaking of fire safety – we hope you keep handy the Summer Fire Prevention Guide printed in the last issue of the Madawaska Highlander. The rains of June have passed and it's amazing how quickly things are drying out again.

The first week of July was incredibly warm and humid, and several people mentioned their surprise that we did not institute another 'FIRE RESTRICTION' (you will remember that a 'fire restriction' means no open air burning, but campfires are ok and that a 'FIRE BAN' means no burning at all).

We get most of the information needed to determine when a fire restriction or fire ban is required from the Ministry of Natural Resources. Their website told us that "High Relative Humidity prevents wet vegetation <e.g., from overnight dew> from drying quickly and even dry fuels will not burn as readily when the RH is high."

So when the Relative Humidity was very, very high, MNR actually did not assign as high a fire danger rating as they would have if the humidity had been lower – thus – no fire restriction that week.

We appreciate your interest and love getting your questions and help in keeping our beautiful Township fire safe – keep up the good work – we can't do it without YOU!

* * * * *

Ever thought of joining the Greater Madawaska Fire Department (GMFD)? We currently have openings in both our Core Fire Service and our Auxiliary.

Please note that members of the GMFD Auxiliary do not perform any active fire fighting duties, AND there is no minimum time commitment required.

Whether you are a full-time or seasonal resident – no matter how much or how little time you have, we need your help and invite you to become part of our worthwhile team. Please give us the opportunity to match your available time and skills to our needs – our job jar is overflowing! As part of this program, we are also launching the GMFD 'Junior Fire Fighters.' Do you have a son or daughter aged 16-18? We are looking for these young adults to help us with our summer projects. You can have fun, learn fire prevention lifeskills, help the Fire Department **AND complete your 40 hour volunteer requirement for high school all before heading back to school in September.**

To find out more, give us a call at 613-752-2222 + 0

Just ask to leave a message for the Fire Chief

* * * * *

As mentioned in last month's Highlander, GMFD has some special events planned in the near future. Dates aren't confirmed yet, so we can't be specific, but please watch our website and bulletin boards across the Township for more information as it becomes available.

End

A Dead Man on Horseback at Black Donald

By Howard Popkie

When World War Two was over my Uncle Charley Murphy came home from overseas. He bought a very long green convertible car. On his way to my house he picked me up at school and gave me a ride home.

He ran off the road in the snow. I was about twelve years old at the time but I remember Charley digging the car out of the snow with a canoe paddle.

Charley didn't have a home so he would stay a few weeks with each relative and then move on to the next.

It was good trapping rats in the spring at Black Donald so Charley came from Renfrew with a young man about 18 or 19 years old to trap muskrat.

They stayed at the Fox Lake camp across the Madawaska River. In the spring when the ice was melting on the lakes while on their way home they came upon a sleigh that was left on the ice on Fox Lake. Charley told the young man to leave the sleigh because the ice was melting and it was not safe.

But he said the boy didn't listen to him and walked out on the lake to get the sleigh. The ice broke and he fell in. Charley tried to help him and fell in too. He had to save himself so he broke ice all the way from the hole to the shore. The young man didn't make it.

Charley came driving his new car to our home and showed us his fingers with the skin torn and bleeding from breaking the ice with his hands to save himself from drowning.

They got the police from Renfrew who had a big iron hook on a rope to put in the lake to get the body.

They took a horse with them and headed out for the lake. I was on the load with the boy's father when the men came back with the body tied across the horse. His Dad took a ring off the boy's finger and that is the last I saw of them. They say that the boy's father died one week later.

So listen to my story and leave your sleigh on the ice. It is not worth throwing away fifty years of your life.

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CHAR, CHAR, CHAR

by Ernie Jukes of Camp J

Author's note: *I have fished and canoed our mighty Madawaska, the famous Miramachi, the Kenogami, Albany and Georgian Bay. I've caught larger fish in larger craft on the Atlantic, Pacific and the Great Lakes. But super fishing action is only part of this unique fly-in adventure into Canada's 'Far North'.*

"Whoops...hang on" we grabbed our armrests...as the wings suddenly tipped and our pilot darted our aircraft through a small hole in the thick overcast which had been all around us for the last four hours. Cruising low and fast we slipped down out of the black clouds over granite domes and piles of used oil drums. We soon bounced over small stones on a gravel runway which seemed only an extension of the beach.

We had arrived at the small Inuit community of Kuujjuarapik, on the once a week flight from Montreal. Here on the east shore of the giant inland sea...Hudson Bay. This tremendous body of salt water is about the size of France, Spain and England squeezed together. We were on the province of Quebec side, where the sub-arctic begins to leave the trees for tundra. The old maps show it as Great Whale River and the Quebecois called it Poste-de-la-Baleine. Nowadays, however, all northern settlements have reverted to their original native names. Good to see perhaps but most difficult to pronounce.

Some of the world's last great wilderness frontiers are really comparatively close for most of us North Americans to discover. From rugged mountains to vast tundra, clear clean lakes, and coastal fjords. Exploring, hiking, paddling, hunting, fishing and our unusual natural environment have attracted outdoorsmen to Canada's Far North for centuries. The wild rivers, still teeming with fish, the vastness and solitude, austere beauty of the rough yet delicate landscape, constant summer sun during six months of the year and even the notorious bugs are all part of our Far North experience.

As the dust settled a Quebec Hydro truck picked us up and whisked us through the village which was comprised of mostly Inuit, some whites and some Crees. We bunked-in at the pilot's shanty to await our next flight of 200 kms. over the sea ice to our final destination...the Belcher Islands. We had just cleaned up a huge platter of mouth-watering sea trout when we were informed that our flight to the Belchers would be delayed. Evidently a pontoon gash on the ice required repairs at their base down in Wawa on Lake Superior, a favourite moose hunting area of mine.

The next morning, even though we went immediately to the Hudson Bay Post for our week's supply of grub, we cheecho-ko's quickly learned that local residents had already emptied the shipment of food

that had arrived with our plane. We were only able to pick up canned seal, bacon, flour, oatmeal, cooking oil, tea and condiments. Not up to our normal planning but we were all outward bound survivor types.

After looking around the village and entertaining children with simple hand tricks, we arranged a trout fishing expedition along the shore to the south towards James Bay. Wherever we went I had an entourage of gleeful kids chattering in Inuktitut something like "inunuktuktukqal-lunaaq" which I guess means something like white man who takes this thumb off.

The next few days were spent with the Inuit fishing for brook trout and grayling at the mouths of rivers along the mainland. The weather was mixed from 90 F, hot sunshine with black flies to almost freezing with snow, in some instances all within a few hours. But, when you're catching fish with almost every cast who really cares! We communicated through Charlie Tookalook, the only Inuk traveling with us who could speak even a little English.

Three large freighter canoes each held a guide in the bow and sternman operating the 25hp outboard with two of us "Qual-lunaaq" amidships. Natural comedians, they would slip in and out of the house-sized icebergs, playfully trying to lose the other craft. One of these manoeuvres suddenly jammed us up onto a flat bed of submerged sea ice. The abrupt stop threw us so quickly forward that I cut my lip on the high centre thwart. However by the next day, saltwater and the ice I applied from icebergs as we drifted by had practically healed it entirely.

When we returned to the village with trout, ducks and seals for their families. We were also advised our flight to the "Burpees", as the pilot called them, was on for seven the next morning. Winging our way west over the endless ice pack we could see huge polar bears, walrus and seals sunning themselves below. The summer is so short that the ice moves and cracks, even melts, but never entirely leaves even in these hot August temperatures. We had flown two hours over the giant partially frozen sea, when our pilot eased back the throttle and lowered the flaps of the twin-engined amphibious Beechcraft and started our approach to the islands ahead. After three passes, searching for enough water clear of ice and rocks to permit a landing, we finally taxied up to what seemed a most desolate and barren shore.

We rapidly selected a campsite high on a caribou pasture...sans caribou. The poles for our wall tent were wisely brought along with us. This rocky country far above the treeline has 100 year old "trees" but they are only a foot or so in height. The hordes of black flies drove us to making camp

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The Madawaska HIGHLANDER

“Read cover to cover”

Dear Editor,

WHO KILLED ONTARIO’S ELEC- TRIC SOLAR POWER!

Solar Power in Ontario remains but a dream. It almost became a viable and lucrative industry with the passing of Ontario’s Energy Act in October 2009. It is now dead. It’s been killed by Dalton McGuinty, a kindred spirit of Pinnocchio.

The tremendous potential which solar energy offered to Ontarians was awakened by Mr. McGuinty’s offer of fair financial incentives to industry, contractors and citizens. The financial incentives were cast in stone, guaranteed by the McGuinty government for a period of 20 years, subject only to a proposed revision in 2011.

The scheme worked. The return offered on investment provided the spark which ignited interest and action. Tens and hundreds of thousands of dollars were committed by Ontarians in support of this enlightened initiative. Job creation, development and innovation were set in motion. The somnolent solar energy dream was becoming reality.

But, it all came to a halt on Friday, July 2, coincident with a long week-

TO THE EDITOR:

The Way It Is:

This past week I began chemo-therapy for the cancer that has advanced to most of my lymph nodes and my liver, and the doctors tell me my life expectancy is probably two years at best. I will try to prove them wrong of course, but good doctors are usually fairly accurate in such things and I believe the two doctors who are on my case at the Cancer Centre are exceptional.

I wish to thank this newspaper for their co-operation over the years and to tell you what a pleasure it has been sharing so many stories of my youth and the characters who lived ‘Out on the First Concession’. And in turn I have been an avid reader of all the rest of the contributors to the Madawaska Highlander. A good little newspaper!

I always tried to stay clear of politics but I will say that J.R. Easton, Peter Emon and big John Yakabuski are

end and the launching of new taxes, when McGuinty announced a premature revision to its commitment.

Facing a backlash from Ontarians due to the HST, the ECO Tax and projected increased costs of 20% to 30% for electricity, McGuinty pulled the plug on the promise of solar power by clawing back 25% of the promised return on investment.

The McGuinty government seems to support and encourage the myth that rising taxes and electrical costs are directly linked to the cost of stimulating Ontario’s solar energy industry. There is of course no such link.

McGuinty appears to be playing a shell game by crippling a burgeoning green industry to shield unjustifiable taxes and expenditures. The McGuinty government is being less than honest.

McGuinty has effectively killed Ontario’s Solar Industry and all that it promises.

He and his government can’t be trusted!

J.P. De Grandmont
Matawatchan, Ontario

my kind of politicians even though they did not always get my vote.

There are so many good people in Greater Madawaska, especially the three clergymen of Calabogie and hopefully when my time comes they will say a few words on my behalf.

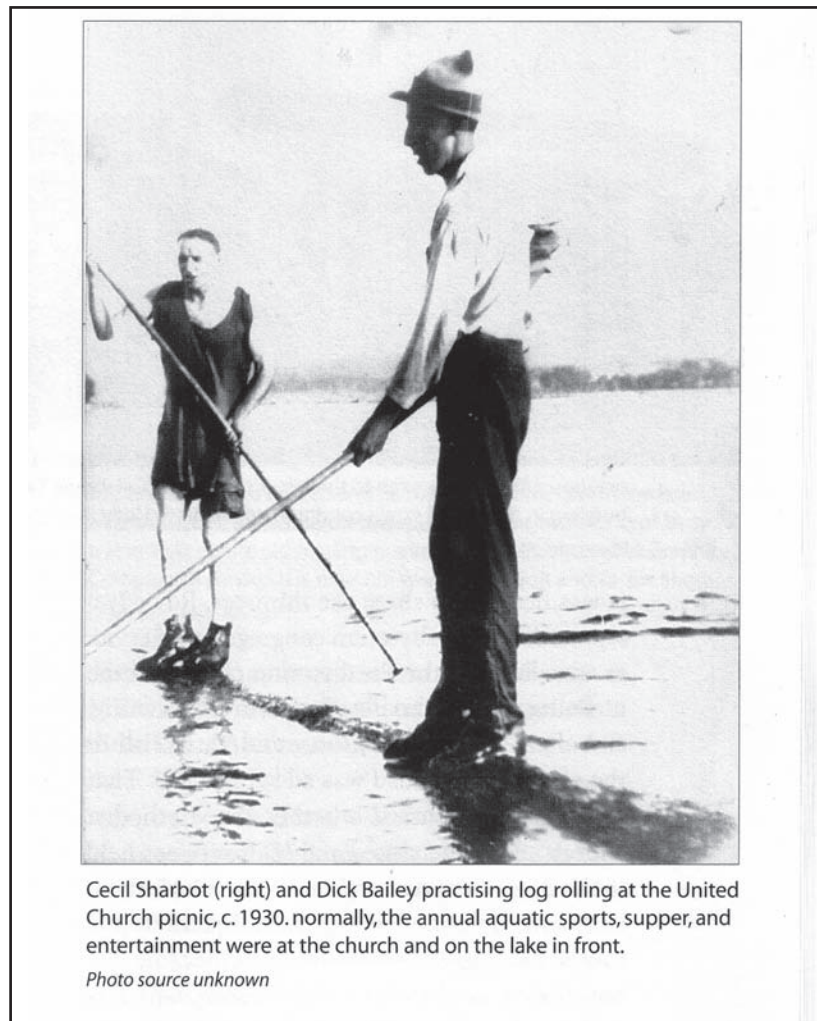
I learned so much about life when driving seniors through Calabogie and area Home Support and I sincerely hope that organization continues to function for many years. And may the Medical Centre with Doctor Buxton be always available.

To all the musical groups of Renfrew County, and especially to the musicians whom I sang with at the hospitals and nursing homes: you have given me untold hours of enjoyment. There is a lot more that could be said but suffice to say that I have lived a good life in the Ottawa Valley.

Thanks for listening.

Wes Bomhower.

Looking back...



Cecil Sharbot (right) and Dick Bailey practising log rolling at the United Church picnic, c. 1930. normally, the annual aquatic sports, supper, and entertainment were at the church and on the lake in front.

Photo source unknown

To the Editor:

Boating enforcement by the OPP

J.P. Grandmont wrote that while boating he was stopped by the OPP marine patrol for a safety inspection (The Madawaska Highlander, June/July 2010, Ontario’s Finest in Action). Grandmont explained how he was stopped and subjected to a “show-and-tell interrogation by government agents”, albeit conducted in a professional manner with the purpose of enhancing safety on the water. The crux of his letter was to express his indignation about being stopped by the police and subjected to state interrogation while he was doing nothing wrong. It is my opinion that a marine enforcement program which directs the police to stop any boat they wish without due cause is NOT permissible under Canadian law unless a court has ruled that the program is justifi-

fied to prevent harm to the citizenry. As an example, the RIDE program has been given designation as an enforcement activity permitting the police to stop vehicles and check for impaired drivers without due cause. I am not aware that the marine patrols have undergone the scrutiny of the courts by having a person who is given a ticket by the marine patrol being found not guilty because the officer did not have due cause to stop the offender’s boat. Until that happens, the OPP are taking the chance that all of the convictions under this program will be at risk of being vacated. Canadians should not and must not be subjected to random state interrogation while we go about our lives. As a final note, I believe that many boats can be stopped with due cause. Exceeding 10 km per hour within 30 metres of shore (some exceptions), driving in a dangerous fashion, towing without a spotter, and over-loading are all too common on our waterways.

Steve Giles
Ashby Lake

Community Yard Sale

**Once again a community yard
sale is being planned for Sat.
July the 31st in downtown
Matawatchan.**

**Plan now to bring a table and set up.
All are welcome.**

If you would like more information call 613-333-2798

GREATER MADAWASKA SENIORS HOUSING CORPORATION

An update July 2010

After a year of existence we are proud to report on some of our accomplishments! We are now an officially incorporated not for profit organisation called the Greater Madawaska Seniors Housing Corporation.

The Corporation recently received approval for seed funding from CMHC to further develop plans for seniors housing. In fact we received a grant of \$10,000 and a loan of up to \$10,000 to develop a business plan, complete a financial feasibility analysis, complete an environmental site assessment, draft preliminary plans and explore funding sources. This funding approval gave the board members a renewed boost of energy.

Preliminary plans have been drawn and were posted in a couple of churches to get comments from potential residents. Revisions have been made and will now be used to get costs for the project.

The Board will be hosting public consultations in September to get your input on the draft designs, on potential sites, on the budget and on other aspects of this project. You will also have the opportunity to become a member of this vibrant organisation and you will also start creating the preliminary list of people wanting to live in one of these maintenance free apartments!

We will give you the dates and places of the September consultations in the next Highlander issue. For more information please call one of the board members representing your area.

Griffith Matawatchan: Pat Holleran 333-1229, Juliette LeGal 333-1352

Calabogie/Dacre: Ann Merla 432-8720, Bill Griffiths 752-2201, Bill Beacham 752-1400

Hope to see you in September!

Bill Beacham
President

JIM MUNRO
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Griffith-Matawatchan News

By Garry Ferguson

The buzz around town these days is about the plethora of up-coming events in Matawatchan on Saturday July 31. As usual, the Matawatchan Market (9 a.m. to 1 p.m.) will take place at the Hall, then at 9 a.m., a Community Yard Sale, smack in the centre of town, will begin concurrently with a monster Bake and Rummage Sale just up the road at St. Andrew's United Church. Finally, at 1 p.m., the Fish and Game Club's annual Pig Roast at the Holleran spread on Hutson Lake Road will get under way. I'm not sure how we'll bear up under so much excitement in one day but any happenings for the rest of the year should be anticlimactic. There have been posters, with all the particulars of these events, posted around the area, so drop around to your nearest bulletin board and get the information fresh and unfiltered from the source(s).

New Denbigh Griffith Lions president, Joe Kleiboer, and all the Lions are grateful to the community for the generosity shown during the recent Toll Roads at Griffith and Denbigh. It was the most successful ever. Proceeds from this outing, unofficially known as the "Great Black Fly Feast," go to Hospice Renfrew one of the most worthy causes in the county. The Club will be back

out on Labour Day, so put a few loonies and townies aside for the occasion.

Kurstyn Pelley was the recipient of the coveted \$500 Denbigh Griffith Lions Bursary for the year 2010. The choice was based on a submitted essay per-

taining to her activities in the community and educational plans for the future. Beginning in September, she will attend Kingston's St. Lawrence College where she will begin three years of study that will eventually lead to a CGA. Kurstyn left Opeongo High School in June with another award tucked under her arm: it was a \$100 dollar bill given

by the Economics Department for the highest mark in the graduating class.

Two other presentations were recently made, in this instance, to a couple of dedicated Lions, Brigitte Hoffman and Ruby Malcolm. The Melvin Jones Award, the highest honour bestowed by the organization, is not given eas-

continued on page 13

STAY CLEAR STAY SAFE

Recreational activities near hydro stations and dams are dangerous

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

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Out on the First Concession

By Wes Bomhower,

MY BUILT IN ALARM CLOCK

“Snap your tail and curl your bladder”, Dad would call out to me back in those years on the farm when our day began at 4:30 A.M. during the summer months. Sometimes just for a change he would call, “roll out now, it’s daylight in the swamp”, and I would drag my unwilling body out of bed, get dressed and stumble out into the cool morning air where it literally was ‘daylight in the swamp’. I can still recall the long tendrils of mist or fog arising from the lowlands, then slowly dissipating as the sun climbed above the horizon.

Many years later I questioned Dad about the fancy wording of those early morning calls. Dad just smiled and said that most of the phrases originated from his years in the military during the First World War. “Our Sergeant Major had a different yell for every day of the week, I think, and his voice carried for a half mile or more”, Dad reminisced.

When I was going to school, Mom or Dad always called me in the morning, often two to three times before I would manage to get the sleep out of my sys-

tem and become fully awake. As I grew older and was big enough to help with the milking, Dad would call me quite a lot earlier in the morning, but never did I have to depend on myself to waken until the summer following my fifteenth birthday when Mom and Dad decided to take a trip by train down to the State of Vermont to visit Dad’s elderly sister who was ill.

We sat down to talk things over and Dad had almost decided to contact one of the neighbours to help me with the chores while he and Mom were away, especially the morning milking, but I convinced Dad that I could handle everything myself.” You realize the milk has to be up to the neighbours by 7:30 A.M. every morning or it won’t get to the cheese factory”? Dad questioned me. “And there are ten cows milking which you will have to do by yourself “. I shrugged, “I’m a fast milker Dad, you know that”. But Dad, still dubious about my talents, answered, “Yes, that you are a fast milker, but will you hear the alarm clock and get out of bed every morning at 4:00 A.M.”? I thought that over for a moment and said I could manage alright even though I was having second thoughts about the waking up part. “All right then”, said Dad, and I drove he and Mom back to the railroad station with the horse and wagon.

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I was really concerned about waking in the morning, so I went to bed quite early that first night, the alarm clock close to my pillow and set for 4:00 A.M. I slept soundly throughout the night until just before the alarm was due to ring in the morning, when I suddenly awakened. Bounding out of bed, I shoved the alarm button down, dressed quickly , rounded up the cattle and milked them and had the

milk up to the neighbours in record time.

And that has been the story of my life ever since. If it ever was required that I arise earlier than usual, I seemed to have a built in alarm system that wakens me just before the alarm clock can ring. Since my retirement, I seldom worry about such things, but I have good memories and times indeed have changed.

End

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Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

St. Andrew's United Church
 Aug to Feb Sunday Worship 11:30 a.m.
 Feb. to August Sunday Worship 8:30 a.m.
 Anniversary Worship Service Aug 8
 Followed by luncheon

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

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

DENBIGH AND VENNACHAR

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

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

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

The New Apostolic Church
 Annual hymn sing -Sunday, Dec 14th at 4 pm
 Sunday School 9:00 a.m.
 Sunday Worship 10:30 a.m.
 Wednesdays 8:00 p.m.

CALABOGIE

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

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

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

Calabogie St. Andrews United Church
 1044 Madawaska Dr. (on the waterfront)
 Christmas Eve service 7 p.m.
 Church Services Sunday Mornings at
 8:45 a.m. Communion
 1st Sunday of every month.

COMMUNITY EVENTS

Calabogie

TD Summer Reading Club - Go on exotic jungle safaris. July & August for ages 6-12 at township library. Call library at 752-2317.

August 22 - Calabogie Lions' Club Community Appreciation Day, 1 – 7 pm at Barnet Park; all welcome, bring a chair
Free BBQ: chicken, hamburgers, hot dogs & all the trimmings Cash bar. Free soft drinks. **Fun for Kids:** face painting, scavenger hunt, balloons, games, jumping house, giant slide, clown, treats **Bogie Arts** – Paintings by Calabogie & Area artists, hand-crafted jewellery, art objects, sketch artist 1 – 7 pm. Gospel music 1 -3 pm with local and valley singers Music 3 – 7 pm with Mac McLaren, fiddlers, step dancers & singers, Julie Laroque

August 29 - Giant BBQ & Garage Sale at Most Precious Blood Catholic Church with bingo and kids' activities, 1 – 4 pm

Kids' Free Movie Nights, at 7 pm every second Friday, Aug, 6 and on...at Calabogie Community Centre, organized by Township Recreation Committee.

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

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

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

Calabogie Arts and Crafts Assoc. Every 2nd Monday (if holiday, then 3rd Monday), 10:00 am – 1:00 pm, Community Hall, Prospective members most welcome (\$15 per year), 752-1324

Calabogie Artfest
 October 2 and 3
 10 a.m. to 4 p.m.
 Calabogie community Centre

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

The Calabogie and Area Ministerial Food Bank
 538 Mill Street, 2nd and 4th Thursdays of the month 9:00 am to 11:00 a.m. For emergency situations, please call 752-2201

Griffith & Matawatchan

Wednesday Evening Baseball
 Matawatchan Hall grounds
 Begins June 16 @ 6:30 pm

Matawatchan Community Market
 Every Saturday morning from 9 am to 1 pm
 Fresh vegetables, baking, preserves, etc.
 Lunch served after 11 am

July 31 - Bake and Rummage Sale
 St. Andrew's Church Matawatchan
 9 am to 1 pm

July 31 – Fish & Game Club Annual Pig Roast
 Watch for posters

Community Yard Sale
 Saturday July 31: 9 am
 Downtown Matawatchan
 Plan now to bring a table and set up.
 All are welcome.
 Information call 613-333-2798

Anniversary Summer Social
 Saturday August 7 – at 2 pm
 Shared pot-luck picnic meal – 4 pm
 Bring salads, cold dishes & desserts
 Whole community welcome

Art Show
 Matawatchan Market
 Saturday August 7
 9 a.m. to 1 p.m.

Lion's Club
 Bingo: 3rd and 17th and 31st
 Show & Shine: Classic Car Show
 - August 28 - rain date Aug 29
 -10 am to 3 pm - admission by donation

"Northern Lights" Seniors
 Meet the third Wednesday of each month at 1:15 p.m. in Griffith at the Lion's Hall following food and fellowship beginning at noon. For information: contact Lois Robbins at 333-1082. All Seniors Welcome

Denbigh

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

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

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

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CABA CORNER

By Debora Giffin

The Calabogie and Area Business Association turned another “year older” on July 1st and at the recent annual meeting, (graciously hosted by The Duck Restaurant) the new Executive and Directors were elected.

Shortly thereafter, the Executive and Directors announced the following appointments: Debbie Knaut – President; Lucy Lester – Vice-President; Cath Reynolds – Secretary; David Abraham – Treasurer; Directors at Large – Debora Giffin, Carolyn Jakes and Kristina Chapman.

Over the year CABA has been steadily working to “Improve, Promote and Grow” the business climate and opportunities in Greater Madawaska and Burnstown in the following ways:

- Continued our policy of active community involvement by participating in Canada Day Festivities, Remembrance Day Services, the Calabogie Winter Carnival and Christmas Lights on Bogie Nights.
- Organized and managed the second Festival of the Senses incorporating two new CABA sponsored events along with 26 other participants.

- Provided support and participation in the local Tech Expo, which was part of the Broadband Outreach Program
- Provided and supervised a fully funded student to operate the Tourist Booth five days per week for July and August

- Recognized business and community volunteers with the CABA Achievement Awards

- Created and implemented a CABA logo for use by our organization as well as members

- Local committee involvement including Economic Development, Sound Advisory, Strategic Plan Implementation, Ottawa Valley Economic Development and County Chambers of Commerce

- Maintained a Community Events Calendar available as a link to the Township web site

Maintained the CABA website with up to date information, providing an on-line directory of all members and links to their own website

Acted as a point of contact for visitor and general enquiries through our www.calabogie.org website

- Continued sponsorship of a kilometer of Hwy. 511 within the County’s Adopt-a-Road program

- CABA members maintained a stock in 4 of the Township’s Tourist Map mail boxes and busy locations such as the Antrim Truck Stop

- Established a data base for Tourist Map distribution outside of our own area
- Provided funding support to the Township Trails Committee for signage of trails

- Provided funding support to the Township to assist with Canada Day Fireworks expenses

- Attended relevant business seminars and workshops such as the HST Transition seminar and Bridges to Better Business

- Co-sponsored the Annual General Meeting for the Ottawa Valley Tourism Association held at Calabogie Peaks

- Raised funds internally with our “On-Line Auction” which provided funding for all of the above

- Incorporated the popular “Reeve’s Business Report” at our quarterly meetings

- Continued with our “Stash-a-Cache” project which has attracted in excess of 500 group and single visits to the area.

- Conducted quarterly meetings at which members were provided interesting and exciting agenda items, guest presentations, networking opportunities and an “FYI” (for your information) list of current facts and information relating to business and tourism.

- Co-sponsored a full page advertisement in the OVTA Travel Guide and Maple Lanes magazine.

- Produced the CABA Business Directory, which is circulated by the Madawaska Highlander to all residents.

- We welcomed several new members this year, including Calabogie Marine and Sport, Calabogie Pearl Lakefront Chalets, Calabogie Motor Inn, Weiss Maintenance and “The Honey Do This” Company, Knaut’s Guest House and Taste Funtastic.

The Calabogie and Area Business Association continues to be an integral part of the area’s healthy, vibrant, and growing community.

On a personal note, I have completed my term as President and would like to take this opportunity to thank the dedicated Executive, Directors and member volunteers who have provided valuable time and energy for the benefit of all.

Hope your summer is developing into a healthy, profitable year ... in closing I offer an inspirational quote by Thomas J. Watson - “You have to have your heart in the business and the business in your heart.”

End

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Denbigh News

By Christi Schroeder-Laundrie

Seems the Bill White and White Pine Concert was more than well received by the residents of Denbigh and area. The phone has been ringing here with accolades of the event, the coverage (thank you, Frontenac News) and info in general. The Tebworth Brothers made a splash, and already I have passed on their info to others who have them booked for performances elsewhere. Yours truly certainly enjoyed the event.

Folks please note the Vennachar Free Methodist Church has changed the Sunday morning service time to 10am for the summer months, effective Sunday, June 13th. Please feel welcome to come and join us in worship!

The Canada Day Celebration in Denbigh was a great achievement again this year. Of course the day started with the popular Lawn Tractor Pull, and of course it was well attended. First prize winners were: -- in the 14 and under category: Terri-Lynn Rosenblath -- Lawnmower: Dave Malcolm -- Lawn tractor: Tanya Rosenblath -- Modified Class: Steven Rosenblath. It was difficult to judge the Bike and Costume Contest, as it was obvious all the children had put a lot of effort into their displays. I was unable to attend and so do not have the names of the winners, but I am sure all of us can offer congratulations to the young participants. A big thank you goes out to the Recreation Committee for their hard work in pulling off this wonderful event again this year. Also a thank you to Mary for her prize donation, to Yvonne for acting as MC, to Crystal for her help, to Mark, and to all the township workers who helped to

make the day such a smashing success. I am told everyone enjoyed the fireworks display in the evening, and a thank you to the firemen for a job well done. The Music in the Park Sunday afternoon saw a very appreciative crowd who applauded the entertainers with hand clapping and toe tapping. What great talent we have here in the Denbigh area. Thank you to all of you who came out and shared your gifts. You all did a wonderful job. Let's do this again next year.

Yours truly was unable to attend the Canada Day celebrations this year. I had mistakenly assumed Canada Day celebrations would be on the actual Canada Day, and had accepted an invitation back in February to attend a large family reunion on the Saturday in question. What a wonderful time it was, more enjoyable than I had imagined. Meeting and chatting with family and friends I hadn't seen for almost ten years, swimming in the lake, sharing stories and good food is the best way to

spend time with those you care about. I took lots of pics too, as Constant Lake is a very beautiful and still pristine area.

The Northern Lights Senior's Group had planned a bus trip to Eastern Ontario July 14. This Prince Edward County Wine Tour included a visit to the Bonibrae Day Lilies and Hostas Garden Centre, the Copper Kettle Chocolate Factory and a shopping stop. There was also a planned pit stop at the junction of Highways 41 and 401, a ferry ride to Picton, lunch overlooking the water, and a shopping stop in Belleville on the journey home. Registration as usual was needed early to reserve the bus. If it is as successful as the Tulip Festival trip, I am sure we will hear accolades.

For all you fiddling enthusiasts, the Frontenac Old Time Music Championships

continued on page 16

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Giant Hogweed discovered in Matawatchan

By Bill Graham, Editor

Discovery of patches of 'giant hogweed' are being reported from across the country. Its presence was also confirmed in Matawatchan from photographs that the Madawaska Highlander sent to Jeff

species have spawned many possible sightings. However, the majority are not 'giant hogweed'. "I have now investigated over 100 'giant hogweed' sightings, and yours (Highlander photos) is only the 3rd that actually is giant hogweed," said Mr. Muzzi.

The 'giant hogweed is located on the



Giant Hogweed

Photo: Bill Graham

Muzzi, Chief Forester for Renfrew County. News reports about this invasive plant property of David Guest and has been there for a few years. It is just that no one

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until now knew what it was.

Mr. Muzzi also reported to the CBC: "The concern is it's a very poisonous plant, in the sense that if you get any of the sap from this plant on your skin, it can cause severe blistering and very bad burns." Further, being an invasive species, its effects on the environment are not good - it displaces our native plants, and it has no natural predators here.

"If you should happen to get the sap in your eyes, it can blind you either temporarily or permanently." He said the burns can cause permanent scarring and any areas affected will be sensitive to sunlight for many years.

Giant hogweed can be a serious health hazard for humans. Its watery, clear sap contains photosensitizing compounds (furanocoumarins), which, when in con-

continued on page 14

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GM News (Cont)



Karin Lehnhardt presents award to Garry Ferguson

ily and must be well-deserved. It was.

Barb Doyle, our long-time *Madawaska Highlander* correspondent embedded within the Lions' den, is back among us after a knee replacement. She was the loooong-serving editor, whip and multicopyist *par excellence* for the old *Highlander*. We welcome her back to the (snicker) news desk.

Don't forget the Lions' biggest project of the year, the Show and Shine on Saturday August 28, 2010. Rain Date: Sunday August 29, 2010. There'll be music, a BBQ, 50/50 draws, food, a canine demonstration and even a bar. Admission is by donation. The car show is one of the best around, but do the vehicles that were new when I passed my first driving test really have to be called "antiques" so soon?

St. Andrew's United Church in Matawatchan will celebrate an anniversary on August 07 beginning at 2 p.m. in the church yard. There will be piping and other diversions as well as a pot luck

meal at 4 p.m. Bring salads, cold dishes or whatever you wish to kick in. The whole community is welcome to join. The Uniteds will finish off the weekend with a combined sevice (Denbigh, Schutt and Matawatchan) in Matawatchan at 10:30 a.m. on Sunday. A luncheon, served up by the church ladies, will follow.

Since this seems to be an article about awards, I must mention two Greater Madawaska Community Builder Awards that were recently presented by Councilor Karin Lehnhardt to a couple neighbourhood lads. One of the plaques was presented to Bill Graham, editor of this publication, at the Canada Day celebrations for his community work and the hundreds – probably thousands – of hours piled up in keeping one of the best little papers in the province going. Since the powers that be couldn't immediately think of another deserving recipient to receive the second plaque, it was given to yours truly. Who says you can't fool most of the people all the time? A great compliment indeed and much appreciated.

End

The Dirty Dozen

By Adam Copeland

Here is a copy of the updated list of the 12 most heavily sprayed crops for 2010, dubbed the "Dirty Dozen". Some experts in the field now suggest limiting your intake of certain fruits and vegetables if they have been subjected to pesticides. The good you gain from the fruit is lost due to your exposure to the poisons embedded in the plant. The good news is you can usually find naturally raised foods at your local farmers market.

1. Celery: Buy organic celery, or choose alternatives like broccoli, radishes, and onions.
2. Peaches: Multiple pesticides (as many as 62 of them). Can't find organic? Safer alternatives include watermelon, tangerines, oranges, and grapefruit.
3. Strawberries: 59 pesticides have been detected in residue on strawberries. Can't find organic? Safer alternatives include kiwi and pineapples.
4. Apples: Safer alternatives include watermelon, bananas, and tangerines.
5. Blueberries: Blueberries are treated with as many as 52 pesticides.
6. Nectarines: With 33 different types of pesticides found on nectarines. Can't find

organic? Safer alternatives include, watermelon, papaya, and mango.

7. Bell peppers: Can't find organic? Safer alternatives include green peas, broccoli, and cabbage.
8. Spinach: New on the list for 2010, spinach can be laced with as many as 48 different pesticides, making it one of the most contaminated green leafy vegetable.
9. Kale: It was found to have high amounts of pesticide residue when tested this year. Can't find organic? Safer alternatives include cabbage, asparagus, and broccoli.
10. Cherries: Government testing has found 42 different pesticides on cherries. Can't find organic? Safer alternatives include raspberries and cranberries.
11. Potatoes: Laced with as many as 37 different pesticides. Can't find organic? Safer alternatives include eggplant, cabbage, and earthy mushrooms.
12. Grapes: Only imported grapes make the 2010 Dirty Dozen list. Vineyards can be sprayed with different pesticides during different growth periods of the grape, and no amount of washing or peeling will eliminate contamination because of the grape's thin skin. Remember, wine is made from grapes

End



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Hogweed (Cont)

tact with human skin and in combination with UV radiation, can cause burning. Content varies depending on plant part, but contact should be avoided at all times. The reaction of the skin depends on individual sensitivity. After 24 hrs, reddening and swelling of the skin can be noticed and this is followed by an inflammatory reaction after 3 days. Effects can last for months and skin can remain sensitive to UV light for years. Research has also shown that furanocoumarins in general may be carcinogenic and may cause birth abnormalities.

Giant hogweed is originally from somewhere between western Asia and Eastern Europe and was introduced to North America as a garden ornamental. It was first spotted in Ontario in 1949.

The most distinguishing characteristic of 'giant hogweed' is its size. The plant can grow up to five metres (15 feet) in height and its leaf can be as much as a metre wide. It has three large deeply cut leaflets, each leaflet with deep irregular lobes and coarse, sharp teeth on all margins. The flower array is also giant with white flowers (the main flower of 'giant hogweed' has 50-150 flower rays) and stands high on the main stem as a massive cluster. Finally the green stem has purple blotches and coarse white hairs. At first glance 'giant hogweed' can be confused with other similar plants such as wild parsnip, which has yellow flowers, cow parsnip, Queen Ann's Lace and poison hemlock. However size is the most defining characteristic.

If you come in contact with giant hogweed, wash affected areas immediately and keep the affected area out of the sun and seek medical advice. To remove hogweed from your property, you must take special precautions:

Wear protective clothing, including gloves, long sleeves, pants, and eye protection, rain coat and boots. Waterproof clothing is ideal - a rain suit will do - along with rubber boots, good rubber gloves and eye protection.

Avoid getting sap on your skin. Immediately remove any flower heads to prevent seed growth and dispersal.

Sever the plant roots 8 - 12 cm below the soil surface. A scythe works well, or a pruning saw on a long pole - something that isn't going to spray the sap around.

If you have it, pour Round-up into the hollow stem - 5% solution is recommended. The idea here is to let the roots absorb the chemical to kill the rootstock.

Dispose of all plant parts in a double-bagged garbage bag, seal the bag and DO NOT COMPOST or put it in your yard waste.

Return to plant site periodically to re-

move any new plant growth.

Wash the clothes you wore and the tools that you used to remove the plant afterwards (avoid contact with soiled clothing or tools).

If you see 'giant hogweed' in a public area, the Eastern Ontario Health Unit asks that you please inform your municipality. If it is private land, then it is in the best interest of the landowner to remove it, but it is not legally required.

Dealing with the presence of 'giant hogweed' can be frustrating Mr. Muzzi confided to the Highlander: "There is no legislation or regulation that stops people from growing giant hogweed. All of

the giant hogweed I have eradicated so far has been growing on municipal property, and I don't have any authority to enter private property to destroy it, nor can I order the landowner to do so. That doesn't seem to make a lot of sense, but that's the way it is. It is not a noxious weed under the Weed Control Act."

"Further, we can't legally use pesticides to deal with it - prior to the changes in the Pesticide Act to eliminate cosmetic use, we could, but now we can't. Legally, I mean. There are mechanical methods that may be practical in small infestations."

"What doesn't help is that nobody is "in charge" of invasive species in this province - not municipal, provincial or fed-

eral government. There is no strategy or guidance on how to deal with them. We are flying by the seat of our pants on this one."

For positive identification, you can send a digital photo of the suspected giant hogweed to www.ontarioweeds.com/ The OMAFRA website also has excellent information on Ontario weeds www.omafra.gov.on.ca/english/crops/facts/noxious_weeds.htm

End

In the 1950's some 80% of chickens in Europe and the US were free-ranging. By 1980, it was only 1%. Today, about 13% of chickens in the West are free-ranging.

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With a Song in My Heart – Crickets

By Floris Wood

Some say Crickets bite. I'm one of them. Let's clarify that, I'm not a Crickets, I'm a human who says Crickets bite. I know they bite. They bit me. As a kid visiting my much older sister, who lived on a major two lane highway in Michigan (the only kind of major highways there were then) where there were a lot of lakes, my nephews and I, they are about my age, would dig worms and catch Crickets for fish bait, put up a couple of signs and sell the bait out by the road. It paid for a Tarzan movie.

While catching Crickets I got bit a couple of times, on the webbing between my fingers. It swelled and hurt and I told everyone that Crickets bite. They said things like, "Sure they do, and so do worms." But I never doubted, throughout my life, that Crickets bite. So, while researching Crickets for this article I read that Crickets DO bite and that it can be painful if they bite tender skin such as between the fingers. I am vindicated! It did qualify that it does not happen often but, occasionally, Crickets bite.

Crickets also chirp and the thing they chirp is called a song. They get really good at these songs because they only have to learn four of them. Only the males chirp. I guess they have only four things in life to chirp about. The first song is chirped when he is alone and wants the female population to notice him and wants the other males to leave him alone. The second, a very quiet song, is chirped when he has a specific female in view and he is courting her. The third song is called the copulatory song and the name says it all. The fourth song is a display of aggression towards another male.

The weather affects the Cricket's singing. The warmer the temperatures the faster the Crickets chirp. In fact, the chirp speed (number of chirps per minute) correlates so precisely with temperature that researchers could accurately tell the temperature by listening to Crickets chirps. The formula used to predict temperature looks like this; $Temperature = 50 + (Number\ of\ chirps\ per\ minute - 40) / 4$.

I can imagine that my daughters, sometime during their childhoods, asked me how Crickets make that strange sound. I probably told them what I and a few billion other people thought was true, "They rub their legs together". I was wrong as I often am when I trust hearsay. They rub their wings together. The underside of each Crickets forewing cover has a vein that has grown teeth on it, much like a comb. When the top of the opposite wing, which is equipped with a kind of scraper, is rubbed over the teeth the effect is much like rubbing your finger over the teeth of a comb. The Crickets' wings are held erect while making this movement,

so the membrane of the wings serves as the sounding board to project the sound backwards. The Crickets, while chirping, rotates his body head to tail, every six seconds, to make sure he covers the area well with his pleas. The females, although they are deaf, have tympanic membranes just below their front knees (they probably think it strange that we park our ears on the sides of our heads) that pick up the sounds.

Chirping is a very important factor in Crickets reproduction. Crickets are very aggressive competitors for mates. Researchers studying reproduction behaviour in Crickets found that although the larger male Crickets were more successful in defending their territory against adventurers, the small Crickets were able to attract more mates than the larger males. Furthermore, the best predictor of greater reproductive success among smaller Crickets was the frequency of chirping. But among the larger Crickets the frequent singers were not more successful

at attracting females. A recent surprising research finding is that a very large percent of the male and female Crickets population never reproduce. The reasons are not yet clear. It should be noted that in some species of Crickets not all males chirp the mating chirp. The non-chirpers engage in what is called satellite behaviour, i.e. they hang around the territory of a chirping male waiting for the opportunity to mate with a female that is attracted to the chirpers call.

continued on page 19

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Cottage Corner

Pondering Life at a Cottage Lake

By John Roxon

As I sit here enjoying the beauty and the splendour of the cottage, my thoughts turn from the immediate to the fanciful. The thing is, in the summer, I try not to occupy my time with chores – I try not to think of the cobwebs inside or, outside, the tree branches strewn about the ground. It all has to be done and it usually does during a rare burst of inspiration, but today just isn't one of those days. Similarly, rather than thinking about what is obvious, such as the insolent dog, or guests who don't know when to leave, I've decided to contemplate the things that actually do occupy my mind now. So following is some of the flotsam and jetsam that have entered my brain as I'm sitting on the dock by the bay (with apologies to Otis Redding). Many of these thoughts have no answers, at least no right or wrong answers. Many are open to interpretation, inspiration and creativity.

Is a service economy sustainable? The thing about a service economy is that our days are increasingly filled with servicing others. Then we have to hire people to service us because we're too busy, servicing others. Isn't this much like a dog chasing its own tail?

How is it possible that we have things that "pollute" the earth when absolutely everything ever made comes from the earth? Perhaps what we deem as pollution is really impatience – we don't want to wait 1000 years for the plastic bag to break down, we want it done now. Unfortunately, our impatience comes at great cost in other areas of the planet – especially fossil fuels, in which we actually don't have the time to wait the millions of years for them to renew themselves.

Why do we fight wars based on systems developed hundreds of years ago? Systems that were based on hand to hand combat, before modern weaponry was invented. How can we possibly win a war when everyone dresses alike and marches in unison? Isn't this method just making our young troops an easy target? Better that they should assimilate into the enemy's territory and fight the war from within. Of course this will soon be moot as the most destructive wars of the future will be largely economic and cultural in nature.

Why do we follow what the experts say about health, diet, finances and living the good life when, in most cases, ignoring these experts will leave us better off. One should always regard who signs these expert's cheques before considering whether to take the advice to heart. Common sense, respecting your fellow man and listening to your body are far

better guidelines and will seldom steer you wrong.

Imagine what we could accomplish on an individual basis if even 10% of computer owners could fully unleash the power of the machine? Most people would be embarrassed to learn of the computing powers of the machines that calculated the trajectory, fuel load etc. of the early Apollo missions that landed man on the moon. Let's just say that the average mp3 player is more powerful.

Why is our sense of happiness inversely related to the amount of stuff we own?

Our need to share a common experience with other humans both unites us and destroys us. There are many, many examples of people following the status quo – right off the cliff. Is it not a better philosophy to zig, when everyone else zags?

Why do more people believe in God than in themselves? Why haven't religious leaders made an active effort to inform the masses that the two are synonymous? Once this is understood, would we still need mosques, churches, synagogues and temples – or could we then worship quietly, by ourselves?

Why do we still have zoos? What purpose do they serve?

Are we more productive now that we have access to instantaneous communication? Or is the law of diminishing returns coming into effect. The groundwork for most of the items we employ in everyday life – the car, TV, computer, home appliances, cell phones – was accomplished long before we had 24/7 connectivity on our Blackberry or iPhone. There were phone calls, there were written letters sent via mail and there were in-person meetings. Most importantly, there was far more downtime and there was far more time for truly reflective thought. Downtime allows for creative thought that solves problems. 24/7 access allows for quick reactions with little contemplative value. In the larger sense, how is it possible to waste water?

What is the point of the hospital? Was it designed as a financially efficient means to deal with large numbers of sick people at once – with little regard to the sick themselves? As more and more diseases are microbial, aren't hospitals the worst place to go? Is there a better system that will allow the sick to stay at home?

With increasing globalization, how are we going to maintain our cultural identities beyond the ceremonial? Is it important that we do so?

Why do we trade our labour and intelligence for things that soon break down – for this is what we do when we pay good money for junk? Is this practise devaluing humans labour and creativity? Shouldn't we demand quality and longevity in everything we purchase?

Are people so isolated that we now seek out social connectivity devices like reality TV and Twitter when once, TV was for pure escapism from the world at large?

Can't we come up with something better than incarcerating criminals and paying their way to boot? Can't we give them a skill and put them to work in an area of the country that no one else wants to go? Not hard labour, per se, but labour. When the criminal emerges, he will have a marketable skill and a higher self-esteem because he's actually accomplished something for the greater good. Why is taking their freedom viewed as more humane than returning their dignity?

If anyone out there has the answers to these – and many other of life's big questions, I would love to hear them. Perhaps one last thought as I watch the four baby loons learning how to dive for food on the lake. Should we start looking backwards for the answers that will propel us forward?

End

Denbigh News (Cont)

takes place at the Bedford Township Hall on the Westport Road July 24 & 25. It's the biggest little competition in the Frontenac. There is limited space, so be sure to call Joan Shepherd at 613-374-5477 or email www.frontenacoldtimemusic.com.

Yours truly has to undergo major surgery August 11, and be in hospital for about a week. My last news posting before the operation will be to the Frontenac News August 09, 2010. But don't despair, folks, Denbigh and Griffith area news will not be interrupted, as Angela Bright has kindly agreed to take over until I am back on my feet, hopefully before the end of August. If anyone has any news to report after Aug 09, please contact Angela at 333-1901 or send to bright.a@gmail.com. Yours truly's husband (Griswold) will be

Dead Man (Cont)

This sleigh has another story to tell. It is show my Uncle Herb Popkie got his gold tooth.

When I was little I always admired the big gold tooth that my Uncle Herb had and asked my Dad how he got it.

Dad said that they were trapping in the spring at the Fox Lake camp and it being a warm sunny day the steel runners of the sleigh melted into the ice. It got very cold overnight and the sleigh was frozen into the lake.

Herb went to get the sleigh but it wouldn't move. Dad said that his brother was bad tempered and gave the rope on the sleigh a very hard jerk. The rope broke and Uncle Herb hit himself in the mouth and knocked out his front tooth.

He had a gold one made to replace it.

Perhaps it is a good thing that this sleigh with such a bad reputation also drowned in Fox Lake.

End

in touch with Angela to see when I will be able to take over normal duties again.

It is my sincere wish that all of you enjoy this summer to the fullest, and take part in all the great community activities this area has to offer. Life is what you make it. So remember: "... We may not be able to change the direction of the wind, but we can adjust our sails...."

..... cheers,

denbighnews@hotmail.com 613-333-2376

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

End

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CHAR, CHAR, CHAR (cont)

and getting insect repellent coils burning in record time....on with our headnets, bug dope and button down all openings.

We were ready to discover the treasure trove of the tundra's natural delights, bugs or no! It was a toss-up whether we should fish or explore, but since it was a walk to the "chutes" anyway, we would do both on the way. We were instantly amazed by the spectrum of colors presented by the vast varieties of plants in blossom, due to the almost 24 hours of sunlight. Evidently some of the hundreds of species complete their seed to seed cycle in a month. Some like Labrador tea, we recognized, with its white flowers contrasted with the pink arctic heather. Paint brush plants, lupins, louseworts, bog violets, tundra roses, poppies and so many other minute flowers and mosses provided a stunning landscape of flowering colour. Looking out from the rough, tough terrain of the uneven tundra and stony beaches we could see whales surfacing in the fiords.

There at last was our objective. The "fresh" surface water from ice and snow melt tumbled down the rocky chutes into ponds loaded with those wonderful fish...the Arctic Char. These powerful fighters are considered by many the tastiest fish of all, anywhere. Like pigs at a trough below the last rapids, they attacked with a vengeance most any lure we offered. In fact, I only used

one lure on the entire trip, a little red and white spoon with treble hooks, now battered all to blazes, but still a favourite with a rucksack of fond memories.

We soon rolled or removed our hook barbs so as to keep only a few for the larder and we released most of the grand battlers. When our arms wearied of hauling in 6 to 12 pounders, and/or the black flies filled our head-nets we retreated to the tent to recuperate and discuss the day's events.

The Belchers have long been a source of soapstone for Inuit artists and it is still mined and transported from the north camp at Sanikiluaq to mainland carvers. While we saw no other humans we did come upon an Inukshuk, the ancient trail marker of these once nomadic people. Even it had a bold, stoic, beauty about it, just as their carvings suggest the rugged simplicity of the land and its people. One day, as I returned to our camp a flat brown rock caught my eye. It seemed serrated. There between the bright green mosses lie a fossil of what appeared to be a palm frond! How long ago did that period of global warming take place? And how long ago were those same trees frozen over? How old is this big bay that was once a gigantic prehistoric sea, covering most of Ontario, Manitoba and Quebec.

Time quickly became lost in this land of the midnight sun. We slept when we

were tired and ate char when we were hungry. Our diet was almost entirely that of char, char, and char! Fried, broiled, smoked, roasted—and it was simply superb! Aye, the mother of all trout to be sure! We were each able to bring some of these \$100 a plate beauties home with us.

It was a joyful routine for the rest of the week. Someone would sight an arctic fox another a ptarmigan and we all witnessed more whales cavorting in the bay. I fortunately was able to do a few water colour sketches and lots of photos. What a pleasure to soak it all up. No

human sign or sound, until the drone of our plane in the distance told us that our adventure of a life-time was over.

Go Far North, if you have or can make the opportunity, and take your camera and lots of fly protection. Include rain gear and clothing for comfort in cold as well as heat. Also pack along your sense of wonder and allow enough time to reflect on the beauty that exists in these Far Northern places. It's a trail you will want to wander down again.

Fish On

End

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GREATER MADAWASKA LITERARY MATTERS

By Mary-Joan Hale

I am caught between my editor and my muse. The page is blank and so is my mind. Actually, the mind is flooded with ideas, but not necessarily about the topic at hand. However, I must persist to keep Bill happy and provide you with some points of interest concerning literary matters in our great township. So, here goes!

We are half-way through July and a quarter the way through the TD Summer Program. The guest presenter is Sharon Shalla. She has prepared a fun-filled weekly adventure. There is a lot of giggling coming down the hall especially when they sing the 'Hyena' song. From wacky binoculars to monkey stories and sidewalk drawings, and much more to come, the kids are enjoying a break from the heat. There's lots of room to beat the heat '@yourlibrary'! Come over at 1:30 to 4:00 p.m. every Wednesday throughout July and August. Many surprises are in store for you this summer. Oh yes, and there is a Summer Reading Challenge with prizes to be won!!!

Volunteers are plugging away at the backlog of unprocessed materials. New titles are being added weekly. To make room for these books and DVDs, we will undertake a thorough weeding followed by a giant sale in August. There are always second-hand books for sale, but this will include many more books. Please do not bring in your books since we lack space to store them if they do not sell.

The summer weather has increased traffic and usage. The computer keys are hopping and the wireless is extremely active. It is wonderful to welcome back summer friends and catch up on the years' news. How lucky to have such a meeting place! I cannot tell how many friendships have grown from conversations at the library. The sharing of ideas, parenting tips, where to find produce, wood, hair stylists and other items of need or interest happens daily at the library. It is strange to me that many do not realize what a sharing place it is. I have had the privilege of greeting people from as close as Renfrew and as far away as Australia and Japan. I love to see the children grow up and flourish as they come in as newborns and bring in their own wee ones as the cycle of life continues. A casual conversation with a patron about spinning wheels led me into the wonderful history of spinning in this country; to the purchase of a second spinning wheel, this one a 'walking wheel'. Libraries are not just about books, although it will always be the central focus.

The application for a grant to purchase a baby change table was not successful. A young mom suggested we ask if anyone has one to give away. It needs to be sturdy, yet small enough to fit in

the ladies' washroom, be easy to clean and in excellent condition. An ideal one would fold up against the wall, but that is not essential. If you do have one, send a jpeg photo to mjhale@bellnet.ca or drop a photo off at the library. There are many more babies bringing their parents and siblings to Storytyme, so we need to provide a comfort station for them.

The Archives Project is evolving slowly, but will require the help of volunteers once the proposal is finished. With time, and hopefully, a larger space, there will be requests for documents and artifacts to enlarge the collection. It is early days yet, but do think about writing down your stories. Talk to grandparents, aunts and uncles. I so regret not asking my grandparents and parents more questions. It is your local history and should be preserved.

As a corollary to this, a meeting was held in May regarding St. Gabriel's Catholic Church in Springtown. The church has been deconsecrated and is in a state of disrepair. Many folks are interested in its preservation. It played a role, not only in the lives of the early Catholics there, but in the history of the area. As the logs raced down the Madawaska, the prominent steeple was seen by the log rollers as they approached the stopping place at McCrea's Hotel. It was a beacon of rest and spiritual renewal. They rowed and paddled from Calabogie to Mass on Sunday. The McCrea family donated the land for the church and several of their ancestors have joined the committee. With the guidance of Bruce Pappin, we will apply for grants to make this happen. This is not a parish effort, but a community project. Interest has been shown by locals as well as experts in the field of preservation. It is unique in structure and the interior has not been changed since 1906. I am in the process of gathering data to apply for an assessment by the Architectural Conservancy, a volunteer group of architects and engineers. If you have any old photos, documents or stories to share, please send them to me at rich-skip.hale@sympatico.ca. The more information we can provide the better. I will safeguard them and return the originals. Irene Robillard's book on Springtown will prove an excellent resource.

Both her books on Calabogie and Springtown are available at your library for \$25.00 with \$5.00 from each sale going to support the needs of the library.

My grandma Katie McMahon Hughes kissed the Blarney stone and the 'gift o' the gab' has been inherited and thus the empty page has been filled and my deadline met. I hope you have gained by this modest effort!

End

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Fishing with Jim

By Jim Weatherall,

It has been a while since I talked to you. The summer is going fast. Bass fishing opened on a good note...lots of them and some good sizes caught. I weighed in some nice Large Mouth. One of them was a 5.25 lb., taken in Grassy Bay by Edward Briner on July 12th, two days after the Calabogie Fish & Game Bass Derby.

The Derby winner was a 4.15 lb. Large Mouth caught by Pete Robb, netting him \$200.00 for the Senior angler prize. Junior angler, Jake Powell captured his \$100.00 prize with a 4.07lb. Large Mouth. Second Junior prize went to Caleb Vincent with a Large Mouth weighing 3.15 lbs. Second prize in the Senior Division went to yours truly with a Large Mouth of 3.43 lbs.

All and all, it was a great day weather-wise and the fish were on the bite. Thanks to the Calabogie Fish & Game Club for

Crickets (Cont)

A Cricket's life is short and often violent. Males sometimes fight to the finish when defending their territories and, since they are avid carrion eaters, it is not unusual for them to eat the loser's body. Furthermore Crickets are part of the diet for a very large number of animal species including many birds, rodents, wasps, spiders, beetles, lizards, many mammals and I would not be surprised if, here in the Greater Madawaska area, bears ate their fair share, when they flip over the flat rocks looking for grubs. During the day Crickets lay in shallow underground burrows, under rocks, logs, boards and dried cow pies (our favourites, as fishing bait hunters). At night they come out to sing.

Crickets are territorial and young Crickets have to carve out a new territory by battle or by finding a territory that is abandoned. Since surveying is not yet a Crickets skill, learning the borders can be a skull splitting experience.

The Cricket's life cycle begins in the fall when the female deposits from 300 to 2000 eggs into the soil using a long ovipositor protruding from her back underside. Most species of Crickets die off over the winter either from natural causes or freezing. The average lifespan in the wild is around ninety days, but protected Crickets have been known to live up to one year. For most species the eggs lie dormant over winter and hatch in the spring. When they hatch they are miniature Crickets. Crickets skip the larval stage that many insects experience. Although they have the adult form they are very small and are not sexually mature until late summer or early fall. That is when chirping is at its height. In October the newly fertilized females deposit their eggs into the shallow soil and it begins all over again. During the spring and ear-

another good day and thank you also to all of you for the support of the club. It was the best bass derby the club has had. There were 66 anglers fishing this year.

I expect a lot of you have heard that Ruth and I are retiring. The last day of work will be September 30, 2010. We will continue living in Calabogie as we have been. Maybe I'll have time for some serious fishing and that sort of thing.

I hope to do some traveling and fish some new waters, so I will miss some of the Fishing with Jim segments, but from time to time I should be here to tell you some fishing stories.

Hope to hear some stories from you as well.

See you out on the lake, be safe and catch the BIG ONE!

JIM

ly summer the young Crickets eat voraciously, feeding mostly on plant material, living and dead, dead insects and seeds outdoors. If they are House Crickets they eat leather, paper and old cloth, especially old cloth that is stained with food or perspiration. They are especially fond of old wool and silk, those things your grandmother used to put into a cedar chest to protect them from moths and Crickets. It is not unusual for insects to all die off during the winter months while the whole gene pool of the species survives in the egg form. Black flies have the same characteristic. Anatomically the Cricket is very insect-like with the usual three body parts, head, thorax and abdomen. The head contains a brain, such as it is, two compound eyes and two simple eyes that are capable only of sensing light from dark. The jaws, which the webbing between my fingers is so familiar, are accompanied by a pair of palps, long segmented mouth parts used to manipulate food. The very long antennae serve to sense smell and objects by touch. These are important since when Crickets or Grasshopper launch themselves into the air they have only a vague idea what obstacles they might encounter in flight. They are a somewhat misguided missile. The thorax is equipped with four walking legs and two very strong jumping legs. Two fore wings contain the rasp and scraper with which the male Crickets make his chirps, and two hind wings. Crickets cannot really fly so much as the wings give it some control over and add length to the power jumping of the hind legs. The abdomen contains the spiracles, a series of holes on either side used for breathing. Females also have an ovipositor for egg laying. True Crickets are in the family *Gryllidae*. They more resemble katydids than grass-

continued on page 21

 Jim's Bait & Tackle 



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Real economic growth

By Ole Hendrickson

Some economists still maintain that the main goal of societies and governments is continuing growth in Gross Domestic Product, or GDP:

Wrong!

Planet Earth is only so big. There is no Creator making more land, water, oil, minerals, and so forth. Perpetual growth is not a reasonable goal. Personally, would you want to grow to be 100 feet tall? Or weigh twenty tonnes?

A steady-state economy is a much more reasonable goal.

That being said, there is ample room for growth on this planet. In fact this planet is all about growth. This is easy to appreciate when the leaves have just unfolded from their buds, the geese are parading their goslings, the grass is growing like stink, and generally all creatures are busy making more of their kind.

Many economists now accept that all this activity contributes to economic growth. Life does important things that are worth lots of money, such as running the global water pumps, making food and timber, providing us with oxygen, outdoor recreation opportunities, and so forth.

But some economists, including those who run our national accounts, disagree. They believe that GDP is just perfect as a way of measuring Canada's economic performance, thank you. Accounting for benefits provided by nature (or any losses of these benefits) would be a frivolous exercise.

Never mind that economics is supposed to help people (and governments) make the right choices when they spend

money. Or that the oil gushing from the exploded Deepwater Horizon drilling rig actually increases global GDP.

Did you know that GDP, as an accepted measure of the progress of society, is only a few decades old? Economists decided fairly recently that the market value of all final goods and services made each year within the borders of a country is the best way to measure "standard of living". How ironic - measuring the quality of life while ignoring life!

To be more precise, the current practice of national income accounting was developed during the Second World War by Richard Stone and James Meade while they were working as civil servants in the British Cabinet Office. Stone received the Nobel Prize in economics in 1984 for this work, and also for developing the concept of double entry accounting. Basically, the income items on one side of the balance sheet must be balanced by the expenditure items on the opposite side of the accounting sheet.

Sound accounting principles are important and have their place, but unfortunately, Nature doesn't count in this system. Rainfall, oxygen, even beauty - all these things, and many more "public goods" - are free. No one pays, no one gets paid. There are no markets. Life doesn't measure up in a GDP world.

We need growth - natural growth. Let's say you decide to convert part of your lawn to a garden, including some wilder areas with native shrubs and flowers to maintain a healthy bee population to pollinate the fruits and vegetables. If you eat your own produce or give it away instead of selling it - this is bad for the economy. It doesn't grow GDP. The conventional economists want you to keep mowing that

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Lions Club Members honoured



The Denbigh Griffith Lions Club honoured two of their own with Melvin Jones Fellowship Awards, an award which is cherished by Lions world wide. A Melvin Jones Fellowship is the highest honour of The Lions Clubs International Foundation, recognizing a person's commitment to humanitarian service and it commemorates Melvin Jones, the

founder of Lions Clubs International. The recipients of the Fellowships were Lion Ruby Malcolm and Lion Brigitte Hoffman. Shown are, from left to right, Lion President Gail Holtzhauer, Lion Ruby Malcolm, Lion Brigitte Hoffman and Past Region Chairman Lion Harvey Gere, District A-3 LCIF Coordinator.

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People helping people

By Judy Ewart, Acting Executive Director

We are very fortunate here in the Ottawa Valley to live in a caring community. Whenever people are in need, individuals, businesses, service clubs and organizations rise to the challenge to ensure that funds and gifts-in-kind are available for assistance.

With so many agencies and service providers now required to raise a portion of their budget, the continued response of our community to help meet these financial goals is gratifying. Service agencies play a vital role in our community ensuring that basic needs are met and help is there when needed. Many of these service providers have been in existence for a number of years and have gone about their work quietly, operating on limited budgets with small staffs and many volunteers. Every donation received lets the organization know that they are a valued member of our community and that the service they provide is appreciated.

Donations can come in different forms – financial and time. Financial gifts help to ensure that the required funds are there to allow the operation to keep providing essential services. The gift of time which volunteers give to organizations is priceless. Without volunteers many service providers would not be able to provide the level of service that they currently do.

Renfrew and Area Seniors' Home Support is one of many service providers who benefit from the generosity of our community. Every donation received, every person who attends a fundraising event or buys a raffle ticket, every volunteer who donates their time to us and every client who calls in to request a service lets us know that our service is valued in the community. With so many worthwhile organizations to choose from, we are truly grateful to everyone who chooses to support our Home Support.

To our community and all the individuals who support our organization, THANK-YOU for your gifts of time and money. We could not provide the level of service that we do without you.

End

Crickets (Cont)

hoppers. Some very Cricket-like insects are not of the family *Gryllidae*.

There are over 900 subspecies of Crickets but the ones you are most likely to encounter are these four: House Crickets, Camel Crickets, Field Crickets and Mole Crickets.

Of course the house Crickets are the ones most likely to invade your house, but others can wander by accident into human habitats, especially the Camel Crickets which is often found in dark places in your basement, especially if there are any cracks in your foundation.

What use do humans have for Crickets? In China they are used as pets, for fighting and as food. I have a recipe, which I have heard is wonderful, for chocolate Crickets, if you are interested.

So ends the story of Crickets. My wife bet me I could not end this article without mentioning the word "Jiminy". Hah, she's wrong again!

End

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Maternal Gifts

By Susan Veale



Menopause - the cessation of the monthly menstrual period....

This celebration time in a woman's life has become a time of complaints, fatigue, drugs and possibly loss of vital organs. Menopause associates to a time of griping and grumbling; hot flashes, feeling awful, night sweats, fatigue, depression, loss of libido, headaches and irregular menses. Just knowing what lies ahead can create malingering depression.

In various societies, menopause was considered as the time when a woman came into her full power and wisdom. In some tribes, women believed if they stopped menstruating, they would die. To dismiss this belief, many women menstruated well into their 80's. This attitude had and still has a huge role to play today. Perimenopause is when most of the dramatic symptoms occur and changes may begin as early as age thirty-five. Wildly shifting hormones may start three to six years before the last period. The feeling is much like going through puberty all over again.

As a woman reaches menopause, the body has adjusted to the changes and symptoms start to mellow. The good thing is, this change is like pregnancy, you know you have to go through the pains of labour, but in the end you will have a new beginning.

Every woman will go through hormonal fluctuations such as high estrogen, low progesterone or low estrogen and high progesterone or perhaps a deficiency or even an over abundance of both.

Unlike our tribal sisters, women of "cultured societies" tend to overload on stress as a result of increased workloads, lack of proper nutrition, lack of physical and spiritual exercise, insufficient rest and environmental toxins. When stressors take place, an under or over active adrenal and / or thyroid gland can fatigue and

the chemicals they produce, either too little of or too much, are often overlooked in the role they play in perimenopausal and menopausal symptoms.

Treatment for symptoms as a result of estrogen/progesterone fluctuation may involve "Hormone Replacement Therapy" drugs or surgical intervention by removing the uterus and / or the ovaries. Ten to fifteen percent of women have symptoms severe enough to require hospitalization. Other women who experience mild to moderate symptoms may only require an adrenal and /or thyroid check, natural protocols and a change in lifestyle.

The adrenal glands play an important role as a stress responder. One non invasive way of determining adrenal function is through "Salivary Hormone Testing." To measure hormone regulation, saliva testing can be a more sensitive lab test compared to blood hormone tests. In the blood, the hormones measured are "bound" to blood proteins, in other words, they are inactive; they may or may not get into the tissue. The hormones measured in the saliva are not bound; hormones must pass through the tissue of the salivary glands before getting into the saliva, so this measures the amount of hormone that actually gets into the tissue.

When cortisol (hormone secreted by the adrenal glands) production is not in balance, it can affect the regulation of estrogen and progesterone. This in turn may produce some of the mild to moderately unmanageable symptoms many women experience during perimenopause and menopause. These symptoms may be minimized by balancing cortisol production through adrenal regulation.

In my clinic, I provide "Salivary Hormone Testing." If this is an area of interest, please give me a call.

Neither perimenopause nor menopause should be a dreaded part of a woman's life. Instead, it should be a time to embrace and celebrate the wisdom and lives she has touched through her maternal gifts.

Susan Veale BSc.
Natural Health Practitioner
Wellness Natural Health Centre
613-752-1540
wnhc@bellnet.ca

End

Whispering to Mary

By Peter Wing

Editor's note: Peter Wing has been visiting Matawatchan for many years. He is a writer and visual artist now living in St. Catharines.

It had been many years since Jim last felt good about himself. In fact, it was so long, he wasn't sure if the feeling he was experiencing was true happiness or just another self-delusion to stave off reality. Sorrow and bitterness had consumed his life since her death. Her passing had drained his life of its desire and wonder and passion, his very reason for being. He didn't know how he had managed to get this far without love, hope, without someone to care for.

The night wind rose before him spreading a fan of ghostly ripples over the quiet lake as he stood on the dock. The moon broke from under scuttling clouds and he noticed a glimmer in the bottom of the boat. A small silver fishing spoon lay in the shadows, the moon above him reflected from its polished surface. The boat bumped gently against the dock and he steadied it with his foot. He looked down at the waves lapping the pilings, then up at the magnificent sunset glowing on the horizon, the sky washed in rich hues of deep red and orange. The silhouette of the darkening shoreline knifed across the bay, the gunmetal water clashing with the fiery horizon. The breeze ruffled the thin graying hair around his ears as he took a deep breath of the fragrant air. He closed his eyes and thought of her.

It would be six years since he had lost her, and still it felt like only yesterday. After 43 years of marriage and companionship, the roots of dependency ran deep and the wound had taken a while to heal. Even now the painful sadness still surfaced on occa-

sion, but it was nothing like it had been. A blessed peacefulness finally settled over him when he realized Mary would have to live in his memories from then on.

She would have enjoyed the quiet beauty of this evening. They would have gotten into the boat and putted across to the bay on the far side of the lake then dropped anchor on the edge of the weed bed. There they would sit in the boat fishing, wordless and at ease under the darkening sky.

He stepped to the end of the dock, positioning the tips of his deck shoes so they hung over the edge. He peered into the dark waters, the black shadows dancing and shifting on the rocky bottom.

No one will ever replace her, he thought. Their life together, full of darkness and light and speed and sound, could never be lived again, ever. Their love was a singular and wonderful burst of time and experience, and then it was gone. He was thankful though, thankful for the memories that kept her alive.

Then Gladys came into his life. She had restored his soul, rekindled his passion and joy for the small pleasures of life, like fishing on a warm summer evening, or just watching TV together while a winter storm howled outside the cottage. Her friendship and company saved him from the clutches of a grief so overwhelming it had pushed him to the very edge of despair. He tugged the baseball cap down onto his head, climbed into the boat and began to arrange things, making sure her seat cushion was in place, the fishing tackle was stowed away and the gas tank primed. He adjusted the cushion under him and fidgeted with the choke on the motor. Finally he looked up at the cottage perched in the shadows on the rising slope above the lake.

continued on next page

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SHOW & SHINE

August 28th with a rain date of August 29th is the date for the 3rd Classic Car Show sponsored by the Denbigh-Griffith Lions Club. So mark the date in your calendar and bring your family and friends. The location is the Lions Hall, Hwy 41 at Griffith. The time is 10 am to 3pm. Admission is by donation.

There will be lots of fun for everyone: the 2nd Lions Book Sale, Lions Market, 'New to You' sales. There will also be BBQ, refreshments and a Highland Piper.

Many 'Special Attractions' include demonstrations by OPP, Fire Dept and MNR. There is plenty of room for Vendors: phone Janice @613-333-1076.

If you have used books for the sale, please drop off at the hall. The Lions also collect used prescription glasses that are sent to under developed countries. We also collect toner cartridges.

Remember that the Lions have many medical aides that are lent to the Community free of charge. These include wheel chairs, crutches, bath transfer benches, bath chairs.

Lions Club worldwide supports many causes and the Denbigh-Griffith Lions Club is proud to add our Community's contribution.

If you are looking for a cause and would like to become a member contact one of us.

Whispering (Cont)

'Gladys! You 'bout ready!' he yelled. The sound of his voice was swallowed by the dense cedar forest that crowded the shore.

She appeared from behind the trees, her nose snuffling the ground, trotting toward the dock. She saw him in the boat and broke into a gallop, sliding to a halt beside him, her tail wagging and tongue lolling.

'Atta girl.' Jim ruffled the spaniel's thick hair affectionately and helped her scramble in. 'Mind the seat cushion there Gladys.' The dog bounded over the seat to the front of the boat, placed her paws on the bow and nestled down on her hindquarters. She looked back at Jim expectantly, eager to begin the ride. Jim glanced at the dog and smiled. 'Gotta get Mary first, Gladys.'

He closed his eyes and began to remember her. Her face, body, voice, and most of all her laugh. Slowly her image began to take form out of the jumble of memories and, his tight focus pulling her from the disordered thoughts until he sensed she was standing on the dock beside him. He was sure of it. He could feel her now, almost smell her. Then clenching his eyes tighter, he heard her voice as if from a far distance.

'Jim...' It echoed thin as a rising mist in his mind. 'Jim, isn't it a lovely night?'

He smiled. 'We've been waitin' for you Mary,' he said, 'It's so good you've come again. You don't know how much...' The

dog whined nervously at the sound of his voice. Jim wanted to open his eyes, but it wasn't time yet, she could still vanish, so he talked to her again slowly this time, softly, trying to pull her closer.

'Gladys gets a little uncomfortable when you come with us,' he chuckled. 'Think she'd be used to it by now.' He cautiously opened his eyes and saw her standing on the dock, unmoving, and silent, insubstantial as a morning mist. A nagging doubt crept into his thoughts and her image began to dissolve. 'Don't go Mary! Please!' he cried. He closed his eyes tight and summoning all his powers of concentration he visualized her alive, living and breathing there in the boat with him again. 'Don't go Mary... please, don't go,' he pleaded.

Then her voice rang like a bell in his mind, full of clarity and life. 'Jim...' she said. "...isn't it a wonderful night? Just look at the stars!"

He cautiously opened his eyes and almost wept with relief when he saw her sitting on the seat in front of him like she always did, gazing at him with those soft hazel eyes, her hands folded in the lap of the green dress.

"It sure is mommy," he laughed in triumph, "It's a magical wonderful night!"

The dog, roused by his laugh and sensing they were about to leave, yipped in excitement eager to begin the journey. Jim pulled the starter cord and the engine roared to life. The small boat gurgled out

into the dark mirrored lake with Gladys perched in the bow, and Jim, grasping the handle of the motor, leaning forward, smiling, whispering into the empty space between him and the dog... whispering to Mary.

End

Economics (Cont)

lawn, buying a new mower every few years, and burning that gasoline.

Or say you're a farmer selling your crops. The conventional economists want you to grow as much as possible. Plow right down to the stream. Who cares if the soil washes away and the fish get choked out by siltation? No one will pay you to look after nature. Maximize that GDP.

There are other economists who recognize the need to change how we value and measure nature's benefits and reward people who look after them. Maybe it's time for the public to have a say in this.

Ole Hendrickson is a founding member and current president of the Ottawa River Institute (www.ottawariverinstitute.ca), an incorporated, non-profit, charitable organization based in the Upper Ottawa Valley.

End

Calabogie Artfest

This year will be the Calabogie Artfest's 10th year at the Calabogie Community Center on Saturday Oct 2nd and Sunday Oct. 3rd, 2010., 10 am to 4 pm daily. Every year we seem to attract more and more people to the area during our show. We are also members in the Rural Ramble and the Festival of the Senses, all on the same weekend., so Calabogie will be an exciting place to visit. We have a few new members showing their work. Kevin Dodds from Arnprior has joined the Renfrew Art Guild and will be showing with us for the first time. Kevin has many followers and we are pleased to have him. Shirley Corneau, also new, from Calabogie will be showing her exquisite acrylics and pencil drawings. We expect this will be our best show yet."

Calabogie Has Talent

"BOGIE ARTS" has come to Calabogie. Over 20 aspiring artists, some professionals and some new at the game have started a new art club in Calabogie. All of the members have to be from Calabogie or the adjacent area. They had their first showing as a group at a silent auction on Canada Day 2010. Their next showing will be at the Loin's Club Citizen Appreciation Day on Sunday, August 22, 2010 in Barnet Park from noon to about 4pm. The members are all painters at the moment but we could be adding other art forms in the future. Come out and see the talent Calabogie has to offer."

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<p>4997 Centennial Lake Road \$599,900</p>  <p>800 feet shoreline on natural point, sand beach area, gentleslope to water, perennial gardens. Custom built to afford views of lake from every window. Oversized garage w/loft work area. Private setting!</p>	<p>330 Harolds Lane \$380,000</p>  <p>Wow! 239 feet waterfront on Centennial Lake. Fully furnished 3 bedroom house on private gated drive bunk house, wood shed, 400 sq ft steel frame dock, cathedral ceilings in living area w/wall to ceiling windows overlooking tiered landscaped yard to waterfront.</p>	<p>74 Bluff Point Dr., Calabogie \$797,500</p>  <p>Sunfilled 3 bdrm home on 160 ft shoreline Calabogie Lake. Floor to ceiling windows, soaring ceilings, delightful master bdrm w/balcony, possibility of in-law suite on lower level. Attention to detail throughout. 3 car plus garage. Simple elegance.</p>		
<p>36 Winsum Court, Calabogie \$649,000</p>  <p>Architecturally designed 4 season home on 2.5 acres with 333 feet weed-free shoreline. Hickory cabinets, hardwood floors throughout, immaculate condition with eye to detail. Stunning views of lake, cedar stairs down granite bluff, to decks & cantilevered docks.</p>	<p>329A Church Farm Rd, Calabogie \$480,000</p>  <p>Open concept lv/dn/kitchen areas with wonderful view of lake & terraced gardens. Gleaming pine walls, floors & ceilings. Oversized garage with large living/sleeping loft & 2pc bath. Just mins. to 27 hole golf course or 15 mins. to ski hill.</p>	<p>187 Eagle Crest Trail, Calabogie \$550,000</p>  <p>Fully furnished residence with 200 feet waterfront on Calabogie Lake. Floor to ceiling stone fireplace, 3 bdrms, 1 baths, tiered decks to waterfront gazebo & boat lift. Incl. 17 ft Gastron 4.3 inboard mercruiser, canoe, boat trailer and boat hoist. Move in Tomorrow!</p>	<p>9347 Hwy 511 \$998,900</p>  <p>2600 ft shoreline on Napier Lake. Picturesque custom built stone faced home with scenic views of lake & surrounding natural woodlands. Possibility of in-law suite lower level. Peaceful and private - great trout fishing at your front door.</p>	<p>5056 Calabogie Rd \$449,000</p>  <p>7000 sq ft commercial plaza presently occupied by a restaurant, retail store and office fronting on Calabogie Rd (Cty Rd 508), paved parking. Excellent opportunity to own in this fast moving tourist area.</p>
<p>1036 Barryvale Rd # 2D Calabogie \$119,500</p>  <p>Excellent opportunity to own a condo overlooking Calabogie Lake backing on the golf course - walk to the clubhouse. Features a wood-burning fireplace and balcony. Use as permanent residence, week-end getaway or as an income property.</p>	<p>650A Southside Way, Norway Lake \$239,900</p>  <p>Cottage with 1130 sq ft, fully furnished, bunk house, 2 docks, 17 ft aluminum boat & canoe. SOLD</p>	<p>Building Lots</p> <p>Lot 3 Stacey Dr., Burnstown - \$49,900 - MLS 755480 678 Mill St., Calabogie - \$159,000 - MLS 756671 L18, C11, Calabogie Rd, Calabogie - \$299,900 - MLS 756713 57 Viewmount Dr., Calabogie - \$11,900 - MLS 760165 50 Crestview Dr., Calabogie - \$38,900 - MLS 762116 Lt 31, Centennial Dr., Centennial Lake - \$95,000 - MLS 761518</p>		

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