

The History of the Matawatchan Community Memorial Centre: Part 2

By Karin Lehnhardt

Editor's note: This is the first in a series of articles that will tell the history of our community centres. The first covering the Matawatchan Hall is divided into two parts due to considerations of space in the July Highlander. The Matawatchan Hall history was written back in 1995 and reflects the history up to that date. The histories of other centres in the township will follow in successive issues of the Highlander. See the August issue of the Highlander for Part 1 and the earlier history of the Hall. To supplement this article we are publishing the very words of Johnny Thompson about his recollections of building the Hall.

In 1974 a L.I.P. Grant was received and in 1975 a 56 foot by 16 foot addition was added to the Hall that included indoor washrooms. Donations of money towards this were received from cottage owners, hunt clubs and local residents. I was shocked to learn the cost of this addition. According to a May 1975 Communicator, this addition cost \$10,000 in materials and \$17,000 in labour. The Communicator was the local community newspaper of the time.

Over the years chairs and tables were purchased, windows, new doors and cupboards were built in the kitchen; sinks and plumbing were installed; insulation was put in the walls; ceiling tiles were installed; existing walls were panelled; shingles put on; an electric stove and refrigerator added and the kitchen floor repaired.

In 1987 Council received an engineer's report stating that the Matawatchan Hall had major structural problems (foundation and roof). The Council agreed that the repairs would cost too much and that the Hall should be condemned.

At a Council meeting in October 1987, Mr. Keith MacPherson presented a verbal offer on behalf of Kay Kelly, Annie Thomson, John Green and Norval Strong of Matawatchan, for the purchase of the Hall for \$1.00. A written proposal was requested by Council to be submitted no later than December 9, 1987, otherwise the Hall doors would be closed and the Hall sold. The written proposal was submitted at the December 1987 Council meeting and it was agreed to to sell the Hall to the above mentioned persons for \$1.00.

In 1988 a Seniors Club was formed in Griffith and Matawatchan. Their meetings were held in the Hall during the summer months. The seniors were informed that grants were available for the Hall if the Hall were incorporated. The seniors applied for incorporation in 1988 and paid the \$800 cost.

During the next few years the Hall was used in the summer only (as in the past) for the Picnic, community events, meetings and dances on the long weekend and special occasions. The Hall was also rented out for some functions.

In September 1992 a public meeting was held at the Matawatchan Hall. The four persons owning the Hall and the seniors informed the public that as they were all getting on in years, it was felt

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2012 Calabogie Blues and Ribfest: "The Real Blues"

By Bill Graham,

Barbequed ribs and the blues seem to be a winning combination in Calabogie. For the second year in a row, Calabogie Peaks partnered with 101.0 DAWG FM to bring a festival of 'The Blues' to Calabogie. During my Saturday visit to the festival I heard numerous people state that this was a real bluesfest. The Ottawa Bluesfest has been operating for many years but recently has become less blues-centric. The music at the Ottawa event is excellent, but not necessarily 'The Blues'.

The 2012 Calabogie Blues and Ribfest was wildly successful. While they did not double the attendance as they had hoped, they did increase attendance from 8,000 in 2011 to 14,000 in 2012. The majority of attendees were from Eastern Ontario. In particular, they came from the Ottawa Valley from Deep River to Arnprior; from the City of Ottawa and from the St. Lawrence Seaway area including Kingston and Cornwall. During one early evening the audience was asked by the MC if this was thier first time in Calabogie. One third of the audience raised their hand.

It was by sheer coincidence that there is a Blues and Ribs festival at Calabogie at all. Calabogie Peaks owner Paul Murphy happened to meet Ed Torres, one of the partners of DAWG FM while he was spring skiing at Calabogie Peaks in 2011. Over dinner with their wives and discussion of their respective businesses, Ed mentioned that he was looking for a venue for a blues festival and was considering the Kanata area. He was so impressed with the nat-



Jack de Keyzer & bassist perform

ural amphitheatre at the Peaks and the natural beauty of the area that he asked Paul and his wife Liz if they would be interested in hosting such a festival and so it was born.

From the very start the township and local businesses have been very supportive. What municipality with its local businesses wouldn't want thousands of festival visitors occupying their rooms, eating at their restaurants and purchasing in their stores. In 2012 local business support for the blues festival was almost universal. Most local businesses became sponsors in varying degrees. Calabogie Motorsports, together with DAWG FM, were Stage Sponsors, while Class Axe Guitars was the Title Sponsor and the Calabogie Lodge with Calabogie Highlands Golf Resort sponsored the fireworks.

Another boost for the Calabogie Blues and Ribfest was support from Celebrate Ontario. Since the Township of Greater Madawaska has now been designated a "premier tourist destination", by the Ottawa Valley Tourist Association, it was able to secure a grant from the Ministry of Tourism's Celebrate Ontario Program, and these funds helped not only to secure some of the top Blues performers, but also to help attract a greater audience to the township.

And the music — it was fabulous! It was all blues from Friday through Sunday.

On Friday August 17th, festival goers saw Terry Gillespie, Shakura S'Aida and the legendary Downchild Blues

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Special thanks to: Jamie for Proofreading

Pioneer Voices: John A. Thompson (1903 – 1998)

As told to Elmer Strong:

Editor's note: Back in the 1960s Elmer Strong, originally of Matawatchan, conducted numerous interviews with local men who had been involved in the timber industry in their past. Many of these men who had worked the bush or the Madawaska River were at the time of the interview in their mid-80s or 90s. From these interviews Mr. Strong compiled a book entitled *Matawatchan: A glimpse into the past* (copyright). This is an excerpt from that book

The Matawatchan Hall

I built the Matawatchan Hall myself. I hired a couple of men with me and I built the hall. The way that happened: they had a meeting and they were getting up a field day in Griffith. They had a meeting with Griffith and Matawatchan in the old school up there on top of the hill. Barney Snider was kinda taking the head of the whole thing-running things. Matawatchan decided they wouldn't go in with Griffith. Barney said it is only possible at Griffith, for a field day, to build a hall. He said they would never have a hall here. That's the way he said it, anyway.

I happened to be up in Matawatchan the next day and they told me about it. I said, "Why don't you build a hall yourselves?" "Oh," they said, "there is nobody to go ahead with it." I said, "Why don't you call a meeting?" They said, "Will you come up to the meeting?"

I said, "Yes, I will come up to the meeting." So they called a meeting at Clifton Kelly's, where he had that old store down there. So I come up to the meeting and we decided—"Well," I said, "you can get a government grant on that." You can get what is it-fifteen or twenty percent or something. No, it was thirty-five percent. I guess it was from the government.

"Oh," Pete says, "You can't get that unless you have them come up and inspect it first."

I said, "Pete, you don't have to do no such a danged thing." I said, "Go ahead and build your hall and when you get it up just notify them and they will come up and inspect it." I said, "and they will give you the money."

"Oh no," Pete said. Well, I know better. He said, "Okay, if you know better-all right," he says.

So they decided to go ahead. They asked if I would come up and put it up for them.

So I went ahead and built the hall. I had moved down to Renfrew by then. I was down there about a year. I come up for the meeting and they wanted to know if I would go ahead and build it. I sat there for quite awhile and I said, "Well I am pretty busy down there." I had three or four houses going, so I said, "All right, I will come up and build it but I am going to tell you something. There is only three weeks until the field day in Griffith. How would it be if we built the hall, put it up and open it before the field day". It was only three weeks away.

Pete Kelly says, "You're crazy. Nobody could put the hall up and build it in that time. That's impossible." He as much as told me I was crazy.

Well I said, "We will see." I put the hall up and opened it on the Friday night and the field day wasn't until Monday. They opened their field day and they lost a whole bunch of money on it. They were in the hole.

I was never paid for the hall. I never charged them nothing for my own time and put it all up for them for nothing. I used my own truck and lumber. I drove to Tweed and got a permit to cut 18,000 (board feet of lumber) feet on the government and took it and Billie Robert offered to saw it for us. I got men, horses and saws and we went up there and cut it and took it down and Billie sawed it. I went up there and helped to pile it and stuff. I sold it for about eighteen hundred dollars and I had that. Then I got the inspector to inspect the hall and got pretty near eighteen hundred dollars of a grant out of that. We went down and borrowed -I didn't want to-I could have lent them the money but I didn't want to stick my nose in that way. So I went down and saw Jack MacPherson. Basil and I went down and I said, "We are thinking of building a hall up there."

He said, "I heard that." I said "would you lend us a thousand dollars to start on?"

"Oh", he says, "I don't know. I will talk it over with Jenny." He went in and came back and said, "If you back the note, I'll lend it to youse."

I said, sure, I'll back the note. I backed the note and he lent us one thousand dollars and I put it in the bank and we went on from there.

I hired Ben Pennock. Basil gave two weeks free. All the other ones were supposed to give us work and when you wanted them, oh, they were too busy'. They couldn't come. I hired Ben Pennock and Basil and we went up there

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Hall (Cont)

that they would give the Hall back to the Community of Matawatchan and that a board from the community be elected at this meeting. There was agreement and the newly elected board was Allan Pennock (President), Orval Strong (Vice-President), Kay Kelly (Secretary / Treasurer) and (Directors) Barney O'Connor, Gail Holtzhauer, Linda Mason, John Green and Karin Lehnardt. A new Hall board was to be elected by the community every September. The direction given to the new board at this meeting was to bring in an engineer and get the hall up to standard.

In October 1982 the engineer's report was received. On October 7, 1992, with the help of many community volunteers, the structural work was started. Once this work was completed, as per the engineer's report, the engineer did an inspection and pronounced the Hall "up to standard". It was also agreed that the practice of closing the Hall for the winter months and leaving it unheated had contributed to the floor problems, therefore the board agreed to minimally heat the hall for the winter months. At this time, the deed for the Hall was also changed to read: "Matawatchan Memorial Community Hall Inc."

In 1993, Allan Pennock and Orval Strong commenced a campaign to raise

money for new siding to put on the Hall. Five thousand dollars was raised.

In 1994 and 1995, lottery licences were obtained for Monster Bingo and Nevada Ticket sales. These funds have been kept separate for capital expenditures and the balance has now been used to purchase steel for the Hall roof that is currently still shingled. The steel will be put on with volunteer labour.

Since that time, the siding has been put on, the annex has been opened up (with supports and railing), the stage has been re-carpeted and wainscoting put on the front of it; a wheelchair access ramp added; bar fridge purchased and three annex washrooms painted. Outside a cook area (roofed in) was built, as well as an outdoor stage and outdoor concession booths. Lumber for the outside work was donated by Mr. Earl Thomson. A new sign "Matawatchan Community Memorial Hall" was installed this spring (1995). There have been other small repairs as well. All of this could not have been possible without the generous donations of money, materials and volunteer labour from this community.

AND THE WORK GOES ON!

End

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Rural Vignettes

By Antonia Chatson

OF COMPOST, TREES AND BITTERN

My father was a scientifically meticulous man when it came to making compost. We did not produce much compost from the kitchen, but what to do with the 'stuff' from the privy which seemed to compound itself in its production. Hence, the idea of compost boxes had their origin. My father decided that if one was to make compost, it had to be made right. He constructed two sets of compost boxes, one close to the privy, so he would not have to walk far to make his deposits from there. The other he made half way between the house and garden, which was to be a repository for kitchen and garden refuse.

The boxes were four feet wide and eight feet long with a partition down the middle. The corner pieces were cedar posts. Onto these were nailed cedar boards four inches wide with two inches in-between each board to allow the compost to breathe. One side would be filled to a foot from the top then it would be covered with hay. A hole was 'bored' down the middle of the compost into which a thermometer would be lowered so that my father could judge the speed of the decomposing by the heat that the process produced. Once he got started on the boxes he waxed lyrical with enthusiasm. As there were few trees on the farm, he took to collecting bags of leaves that people put out for garbage in the fall - in Richmond Hill! These we would haul up to Shelburne when we went up on the weekends. He would gleefully empty them into the compost boxes. We never went to the dump on the 8th concession without returning home with more than we took in the vegetation line. On one occasion my mother espied two bushel baskets filled with bean plants that someone (who obviously did not indulge in composting). had left there. Much to my father's chagrin she claimed these as her own. When we returned to the farmhouse, she gleefully pulled each plant out of the basket, displaying the dried shells on the stalks. As they were dry and brittle, she snapped them open

revealing beautiful dried beans in the pod. She cooked these up for supper and with lots of butter, salt and pepper, they were delicious. We always referred to this dish as 'dump beans'.

After Elgin had mowed the grass around our place, he raked it into winrows with his horse rake. My father would then go around with the wheelbarrow and add the loose hay to the boxes as well as put it around the base of the fruit trees. He would keep the boxes well watered and spend hours checking the temperature of the rotting material. In the fall, when my father felt the compost was ready, he would fork the steaming mixture through the cold air, and onto the wheelbarrow and take it- where? Well, the vegetable garden didn't need it as it was in front of the old henhouse. My mother had a small flower garden, well, some could go there. There were a few ornamental trees we had planted, they could get some. Then some went on the rhubarb patch, and the rest on the new orchard trees that he had planted. Not much actually needed anywhere - but boy, was it ever fun making it!!

Early in the spring, my father would always order from the Lands and Forests, 300 seedling trees, mainly evergreens. These would be delivered just before the long weekend to the train station in Shelburne. On the 24th of May weekend, we would pick them up on Friday night and my father would spend the next three days planting as many as he could. What did not get planted then, he would heel in for future weekends. There were few full grown trees on the property, the main ones consisting of two rows of mature spruce trees leading up from the side road to either side of the house. As there was little to slow the wind down, it blew with great force most of the time. My father reasoned that if he planted a couple of rows of trees on the inside of the rail fence circumventing the twenty acres, this would provide a windbreak that would slow the wind down a bit. As a man who was always impeccably dressed for work, it was something to see him planting trees in an old pair of patched tweed pants, a shirt often ripped in places, in muddy gum boots and dirt up to his elbows with his hair standing

on end. My mother took a photo of him once, and in later years when we were going over some family photos with one of his students, the student paused at this photo. He regarded it for some time before remarking, "That's the first time I've seen Mr C. working".

Once, after he had been planting trees close to the drainage ditch, he came into the house and told my mother and me to come outside quickly, and to listen. This we did and a strange sound assailed our ears. Not knowing from whom the sound emanated, I could only assume that someone had moved into the drainage ditch, was having trouble with their plumbing and was taking a plunger to the toilet. That was the sound that we heard. My father could not rest until he found out the source of the noise. My mother and I watched him tip-toe to the raised edge of the ditch, from where the noise was coming. He then dropped to his belly and inched forward till he could peer over the top of the ridge. The plunging, which had been going on at a steady rate, suddenly ceased. My father quickly ducked his head down and wiggled himself backwards and the plunging recommenced. When he returned to the house, he had recorded all the markings of a very large bird, with very long legs and a large body. He was cack walking up and down the middle of the ditch which was fairly full with spring run-off and scooping up small minnows with his very long beak. My father looked the bird up in Petterson's Guide and found it to be a

very rare America bittern. My father was intrigued that it would so favour us with his presence from its migration north from sunnier climes. He would sit outside and listen to the sound the bittern made and practice imitating it for hours. Finally, when he considered himself fluent enough to strike up a conversation with his friend, he would tip-toe his way to the ditch, crawl on his belly and inch his way to the edge of the ditch where he would pass an opening remark. Either his imitation was very good, or the bittern was not too particular to whom he talked, for soon quite a conversation was in progress.

Every weekend my father would go and converse with his friend if he were around, and not down at another part of the ditch on someone else's property. He did this until autumn came and it was time for his friend to retreat to southern shores. He, or she, returned for three summers, always by him or herself. Or maybe he or she had a lover hidden away in another segment of the ditch. Maybe he or she stayed with the lover rather than return to our part of the ditch after the three years were up. Or maybe he or she didn't have a lover at all and just got tired of pining for a voice without substance. Anyway, after the three years it moved on to greener ditches.

There was rarely a dull moment on the farm - and if there was - well you just had to make something happen.

End



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MOVING TO THE COUNTRY

By John Neale

Helene and Stewart Thomson

Helene and Stewart moved to Matawachan on April 26, 2012. They were looking at a place in Brockville to be closer to Hélène's daughter and three grandchildren, but they decided that it wasn't practical to keep a house and a cottage on a fixed income. "We sat down and figured out that it was better to keep the cottage since it's cheaper to live out here than in the city." Helene added, "Also, we love the community and there are lots of retired people our age here and we don't feel isolated at all."

Both had prior experience living in the country in the same area. Stewart lived in Matawachan as a teenager. His mother was a Thompson and his father was a Thomson. Helene lived here as a mother and teacher for twenty three years in her first marriage. Stewart has first cousins that he's never met since his mother had fourteen siblings. Stewart has eleven siblings of his own and they generally come back each summer for a family reunion. The original family homestead is right next door and is still owned by one of Stewart's brothers.

Helene's retirement triggered the move. Stewart had retired two year earlier and he was already starting to spend more and more time here. For Helene, per-



haps the hardest thing about moving to the country was the inconvenience of having to go into town for groceries. The weekly grocery shopping trip to Renfrew takes the best part of a day, leaving at 9am and back by about 2pm. Prior to moving, her main reservation was that she afraid that she would be bored.

They had no trouble selling their home in the city. The hardest challenge was living in a place that was under construction and disorganized. For Stewart this period lasted for 6 months, but for Helene the period of chaos only lasted about 6 weeks. As a retired teacher, she did supply work and stayed in Ottawa until their closing date since, as she put it, "I don't like it when things are disorganized!"

Helene goes back to the city every two weeks on average. She stays with her brother or with friends. Their Doctor, Optometrist, and Dentist, are still in Ottawa. Helene likes to do her non-grocery shopping in Ottawa. She also visits friends and supports one friend in particular who is battling cancer. Stewart goes far less often. He is very happy with the health clinic in Denbigh where the Nurse Practitioner can even write prescriptions.

In terms of tips they would pass on to other boomers considering a move to the country, Helene says, "Make sure that you have a hobby or that you're good at meeting people. You can't just come up here and sit around. You have to have hobbies or something to do. Make sure you would be happy living in the country. Not everyone would be"

So far they are enjoying living in the country very much and they like their relaxed lifestyle. Stewart loves the outdoors. "Stewart worked with his head all through his career, now he can work with his hands." Helene also enjoys the physical activity associated with living in the country including gardening and ATV'ing. Stewart & Helene have four acres and Stewart's brother (next door) has another 150 acres. Helene stressed, "It's important to remain physically active and not to become a couch potato." Helene likes the community, the local church and the local market. She admits to being a little worried about her first winter and said, "Many things can go wrong here. We bought a generator in case hydro goes out. We have Internet and TV." She added, "The winter time will be a good time to do some travelling."

Helene is a power-walker, but she is nervous of animals - especially bears - although she concedes that the city is probably more dangerous because of the traffic! While Helene feels that it's important to be involved in the community, she cautioned about having too many obligations, since she "doesn't want to be overwhelmed." Helene concluded, "It's good for the community when more people move here. It's been good for the church and new people are helping to breathe new life into community activities."

End



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FIGHTING BACK TO PRESERVE RURAL GAS STATIONS AND OTHER VILLAGE SERVICES: SOME UK EXAMPLES

By Roma Standefer

Editor’s note: Roma Standefer is an Oxford PhD researcher and consultant, based in Ottawa, with twenty-five years of experience working for eight Canadian government departments and agencies. She is also a new contributor to the Madawaska Highlander. Her new article about rural gas looks at an even more serious situation in the UK and some of the solutions that they are enacting.

The Madawaska Highlands is not the only rural part of the world losing many of its essential rural services like gas stations, country stores, post offices and restaurants. Rural decline and loss of services, particularly loss of petrol stations, has become an important issue in the UK and has frequently been discussed in national newspapers, in Parliament, and on the Internet. A number of associations have been formed to represent and lobby for small independent petrol station owners and other small businesses.

In addition, the British have found some interesting solutions to the problem of closing petrol stations. The steps that are being taken in some English, Scottish and Welsh villages to preserve their petrol stations and other village services may be an inspiration to Madawaska Highland villagers facing similar issues and concerns.

The closure of “petrol stations” or “forecourts,” as they are known in the UK, is an even more serious issue there than it is in Canada. In Canada, 40% of our gas stations have closed in the last couple of decades. In the UK, the figure for the same period is much higher, 60%. The number of petrol stations in the UK dropped from 21,000 in 1991 to a low of 8,500 in 2011. Small, independent petrol stations, many of which are located in rural areas, have been the hardest hit.

Many different factors have contributed to UK petrol station closures. Some are similar to those faced by rural Canadian (and Madawaska Highlands) gas stations including the need to replace underground storage tanks (USTs), low profit margins, and the difficulties faced in arranging wholesale gas deliveries or in obtaining a bank mortgage or business loan.

There are, however, many problems unique to UK petrol stations that are not faced by Canadian gas stations. New European Union environmental regulations were imposed on UK petrol stations owners starting in January, 2012. These require petrol station owners to install “Vapour Recovery” technology for each petrol pump, at a cost of several thousand pounds per pump. While many small, rural petrol stations have until 2018 before installation becomes imperative, this new and expensive requirement may result in more petrol station closures.

The high cost of petrol is a serious issue in the UK. Taxes on petrol in the UK come to two thirds of the cost of a litre. Small petrol stations are faced with serious competition from supermarket petrol stations which can offer petrol at loss leader prices to attract customers for their other products. Another serious issue for small rural UK petrol stations is high business rates which increased 40 to 80% recently, rates that are prohibitive for small petrol station owners.

There has been practically no media or Internet coverage of gas station closures in Canada despite the fact that 40% of our gas stations have closed in the last couple of decades, many in rural areas. It is almost impossible to find mainstream media articles on “Rural gas station closures, Canada” in the first five pages of a search. In contrast, an Internet search of “Rural petrol station closures, UK,” quickly brings up at least 15 articles in five pages. Many of these appear on mainstream media websites for the Telegraph, the Express, the Daily Post, and the BBC News. The headlines for these Internet articles tell the dramatic story of UK closures, including “Death of the petrol station,” “Last of the village pumps,” Misery for motorists as number of petrol stations

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Looking Back...



Hugh Kelly & Wm Carswell making maple syrup

SENIORS HOUSING GROUP PLANS AGM

The Greater Madawaska Seniors Housing Corporation is planning a fun filled Sunday barbeque for you and your family as part of its second General Annual Meeting. The event will be held on September 16th 2012 at the Matawatchan Community Center located at 1677 Frontenac Road in Matawatchan at 3.00 pm..

The barbeque will include a 50/50 draw, live music, sale of spring bulbs, door prizes and other activities. The “business” portion of the meeting including election of Members of the Board of Directors will be but a part of the planned activities. The kick-off of the fundraising campaign will also be part of the afternoon.

It is an exciting time for the organization. Recently a tract of land was secured in Griffith to facilitate the first phase of the project.

The initial plan was to establish 25 units in the Calabogie and Griffith area. With the land acquired in Griffith the group is planning to develop units in both geographic areas of the municipi-

pality in a phased approach – starting with 5 units in Griffith. Details of the proposed site will be announced at the barbeque.

As a non-profit organization the Board of Directors of the Greater Madawaska Seniors Housing Corporation are all volunteers and are always looking for new members. If you are interested in learning more about the operation of the Corporation – have experience with community based organizations or have skills you could bring to the Board or as a committee member we would like to hear from you. For more information in the Griffith area please call Pat Holleran at (613) 333-1229 or Bill Griffith in the Calabogie area at (613) 752-2201.

We thank the following businesses for their support of this important community initiative: Jeeves Chocolates, The Griffith Building Supply, Scott MacDonald, The Pine Valley Restaurant, and The Griffith General Store.

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Some Like it HOT: Understanding Drought in the Madawaska Highlands

By Lois Thomson

We routinely prepare for everything winter throws at us and we're generally prepared to cope with a stretch or two of hot dry weather, but for most of us, this summer's drought caught us unprepared. Low rainfall, extreme heat, forest fires, grass fires and violent storms have taken their toll on all of us, especially area farmers. But I was surprised to discover how all-encompassing drought is. Nature's reaction is a complex web of cause and effect. It affects our drinking supply, economy, air quality and our health. We can learn a lot about coping with drought by observing plants that thrive in drought and actually like it hot.

Lower rainfall means fewer berries; as a result, reports of NUISANCE BEARS (now to be reported to the OPP) have gone way up. Hungry and thirsty bears see your garbage, kitchens, birdfeeders and composters as irresistible food sources. Prepare for visits from DEER, RABBITS, and GROUNDHOGS on the hunt for anything green and from RACCOONS and SKUNKS that will eat anything. And keep an eye out for more welcome visitors, too. Eastern Ontario birders have reported seeing normally shy BIRDS in the middle of their urban backyards. A puddle on a pool cover attracted a merlin and birdbaths provided a drink for a wild turkey, and a cooling off spot for barred owls.

You have probably noticed MOLE tunnels in the garden this year. When the surrounding area is hard and dry, moles gravitate to moist garden soil in search of grubs and worms. I planted decorative castor bean plants, also known as mole plants, to deter them. The moles moved back up the hill.

Heat and lack of moisture in the air stresses many plants, with or without careful watering. Potatoes and cucumbers in particular, weren't able to keep up with INSECT predators. You might have noticed an abundance of potato beetles and stunted potato and cucumber plants.

While a need for food and moisture is affecting plant defenses and foraging habits for wildlife, high temperatures are causing other changes. Paved roads and flat rooftops create what is called Heat Island Effect. Air temperatures in cities can be as much as 12°C warmer than the air in the country. Here, we benefit from a substantial tree canopy, but the sun still beats down on our rooftops. BATS sleepwalk down inside your walls seeking cooler air. If they squeeze through the wrong hole,

they can end up swarming around your kitchen in blind confusion.

Similarly, high temperatures cause BEES to swarm. Honeybees normally only swarm in the spring, but bees need water and when hive conditions become lethally hot and dry, honey production isn't enough to sustain the hive. This isn't good for bees or bears that depend on water and honey for survival.

We all need water and food for survival. I spoke with Alfred Law, the son in George H. Law and Son Well Drilling in Calabogie. He said his father told him he hasn't seen so many DRY WELLS in the 60 or so years he has been drilling. He told me that some wells haven't gone dry in 40 years and wells up to 110 feet deep had to be re-drilled. Well owners, too, must conserve during a drought. Many people think their well is an independent unit, but wells tap into shared aquifers. These underground rivers aren't recharging fast enough to keep up with demand.

Underground or on the surface, low water levels affect people and wildlife dramatically. As waterways shrink, protective shade from overhanging branches is lost and fish can no longer keep cool in deep water. Water temperatures rise, acidification increases, BLUE-GREEN ALGAE spreads, fish die, and mosquitos spread WEST NILE VIRUS. Fewer watering holes mean more wildlife interaction and increased spread of RABIES.

Dry conditions increase the risk of FOREST FIRES. Recent fires in Petawawa put fine particles into the air and added to SMOG that extended into most of Southern Ontario, parts of Eastern Ontario and even the Muskokas. Smog in the Muskokas! The smog advisory stopped just short of the Madawaska Highlands.

These fine particles are a health hazard on their own and along with smog, are contributing factors for violent STORMS. Moisture clings to particulate matter in the upper atmosphere. During average summers there are more water molecules than particles, so water molecules double and triple up on each fine grain until the heavy drops fall as gentle rain. During a drought, dust, pollution and smoke put many fine particles into the upper atmosphere. With less moisture per particle, we don't get rain. These lighter combinations cycle up and down adding layers of ice as they go. When it finally does rain, they fall fast, heavily, violently and often as hail. The macro burst in Calabogie on July 24 was part of a system that saw 12-mile high storm cells in the region.



Purslane

We can learn a lot about coping mechanisms by observing plants. Aromatic herbs and waxy plants have oils and coatings that act as a sunscreen. Fine-leaved plants and trees don't have as much exposure to sunlight and hold their moisture. Large leaved plants droop in high heat to minimize transpiration from the underside of their leaves. Fuzzy plants have hairs that shade their leaves from the sun. My savory, dill and parsley are all doing better than ever.

Another plant this is doing fabulously is PURSLANE, a miracle food I welcomed into my garden. This low-growing, small-leaved succulent has reddish stems that look like a network of tiny plumbing laid along the ground. This

"weed" is my best garden crop this year. It's a powerhouse of nutrition and a model of efficient rainwater harvesting and soil protection. The flat leaves act like mulch by shading the ground and reducing rainwater runoff while keeping moisture in. It's deep taproot, acts like a deep well and doesn't compete with other plants. It also stores water in its pudgy, rain barrel leaves. I waited until it grew plump before cautiously tasting it and liked it immediately!

Perhaps we don't have to start liking it hot, but we'll all be better off if we take a cue from plants and animals and find new ways to adapt to hot, dry conditions that are likely to become more frequent as our climate changes. *End*



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Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

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

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

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

DENBIGH AND VENNACHAR

Vennachar Free Methodist Church
424 Matawatchan Road 613-333-2318
Sunday Worship 10am. Sunday worship will return to 11 a.m. starting on Sunday, September 9th.

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

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

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

Burnstown

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

CALABOGIE

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

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

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

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

COMMUNITY EVENTS

Calabogie

Public Meeting for Clear Bag Program
August 30 – 6 p.m. to 8 p.m.
Calabogie Community Centre

Chairlift Rides
September 3 (Labour Day) to October 8 (Thanksgiving): from 11:00 am to 3:00 pm at Calabogie Peaks

Festival of the Senses
September 29 & 30: from 9:00 am to 6:00 pm in and around Calabogie, sponsored by CABA.
www.calabogie.org

Sense of Soaring (Kite making and Flying)
September 29 from 2:00 pm to 4:00 pm at the Highlands Golf Course,

Thanksgiving Party for Ages 3 to 12 with Games & Crafts, September 29: from 12:30 pm to 2:00 pm at the Calabogie Library

Pre-school Program: Storytime is held every Thursday from 10am to 11am at the Library. It is aimed at children from 0-6.

Mega Yard and Bake Sale
Entertainment & B B-Q
August 2, 2012 on the grounds of Most Precious Blood Church
10:00 a.m. to 4 p.m.

Calabogie Seniors' Dinner & Meeting, last Thursday of each month, 5 pm Community Hall. from Oct. to April. Barnet Park from May to Sept. 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
Every 2nd Monday (if holiday, then 3rd Monday), 10:00 am – 1:00 pm, Community Hall, prospective members most welcome (\$15 per year), 752-1324

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

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

Griffith & Matawatchan

Matawatchan Community Market
Every Saturday until September 1

from 9 a.m. to 1 p.m.
Lunch served from 11 a.m. to 1 p.m.

Denbigh – Griffith Lion's Club Bingo
Bingo August 7 and 21

Friday August 31 Lion's Toll Road Event in Griffith.
Sponsored by the Denbigh and Griffith Lions Club.

Matawatchan Hall Annual General Meeting September 11, 2012 at 7:00 p.m. Support the Hall with your presence

Harvest Supper
Saturday, September 29,
5:00 pm to 7:00 pm St. Andrew's United Church in Matawatchan

Bert's Music Jam
Every Wednesday 5 to 7:30 p.m.
Pine Valley Restaurant

Fellowship Lunch at noon
Denbigh – Griffith Lion's Club
Meet the third Wednesday of each month
Northern Lights Seniors meeting to follow at 1:15 p.m.
General Wellness assessment by local Paramedics available at each lunch.
Diabetes Outreach Program every 3 months
contact Lois Robbins at 333-1082.
All Seniors Welcome

Denbigh

Music in the Park
Every second Sunday 1 to 3 pm
at the Denbigh Heritage Park

Diners Club
Dinners are held the first Monday of the month at the Denbigh Community Hall
continued on page 20



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Behind the tunes

By Peter Chess

New Orleans Rhythm & Blues

Deservedly famous as the birthplace of jazz, New Orleans and the surrounding bayou country was also home to a thriving regional folk music tradition during the first half of the 20th century. This indigenous music was known as "Cajun", the name a derivative of "Acadian", brought to south Louisiana by French speaking Acadians who were expelled from Nova Scotia and New Brunswick for their refusal to swear allegiance to the monarch of Britain after the British defeat of France. Many people of this diaspora made their way to Louisiana where there was already a large French population and in this friendly environment were able to carve out an existence and eventually flourish. Cajun music was primarily dance music with a fiddle as the lead instrument, accompanied by a small squeeze box accordion and guitar. Its later form, zydeco, was built on the energetic dance music with the addition of Caribbean influenced rhythms, bass, drums and saxophones. The smaller accordion was replaced by the larger Germanic keyboard able to expand the melodic possibilities of the music.

With a large black population as well, especially in the urban centers of Louisiana, there was, by the 1940s, an established R&B scene, which white people did not for the most part get into. The artists performing this music did so in a vacuum at clubs, parties and wherever else they could get a gig, but only in the areas where black people lived. One of the reasons for this isolation was that there were no recording facilities that would work with the R&B musicians

at that time in New Orleans. If you were white and not French speaking, country music was more likely to be your listening choice.

This situation was to change, however, when in 1945, a young Italian/American, Cosimo Mattassa, put together a rudimentary recording studio in the back room of his father's jukebox repair and appliance store. Originally built for his personal use, he also began selling used records from his father's jukeboxes out of the back of the store. Included in the records was so called "race" music, which was recorded and distributed by outside labels...Chess Records being one of the most popular. His little sideline became so popular that soon he was selling more records than appliances, so he converted the shop into a record store which he called J&M Music Shop, using his father's initials for the name and began selling new records as well as used. Realizing a year or so later that there were no recording facilities in New Orleans, he bought a DuoPress disc cutter and launched J&M Recording Studios. With no local record labels to use his new studio, he was dependent on outside companies to come into town, scout the local talent and use his shop to record, in hopes they found something they could exploit in the much larger national market to which they had access through their distribution channels.

In late 1947, a representative from "Deluxe Records" in Linden New Jersey brought three artists to the studio to record. They struck big with a #5 hit on the R&B charts with Paul Gayten's "True". They also got national hits with Annie Laurie's "Since I Fell for

You" and Dave Bartholomew's "Country Boy". The meeting with Dave Bartholomew proved to be a lucky break for both men. Bartholomew was an experienced musician and ambitious. He assembled a stellar band from his musician friends and some of his own band mates becoming the house band at Cosimo's studio. In December 1949 he brought in a popular local boy to record. Antoine Domino, known as "Fats", an ebullient piano player with unique style and rockin' energy laid down a track, which they called "The Fat Man" that became one of the first New Orleans style R&B classics and the start of Fats' amazing career. The record came out on the "Imperial" label out of Hollywood and as the fifties progressed, Cosimo became very busy as word got out about the New Orleans R&B. Labels such as Specialty, Aladdin, Atlantic, Savoy and Chess all recorded artists at J&M. They were attracted by what became known as the "Cosimo Sound". Unlike his contemporaries, such as Sam Philips at Sun, Cosimo stuck to the engineering side of recording and did not much get into the production end of it. He had a knack for putting mikes in the right places, did not fiddle with knobs, and kept the sound straight ahead. Strong drums, guitars doubling the baselines, light piano and horns and an upfront vocal were his standard setups.

To keep up with the growing demand, he built a larger studio three times in a decade and changed the name to "Cosimo Recording Studio". Between September 1955 and October 1956, Richard Penneman, AKA "Little Richard" laid down his best work. Including "Tutti Frutti", "Long Tall Sally", "Ready Teddy", "Lucille", and "Good Golly Miss Molly". Fats Domino recorded "Blueberry Hill", a number one smash hit, "Blue Monday", "Ain't That A Shame", "I Hear You Knock-

ing", "I'm Walking", "I'm Gonna Be A Wheel Someday", "Walking to New Orleans", and "Let The Four Winds Blow" as well as dozens of other singles and 'B'sides.

In 1957 he recorded a young local teen heart throb, Jimmy Clanton. His song "Just a Dream" made it to #4 on Billboard's Pop charts. Throughout the decade and into the early sixties, the music flowed. During this period he also recorded numerous local and regional Cajun musicians including Alain Toussant and Clifton Chenier, the most popular "Cajun" and "Zydeco" artists in their time. However, by 1963, with the advent of the Beatles and the Motown sound and consolidation of labels within the industry, the popularity of R&B based rock and roll was on the wane, seriously jeopardizing the future of the independents like Cosimo. By 1967 he was bankrupt and the IRS seized his property and assets. Undaunted, he joined up with Alain Toussant to create Sea Saint Studios and continued working in the recording business until 1988 when he retired to help run the family's grocery store, just down the block from his old studio in the French Quarter.

Among the other artists who had their careers helped along by this quiet gentleman were Ray Charles, Dr. John, AKA "The Night Tripper", Sam Cooke, Professor Longhair, Lee Dorsey, Smiley Lewis and in 1951, a 16 year old kid who cut his first demo under Cosimo's tutelage...Jerry Lee Lewis. Cosimo's Studio is designated as an historic landmark and he is an inductee in the Louisiana Hall of Fame. He says he had no idea while he was recording all these people that there would ever be any historical importance placed on his work...says Cosimo "I was just trying to make a living, that's all".

End

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Matawatchan Community Memorial Centre


1677 Frontenac Road, Matawatchan

PURPOSE OF THE MEETING:

Report of the President and Treasurer, Election of the Board of Directors, Launch of the fundraising campaign

The Greater Madawaska Seniors Housing Corporation was incorporated in 2010 as a Non Profit organization to address the housing needs of Seniors in the Township of Greater Madawaska


There is no charge to attend For further information please call: Pat Holleran 333-1229 or Bill Griffith 752-2201



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The Healing Tree

By Robbie Anderman

BEECH (Fagus)

There's something very friendly about a Beech tree for me, perhaps it's the smooth gray bark that reminds me of human skin or maybe the love from all the forest creatures who derive food from its harvest of nuts. I love to see Beech trees, nibble the twigs, salad the young greens, and eat the nuts. I know I'm not alone in all of this.

Beech trees are members and evidence of a climax hardwood forest growing in rich moist soil and living for a good while. They are well respected by people and wildlife that live near them. Even the forest soils appreciate how the Beech roots aid air circulation and the leaves add potash, thus conserving the productive quality of the soil better than any other tree

Best known of the Beech gifts are the nuts. Enclosed in a 3/4" burr-like husk are two or three pyramidal nuts inside their own individual shell that looks like a buckwheat seed. The nuts are delicious eaten raw, sprouted, or roasted. It was common to dry them and grind them to flour. Roasted they make a good coffee substitute.

Well-ripened nuts yield up to 20% oil

which is non-drying and is used for cooking and as a butter substitute. The remaining cake can be added to baking or fed to livestock. Only the Northern Beeches produce large quantities of nuts, and they must be gathered after the first frosts in autumn before the squirrels and chipmunks get them. Some folks have found that eating quantities of Beech nuts eases the pain of kidney stone and helps the passing of the gravel and sand.

As an internal medicine, 1 teaspoon of the crushed leaves (or 1/4 tsp. of granulated bark) is steeped in 1 cup of boiling water and taken three or four times daily, one hour before each meal and before retiring at night. This tea has been found to be soothing to the nerves and stomach, alterative, antiseptic, astringent, tonic, diuretic, and helpful for the liver and kidney. It's been used as a remedy for diabetes and to help restore a body weakened by dysentery and life in general.

The leaves when chewed and held in place have been helpful for chapped lips, painful gums, and canker sores. A decoction of the leaves is used externally as a cleansing skin wash with antiseptic and cooling qualities for cold sores, feverish swellings, sores, wounds, frostbite, burns and skin diseases. Steeped a good half hour, the

strong tea should be applied as a poultice or a very frequent skin bath.

A skin ointment with properties similar to the decoction above can be made by boiling the leaves in good oil, even Beech nut oil.

The Rappahannock Indians steeped a handful of the bark from the north side of the Beech tree in a pint of weak salt water for a poison ivy remedy that was applied thrice daily. The Hurons drank the sweet and pleasant sap when thirsty.

Griffith/Matawatchan News

By Garry Ferguson

Well, we heard the final word concerning the Clear Bag Garbage Disposal Program directly from the horses' mouths at the informative public meeting held at the Griffith Hall on August 08. I could see that our township administration folks meant business when they rolled out all the big guns. Reeve Peter Emon, Councillor Karin Lehnhardt, Environmental Consultant Tyler Peters of Greenview Environmental Management, Chief Admin Officer Allison Holtzhauer and Public Works Manager Jamie Doering, accompanied by his staff, were there to answer any question that any one of our fertile minds might formulate.

After learning that our garbage is trucked to the Cornwall area, it's not difficult to understand why the rush is on to improve our record (25% of total garbage by weight) when it comes to recycling. The cost in a direct payout

of \$65,000 per year for haulage plus the revenue lost through Waste Diversion Ontario's shrinking of our yearly grant in proportion to our dismal waste diversion performance could probably foot a year's grocery bill for everyone in Ward Three.

As a result, the Township hopes to encourage a more responsible effort through the use of clear plastic garbage bags which can be monitored, encouraging composting and with voutures (included with September tax bills) to defray the cost of blue boxes, kitchen compost containers and backyard composters. Pamphlets and a series of public meetings are meant to educate and inform. Clear bags are the order of the day as of November 03, 2012: by April 01, 2013, not even the smoothest talker will have garbage accepted in anything else. Information may be obtained by dialing 613 752 2214. For those readers who might attach undue importance

continued on page 14

Rural Gas (Cont)

halves,” “Rate hike threatens existence of rural petrol stations,” and “UK petrol stations closing, ‘fuel deserts’ may result.”

Parliament

Rural issues appear to be mentioned frequently in the British parliament and certainly the issue of rural petrol station closures has been raised in parliament (something which doesn't

seem to have happened in Canada in recent years.) In addition, RMI Petrol, the major trade association for independent UK petrol retailers, (for which there is no Canadian equivalent), made a submission to Parliament in 2011 to inform MPs about the problems faced by the industry.

Two Welsh MPs have also been active in bringing the issue of petrol station closures to the attention of parliament recently. Mark Williams and Roger Williams, who represent rural Welsh ridings, tabled an “Early Day Motion”

(EMD) in the House of Commons in February, 2012 to highlight the problem of rural petrol station closures. An EMD can be tabled by an MP for debate at some time in the future. It is open for signature by other MPs (indicating their support), for the rest of the session. The major function of an EMD would appear to be ensuring that an issue becomes known to other MPs so that something can be done about it. This certainly was the purpose of the EMD proposed by the two Welsh MPs who wanted to see “urgent action” taken to protect the independent

petrol stations in North Wales “as so many are vanishing.” Mark Williams, the MP for Ceredigion, Wales, stated on his website “I hope the Early Day Motion raises awareness of the issue, and I hope MPs who have noticed the same trend in their constituency and share my concerns, will add their name to the motion.”



Two MPs also tabled questions in the House of Commons regarding the negative effect of the hike in business rates on rural petrol stations.

Trade Associations

A number of trade associations in the UK have been formed to represent and protect the interests of their members. The Retail Motor Industry Federation (RMI) is the automotive trade organization representing a wide range of car dealers, garages, body shops and petrol retailers.

An offshoot of the RMI is the Petrol Retailers Association (PRA), (briefly known as RMI Petrol from 2009 to 2012 when the name was changed back to Petrol Retailers Association.) This is the association that actively represents the interests of the independent petrol station owners to Parliament, the Gov-

continued on page 18

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Blues fest (Cont)

Band who headlined the night.

Starting on Saturday, August 18th, Rocket Rached & the Fat City 8, followed by Bill Durst, Bob Walsh, and Jack de Keyzer were on stage headlined by the Powder Blues Band. Leader, Tom Lavin has written many well known blues tracks including “Doin’ it Right” (On the Wrong Side of Town) & “Bop-pin’ with the Blues”. Flying in from Vancouver exclusively for this Blues-fest, Powder Blues is one of Canada’s most treasured blues acts.

Finally on Sunday August 19th, Jeff Rogers started the day, followed by Trevor Finlay, JW-Jones and David Rotundo.

The Saturday night line-up ended with a spectacular display of fireworks. It was really over to the top for a festival of this size.

And then there were the ribs! Six ‘ribs-bers’ competed for festival goers’ business and for ‘the best’ in a variety of categories; be it ribs or sauce or other categories of competition. By all accounts the ribs were great but the line-ups were very long.

All in all the 2012 Calabogie Blues and Ribfest was a very well run and harmonious event. Everyone got on well together and enjoyed “The Real Blues”.

End



Line up for ribs

Landmarks of the Mind 40th Anniversary Show a landmark event for Burnstown Sculptor

It was 1972 when Richard Gill put on his first show of pottery at his studio/home in Burnstown that he called Fog Run. In those days the show invitations were hand drawn and handwritten. The clay was custom mixed in a large hand cranked bread dough mixer using rain water collected in big wooden barrels.

The pots were thrown on a kick wheel and baked in a wood-fired kiln all of which were designed and built by his own hand with the passion and exuberant energy of his youth.

The pots were decorated with unique textures and his signature style drawings that evoked the distilled essence of civilization and settlements.

The locals loved his pots and folks came in droves from miles around to buy them.

When one day a customer commented that they loved his drawings on the pots but had no more need for the pots themselves he set about to solve the problem.

He cut a finished wet pot in half and opened it up put a hanger on the back, fired it and hung it on the wall. When it sold the next day he knew he was on to something and that's when his work evolved from functional to purely visual. People started asking him if he would mind rendering their homes, farms or cottages in clay and his skills as a former architect served him well. Now over 50 percent of his work is custom made by commission. The work has evolved with increasingly more detail and colour with the use of computer operated electric kilns.

This landmark 40th show will include a wide variety of material that is sure to appeal to many aesthetics. Some are pieces that he has wanted to sculpt for years but didn't fit into the theme of a conceived concept for a show or that he perceived as too complex at the time.

Highlights of the show include the Moulin Rouge, Stairway to the Paris Opera House, Monte Carlo, Whitehall, London, St Peter's in Rome, Versailles, Santiago de Compostela, Perce Rock, Haida Totem Poles, St Joseph's Oratory, Montreal, as well as many local landmarks like the Chateau Laurier, Parliament buildings along with some familiar Ottawa Valley vistas to name just a few.

Others are landmarks that made a lasting impression on him in his youth like

the Statue of Liberty that he recalls climbing when on a business trip with his father at the age Or perhaps what was his very first recollection of Big Ben that this mother pointed out to him at the age of 3 indelibly imprinted in his mind.

Landmarks of the Mind opens at Bittersweet Gallery in Burnstown on September 28, 2012.

The show continues daily from 11 to 5 pm to October 8.

40th Annual Fall Show of sculpted clay relief

3 collections by

Richard Gill

Landmarks of the Mind Flora and Femme THE FRENCH RIVER

Friday, September 28, 2012

The show continues daily 11AM to 5PM
through Monday, October 8.
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Family home with 4 bdrms, ensuite bath, finished family room, double+ garage plus exercise room, private backyard, perennial gardens. Minutes to all amenities of the village, golf, ski hill. MLS #836225 \$274,900

74 Whipporwill Valley Lane
Fully finished waterfront home w/360 frontage on Calabogie lake. Open concept lv/dn/kit, 3 bdrms, 2 baths, screened porch, waterfront bunkie/storage. Private setting close to ski hill, golf, ATV trails. MLS #82411. \$489,000



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12620 Lanark Rd
Duplex in village of Calabogie. Recently renovated. One bdrm apt on main flr, 2 bdrms apt on second & third flrs, both units have separate entrance, parking. MLS #767210 \$199,900

185 Viewmount Dr
Uniquely designed 2 storey home in "Peaks Village". Cathedral ceilings, flr to ceiling window 4 bdrms, 2 full bath workshop, screened upper porch, stone fireplace paved drive. Deeded access to Calabogie Lake. MLS # 834492 \$339,000

52 Whipporwill Valley Lane
Cottage on Calabogie Lake with 245 ft frontage. Seasonal, 2 bdrms, dock & decks, close to ski hill, golf, ATV/hiking trails. MLS #826114 \$249,900

9 Carnegie Cres.
Custom built home plus salon w/separate entrance. Open concept lv/dn/kit, 4 bdrms 4 baths, master ensuite. Distinctive solarium on two sides w/ceramic flrs. Possibility for B&B, home business, in-law suite. Zoned tourist/residential. MLS #817024 \$449,900

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Attractive waterfront home w/225 ft frontage on Calabogie Lake. Docks, sand beach, screened porch, 3 bdrms. Private location, family oriented. Fabulous view of lake & surrounding hills. Walk to golf course. MLS #811420 \$449,900

329A Church Farm Rd.
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G/M News (Cont)

to certain calendar dates, Reeve Peter assured me that that on April 01, 2013 he will not be issuing a township-wide bulletin declaring it all just an April fools' joke.

Winners in the Fish and Game's 2012 middle-of-the-night (6 a.m.) Bass Derby on Saturday August 11 were: Robert Dunford who took the first prize of \$150 for a 14-pound-15-ounce large mouth bass; Corey Vincent, second with a 13-pound-three-ounce large mouth for a prize of \$75 and third, Steve Kelly who landed a 10-pound-seven-ouncer that qualified him to go home with an extra \$50 in his jeans.

With Juliette LeGal leading the charge, a group of interested citizens met, for the second time, on Friday August 10 in the Matawatchan Hall to discuss the feasibility of a centre in which the history and culture of the Matawatchan area could be preserved. The "Purpose" as included in an initial proposal is as follows:

"To provide a climate controlled and secure repository where data in all its forms (photographs, books, paintings, artifacts, tapes, cassettes, CDs, digital memory medium, etc.) can be stored, preserved, organized and made available for public use."

Though nothing has been formalized, a great deal in the way of planning has already been accomplished in order to create a comprehensive presentation for a public meeting planned for October 2012.

There are a few other local happenings that will be of interest to readers. I saw the Bell Broadband Boys working on the lines, but according to the internet, we won't see the service until the fall of 2013. Construction has finally begun on that notorious section of the Matawatchan Road. Yahoo!! The Matawatchan Hall Board AGM is scheduled for 7 p.m. on September 11, 2012. The board members can use your moral support even if they can't get your help,

so come out and let them know that you appreciate their efforts. Vicky MacMillan will conduct a pottery demo and workshop at the Matawatchan Market on Saturday September 01, 2012 and don't forget the Lions' big Show and

Shine car show. It's a go for the afternoon of August 25 at the Lions' Hall in Griffith. You might not own a classic or even a shiny car, but you can spend a pleasant afternoon drooling on your shoes over other people's beauties.

End

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BogieBeat

By Skippy Hale

Greetings from Phoenix! Madeleine Jeannette Irwin was born August 2nd to my daughter Dr. Taben Hale and her husband Steve Irwin. I am having fun with my wee one.

At the Graduation Ceremony held in June at St. Joseph's High School, Calabogie and the Mountain were well represented by Graduates and award winners. Daniel Charbonneau, an Ontario Scholar, won the P.J. Sheeman Memorial Award; Krista Mahusky the Most Precious Blood Parish Bursary; Hailey Verch, Ontario Scholar, the Mount St. Patrick Parish Bursary and the Dacre & Area Community Association Bursary; Holly Besseau-Onion the Father Sloan and Parent's Foundation of St. Joseph's High School Bursary. The following members of the Class of 2012 from GM are: Holly Besseau-Onion, Daniel Charbonneau, Hannah Lafleur, Krista Mahusky and Hailey Verch. If I have missed anyone, please let me know. At this point, I do not have the information from the 2012 RCI Graduating Class. If someone will send me the information about graduates and award winners, they will make the next edition. Krista Mahusky is going to Poland for the year on a Rotary exchange. Best of luck Krista!!

Over the Canada Day weekend, Calabogie Bible Fellowship [CBF] celebrated its 13th Anniversary. On Saturday

afternoon, they held a BBQ and outdoor concert featuring Sean and Aimee Dayton. These award winning recording artists were here in 2010 to share their gift of music with Calabogie. Those who joined the celebration were blessed by the ministry Sean and Aimee shared as well as by the food and fellowship offered by CBF. On Sunday, following the 10:30 Service, they hosted their Annual Strawberry Social. Congratulations and God Bless to Pastor Bill Griffith and his congregation! A Vacation Bible Camp was held from August 7 – 10. The Youth Ministry Team was supported in this activity by resources from CEF [Child Evangelism Fellowship] which sends youth ministers into the community to work with the local ministry teams. As with every event sponsored by CBF there was No Charge to attend or participate. Children have enjoyed this Bible Camp for many years.

Be careful what you wish for. We suffered from such heat and drought and prayed for rain. Instead, we were hit with a storm that left such a terrible devastation in Calabogie and Area. Downed trees and power lines littered roads and properties. Norway Lake suffered the most damage. Thankfully, no one was killed or badly injured. We were without power and telephone for four days, but other areas waited longer for services to be restored. I am so impressed with the Hydro and Bell staff who worked tirelessly to clear the trees, replace broken hydro and telephone poles so that service could be restored as soon as possible. Crews came to our aid from other areas as well. Neighbours and businesses stepped up as well. I could not help thinking of the Ice Storm of '98 when the sound of power saws, emergency trucks, helicopters and shredders could be heard from morning until night. Thanks and Kudos go out to the Township Staff, Council and Emergency Measures Team who put into play their plans to support the community.

Most Precious Blood Church is hosting its Annual Gigantic Extravaganza on August 26 from 10:00 am until 4:00 pm. Come and enjoy delicious food, great entertainment, a tasty Bake Sale and the greatest Yard Sale ever!

This column will appear in each edition of the Madawaska Highlander, so if you have news let me know, before and/or after the event. If possible, I can set up an interview and photo-op. Publication will depend on availability of space and timing of the event. The more notice the better to allow for deadlines.

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BRAVE IMMIGRANTS (Part 2)

By Ernest Jukes

Editor's note: See the August edition of the Madawaska Highlander for Part 1 of Brave Immigrants. In Part one the decision to immigrate to Canada, the family's preparation and the actual voyage are outlined.

At last during a morning sunrise, there off their bow was wonderful land. A gigantic bright green island they called Newfoundland. Its first record of settlement was by the Vikings in 987AD. It was also called Brendan's Isle after an Irish monk who visited there about 500 years before Columbus was born. Then later in the day they were traveling up the mighty St. Lawrence hardly seeing its misty shores in the distance.

In a few more days they finally arrived at the old port city of Quebec, at one time it was the capital of French North America. Following their health check and obtaining rooms they decided to take turns having a walk about the grand old city. It was warm and sunny, they were in Canada together. The family had bonded with even more love and strength than ever. There was a new happiness taking place.

In spite of the support of old and new friends now gone they knew they could make the best of anything...no matter what. Well this would be put to the test as the train ride of 350 miles along the St. Lawrence River going west would be full of delays. Sometimes when stopped the kids would get off and run amongst the daisies. In Lower Canada (Quebec) towns they could glimpse in shop windows with excitement but sadness too in that they could only buy bread and milk or perhaps some new cheddar cheese they found flavorful and energizing.

At long last they were in Upper Canada. They could see Fort Henry at Kingston from the dock as they boarded a passenger steam boat to travel the 200 mile length of huge Lake Ontario. Water travel was comfortable and economical too as they moved ever closer to their goal. Imagine their delight to see peach orchards, vineyards and apple trees, even melons in season, right to the horizon in the Niagara Peninsula when they paused to let off passengers near St.Catharines. It was a much milder climate than they had anticipated.

We believe they would also be impressed to hear band music when they docked at Hamilton. Most large centres had Sunday afternoon band shells and marching bands in those days. At this terminus the family once again boarded another train going west, traveling only a short distance overnight to their next rest stop. They all felt relieved when they arrived at Berlin (now Kitchener). Here they were treated to a real Canadian breakfast of sausage, eggs and pancakes with maple syrup and they could finally read a newspaper in their own language. It was like being home.

Not all cities were connected yet to a transportation line of trains or boats, but were serviced by horse drawn coach. They soon became oriented with fresh maps and the knowledge that their destination north to Hanover would be made in a few days safely by Conestoga wagon. Interestingly few of the native Indian problems professed by other North Americans seemed to exist in Canada. The notion of guns was only for hunting the plentiful white tail deer or pheasants. Today this country is still the world's last frontier for wild-life and natural beauty.

Their fellow settlers in Normandy Township shared everything as they

welcomed them initially into a country home and later into town. This mutual attitude of respect and support in their local church and meeting hall generated more development. Of course it was not only the shared trades and talents of the community but also their hearts and minds that would make them successful in this new rich land. Their long brave quest was near completion.

Their strict work ethic, high family goals and rapidly learning English advanced them tremendously as it did all new citizens that had come before and since. We ALL are immigrants and now 7 generations later we are still proud to be Canadian. We recognize that brave immigrants like them have built this great country from sea to sea to sea. I certainly am proud that my ancestors accomplished this remarkable journey and joyous too or I wouldn't be writing this for you.

End

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Hell begins on the day when God grants us a clear vision of other people's garbage (OPG)*

By John Roxan

In light of the pending changes to our system of waste recycling and diversion (SWRD), I present a scene at your local Waste Disposal Site (WDS), sometime in the near future (SINF).

The scene opens with a township resident (TR), bringing his refuse to the dump for the first time after the changes to a clear bag policy (CBP) have taken place.

The dialogue is between the TR and the waste disposal site steward (WDSS).
TR: Good afternoon, WDSS, where do I put my garbage?

WDSS: Not so fast. I can see that you're using a clear bag in accordance with the Township of Greater Madawaska's (TGM) CBP. That's very good.

TR: Uh, thanks. So, where does it go? The wife and I sorted it last night and I'm pretty sure that we got it right.

WDSS: Ok, good. Before we start, do you mind if I ask you a few questions?
TR: Sure, I guess...

WDSS: How many Bags of Garbage (BOG) on average does your household produce each week?

TR: I dunno, a couple, I guess.

WDSS: And may I ask you what level of education has been attained by each member of your household?

TR: Why does it matter?

WDSS: Oh, the Waste Recycling Strategy (WRS) dictates that we find out about the education of the township's residents. This is to determine the rate of compliance we have in this new program because, as everyone knows, the more educated a person is, the more diligent they are about waste diversion (WD).

TR: OK, why is that? You don't exactly need brains to know the difference between a tin can and OCC.

WDSS: What's OCC? Anyway, it has nothing to do with that sir. Our research has found that those people willing to pay \$100,000 for a Philosophy degree are also willing to go along with other suggestions and guidelines put forth by our elected officials. You see, those TRs are our most fertile ground for future policy changes that some of the more practical folk may find asinine.

TR: Well, I'm definitely into saving our planet, so anything I could do to help...

WDSS: That's excellent, sir. So, about your household's education?

TR: Well, I had to quit school in grade 11 to help my dad on the farm. It was a hot summer...

WDSS: That's fine, sir. What about the other members of your household?

TR: The wife studied commerce for a few years, I'm not sure how far she got, though.

WDSS: Ok, good and anyone under eighteen?

TR: I've got a son...

WDSS: And what's his education level?

TR: Going into 10th grade. What does this have to do with my garbage? Oh, and you still haven't told me where it goes.

WDSS: Well, I'll tell you now. The TGM's WRS dictates, according to guidelines set out by the WDO following GAP diversion rates, that we Maximize Waste Diversity (MWD). To help us accomplish our goal, we've received funding through COMRIF and the CIF.

TR: What the... what the hell does that mean?

WDSS: I'm not sure myself, sir. Suffice to say, that the acronyms are very important to this initiative.

TR: Whatever. So, I can I just leave my trash and be on my way?

WDSS: Of course. I see that you have everything in a clear bag. Good. Let's have a look, shall we?

TR: You want to look at my garbage? Have fun.

WDSS: I see that you have two paper plates, a bunch of Kleenex – do you have a cold, sir? – And a banana peel.

TR: Ok, so...

WDSS: Well, sir, I didn't look too deeply and I already found a number of violations.

TR: Violations? What kind of violations?

WDSS: Well, sir, the Kleenex and paper plates should all go in with your organic matter accordance with guidelines set out by the SSO. The banana peel should be composted, of course.

TR: Fine, I'll remember for next time.
WDSS: Not so fast, sir. We have to remove the offending articles from your bag.

TR: You're kidding, right?

WDSS: No sir. While there hasn't been any Public Consultation Events (PCE) with regards to this initiative, Township Council (TC) does believe that it's the right thing to do based on initiatives in other townships. Council members figured that if it passed in Madoc, it should pass here.

TR: I don't like you sorting through my

garbage. In fact, I think it goes against out privacy laws.

WDSS: I can assure you sir that it does not.

TR: Well, all I can say is that I was at Walmart the other day wanting to pick up some pictures for my wife. I went to the photo area and asked for the photos. They said that they couldn't give them to me without written permission from my wife, based on Canada's privacy laws. Seriously. If I can't pick up photos, then you shouldn't be able to search through my garbage. Did you know that during the cold war, enemy agents regularly searched garbage for intelligence purposes? Garbage obviously contains many secrets.

WDSS: That doesn't concern us, sir. What we want to see is that your
continued on page 18

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Hell (Cont)

WEEE and C&D waste gets recycled properly. We have to be sure it's sorted properly and then it's transferred to the Ottawa Valley Waste Recovery Centre (OVWRC). It's one of many MRC's set up under this and other related initiatives.

TR: (loud sigh)

WDSS: The goal is to encourage residents towards increased diversion of blue box recyclables.

TR: Great. So I can just leave this bag here, then?

WDSS: You have to remove the paper plate, banana peel and Kleenex first.

TR: Look at that other bag there. Why, it has an empty mayonnaise jar in it.

WDSS: Please sir, you're not permitted to look at anyone else's garbage due to privacy laws.

TR: But, but...

WDSS: Please remove the offending articles, sir.

TR: (Opens clear bag and thrusts hand inside, searching for Kleenex, two paper plates and a banana peel.) OK, here they are.

WDSS: Very good, now please put them in the appropriate container. The banana peel you may take home to compost.

TR: (Mutters four letter expletive under his breath).

WDSS: Thank you for your cooperation. I look forward to seeing you on your next visit to TGM WDS. Have a nice day (HND)

The township resident gets into his car, turns the key and drives off. Once clear of the WDS, he opens the passenger window and throws the banana peel into the ditch.

*With apologies to Gian Car Menotti

End

RURAL GAS (Cont)

ernment, the EU, the media, and large oil companies.

There is no Canadian equivalent to the PRA. The Canadian Petroleum Products Institute represents the interests of the large petroleum companies like Shell, Suncor and Petro Canada. Regrettably there is no trade association representing small independent rural gas stations and making presentations about their issues and challenges in Parliament or to the media, although such an association is clearly needed.

Some Solutions

In 1998 the Scottish Government created the "Rural Petrol Stations Grant Scheme" (RPSGS). The objective of the Scheme was "to support the retention of a sustainable and accessible network of fuel supply in rural Scotland." To date, £2.7 million has been spent on the scheme and a total of 61 petrol stations assisted. The Scottish scheme provided grants of as much as 50% of the cost of expenditures on environmental infrastructure requirements, including the replacement of USTs, vapour recovery technology, and tanks and dispensers for liquid petroleum gas (LPG).

An evaluation found that the economic benefits of the scheme were more than five times greater than the cost of the grant. An environmental benefit of the scheme was the fact that the retention of one rural petrol station was found to save an estimated 280,000 miles of driving each year.

The study found many social benefits to the scheme, including "the avoidance of increased travel costs to local residents" as well as "the retention of other services at the petrol station... services" which were "seen by many to contribute to a reasonable quality of life".

There is no English or Welsh equivalent to the Scottish scheme but many feel that there is a pressing need for a similar scheme in other parts of the UK. In 2007, the Director of the Petrol Retailer's Association, "called for the UK government in Westminster to follow the example of the Scottish Executive who have a grant scheme to assist forecourt retailers with capital investment."

In lieu of grant schemes, some English and Welsh villagers have decided to take matters into their own hands and form cooperatives to purchase and run vital village services like petrol stations, stores, pubs, and post offices. The Plunkett Foundation, a British NGO specializing in cooperatives, has estimated that there are now probably 250 community owned cooperative stores in rural UK.

The Trefeglwys Community Co-operative project in Wales was created in 2008 when the community of 1,000 was threatened with a number of closures. According to a bulletin from the Plunkett Foundation, they "took matters into their own hands and saved not only the village shop, but the Post Office, café, petrol station and garage by owning it and running it them-

continued on page 19

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A Black Donald Pillow

By Howard Popkie

When chicks were born in the spring at home we didn't keep the roosters too long because they didn't lay eggs. Mom got me to chop the heads off a half dozen one day to make pillows.

She had the old wash tub out on the grass and plucked all the soft belly feathers off in the tub and then poured boiling water on them to kill any fleas that may have been on them. She added cold water and soap then washed and rinsed them in the tub. She spread a bed sheet on the grass and laid the feathers out to dry on the sheet in the sun.

Mom made everything she could on the old peddle driven Singer sewing machine out of Robin Hood flour bags. She had a pillow case ready with coloured flowers embroidered on it and a smaller bag to stuff with feathers. I only saw her make the one pillow but all our pillows were made the same way before I was born.

Mom made all of our quilts and a wooden frame too. Today they are like a fine piece of art. Every year at the Arnpri-

or Museum there is a quilt show and I have two of Moms quilts that I am always glad to show and one of Mrs. Joe Scullys quilt from Black Donald too. Rose Scully, Joe's wife, knew I liked old things and one day she just gave me one of her quilts.

Those old girls are dead now but the blankets they made are something fine—something that I will always be proud to show.

End



Howards mother and sister

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Up the Line

By Wes Bomhower

MY FIRST TOWER & MAGGOTS IN THE MEAT

Men came and went quite regularly on the hydro construction crews in those early years; sometimes almost a whole new crew come Monday morning. We had been stringing conductor on this 115 kilovolt (kv) tower line near Timagami for a few weeks and one Monday morning only three linemen out of the usual seven showed up for work. There were plenty of ground men and labourers, however, and Jack Morrow, the sub-foreman asked if anyone wanted to try their hand at climbing just for the day, and it would be only to relay signals. Eddie Skinner, (whom you will be hearing more about later,) and I both volunteered, so Eddie was sent up the first tower away from the large reels of wire, and I up the second tower further on as we strung out the conductor. We had no two way radios in those days and depended solely on hand signals.

Jack Morrow gave me a few instructions before I started up the tower. "Wes, get yourself out on the long centre arm of the tower as far as you can so that I can see you and try to stand upright all the time.

You know all the signals, just keep watching Eddie and do whatever he does signal wise, and when you see him go down for lunch with the crew at the reels, you come down also and come on up to where we will be eating lunch. O.K.? I nodded my head affirmatively, feeling very responsible, and started my climb. The first fifty feet or



Kitchen tent

so was not too difficult, but then I made the mistake of stopping and looking up at the sky. Holy Toledo!! The clouds were moving rapidly and it gave me the impression that the tower was falling over!! If that tower still stands today, I'm sure my fingerprints are there on the diagonals somewhere. Wow! I got my bearings again and continued my climb to the long centre arm which would be roughly 90 feet off the ground, scrambled out as far as possible, and, hanging on for dear life with one hand, I gave the go ahead signal to Jack which he relayed on to the signalman on the bulldozer with my brother, Everett.

The wires began to move forward and the wheels or travellers on the lower end of the insulators rolled at a pretty good clip as I kept my eyes on Eddie two towers back at the reels. Suddenly, a loon flew up crying its crazy call from a nearby beaver pond and it distracted me momentarily. When I looked back at Eddie again, he was frantically giving the 'hold everything' signal, so I did the same and everything came to a halt. This happened frequently all morning because it was a previously used conductor we were stringing and the crew at the reels was kept busy making per-

manent splices to replace the temporary ones as the wire came off the reels.

It was nearing lunch time and I saw Eddie start down his tower, so I scrambled down also and headed up the right of way to find most of the crew were finished eating but there were plenty of sandwiches and cake left and lots of hot tea still in the tea pail. Tea and coffee were brewed every day at lunch time over an open wood fire. The afternoon was uneventful and next day there was a full compliment of linemen again, so that was the end of my climbing experience for some time.

The weather turned extremely warm for a few days, probably Indian summer with flies and other insects, and the cook's helper must have left the lunch meat out on the counter too long before making next day's lunches. We were halfway through our lunch next day and Wilfred Nagle, a negative kind of guy, opened his sandwich to apply some mustard. He dropped the sandwich in disgust and cried, "there are worms in this meat"! We all stopped eating, of course, and began examining each lunch.

Sure enough, every sandwich manufactured with that certain prepared meat was wormy, although all else was o.k. Nagle was looking pretty green by this time and he insisted, along with a half dozen other men, on taking one of the trucks into camp to show the wormy meat to the head push himself, Ike Ritchie.

Jack Morrow knew that a little discretion was in order and he tried to dissuade them, but he finally consented to them taking one of the trucks, and away they went with the wormy sandwiches. They returned within the half

hour, a very quiet and subdued group of men who refused to say anything.

That evening I spoke with old Sully, the bull cook, (clean up man,) and he filled me in on the noon time episode. Sully originated somewhere in Newfoundland and had a lingo all his own "They comes tramping in here as we are eating in t' dining room, an' dat crazy arse Nagle, he shove a wormy sandwich right under Ike's nose. "Looka dat"! Nagle say in a really loud voice an' big Ike jump up and I tink he's going to hit Nagle, but John Mills, t' time-keeper say real quiet like, "calm down now Ike". So they goes outside an' Ike, he tell t' whole damn kaboodle of dem they can go home if they likes, or they can stay an' eat wormy meat"! And that was that!

Of course big Ike was bluffing, but he was also very angry. A few changes were made in the kitchen and it was probably all for the best.

From there on, the lunches were prepared just an hour before they were to be consumed, and delivered to the different crews by a small truck.

It was extremely difficult for the cooks and their helpers having no refrigeration in those days. And those were the days!! *End*

RURAL GAS (Cont)

elves." They were awarded a prestigious Country Side Alliance Award as "Best Village Shop and Post Office in Wales."

Frances Moore Lappe's most recent book, "Getting a Grip (2)", (2010), documents dozens of inspiring stories of communities that have organized to conquer the problems facing them. When governments are slow to act, the energy and talents of a community can sometimes accomplish amazing feats, particularly if they are blessed with good leadership and an issue that galvanizes the community.

Editor's note: This article is one of a series on the closure of rural essential services/community necessities. Media in England, Scotland, Ireland, Wales, Australia, Japan, Europe and USA report similar problems to those found in our highland villages in Eastern Ontario. Only our media has been silent on these issues. Only in Canada, have these serious matters not been raised in parliament, and no remedial measures taken. Why?

Dr. Standefer's research was done for Highland Village Productions. Our documentary films address all these problems. Titles include: "Out of Gas", "Regulated to Death", "The Hills are Alive...."

Note by director Mary Sheridan, August 25, 2012.>

End

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Library News

By Sharon Shalla, Librarian

It's party time at the Greater Madawaska Public Library! Children between the ages of 3 and 12 are invited to come blow bubbles, build an ice cream sundae, play sidewalk chalk games, win prizes, and have fun on Thursday, August 30th from 10 a.m. – 11:30 a.m. To register for the end-of-summer party please call 613-752-2317, or drop into the library to sign up, or send us an email at gmpl@bellnet.ca

We've had a busy summer at the library. We saw an increase in internet use following the recent storm, and it was nice to know that we were much appreciated by those who were without internet service.

Speaking of internet service, I was part of a group of Renfrew County Librarians/CEOs who met with MP Cheryl Gallant at the Pembroke Public Library on July 18th to express our concern regarding the end of funding for free computer access public libraries provide to their communities. As of March 31, 2012, public computer funding (referred to as CAP funding) ended, and we are now faced with the challenge of continuing to offer the service at our own expense. Expenses include purchasing the toner for users to print items, our cost to maintain the computers including servicing, purchasing antivirus software, upgrading the operating system, and more. These computers in public libraries provide residents and visitors with access to the internet, various programs in Microsoft Office, and many valuable databases such as Ancestry Library Edition, electronic resources, and more. We also provide free WiFi 24/7.

MP Gallant advised the group at the meeting on July 18th that the CAP program had reached its goal of helping to bridge the digital divide and that CAP funding would not be returning. We were each given an opportunity to speak and many of us stressed the importance of public computer and internet access - especially to residents in rural communities. Although we did not come away with any solution to the discontinuation of funding for public computers, MP Gallant said she would like to stay in touch with us, so we agreed to meet sometime in the new year.

The library has added some great new books including Clara's Rib, the true story of a young girl coming of age in a tuberculosis hospital in the 1940's and '50s. Clara's story focuses mainly on her years growing up in 'the San' in Ottawa, Ontario. Discover why, when Clara left the San for the last time, one of her own ribs was packed in her suitcase.

Don't miss reading this intriguing story!

Our hours of operation are: Tuesday - 1 p.m. – 7 p.m., Wednesday, Thursday, Friday and Saturday – 9:00 a.m. – 12:30 p.m., closed Sunday and Monday. Membership is free to all residents of Greater Madawaska Township including seasonal taxpaying residents. For news and updates visit our website at <http://www.townshipofgreatermadawaska.com/library/> and check us out on Facebook

If we don't have the book you're looking for, we can order it through the free interlibrary loan service. To obtain more information about our services and resources please call 613-752-2317.

End

Calendar (Cont)

Denbigh

Music in the Park
Every second Sunday 1 to 3 pm
at the Denbigh Heritage Park

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

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

HEALTH CARE FOOTCARE CLINICS
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Addington Highlands News

By Christi Laundrie

Well, folks, the much awaited rain has finally arrived, and the grass is a lot greener. Many of you have had to deal with brown, crunchy lawns, flowers and even weeds dying. My condolences to those of you whose wells ran dry. It's terribly inconvenient to run out of water. Yours truly too, has had to conserve every drop coming out of our well. Many farmers have put in for crop insurance and berry farmers are worried about this year's harvest.

Yours truly agrees with Bev LeBlanc from Stop 41 about the hours of operation in the Vennachar area dump. Since the total fire ban, none of us are able to burn garbage, and if it is piling up in MY basement, image a place like Stop 41. Garbage, especially with food, is not only a health hazard, but also attracts flies, raccoons, skunks and in some cases, even bears. Would it therefore not be prudent to open the dump for some extra hours during a fire ban to allow disposal? I would think so. Any comments?

Speaking of the dump, no one has heard anything about the Denbigh Dump reopening. Was it not supposed to open again this spring? I wonder who would have that information?

So many trees have been uprooted by the violent storm that hit here weeks ago, but ours is nothing compared to the trail of devastation east of Eganville and south of Renfrew. Griswold travels to Ottawa every day and brings home sad reports of homes and country damage. We visited friends at Constant Lake where brush cleanup is still in full force, and the property is littered with wood piles. We are so lucky here on the highest ridge of the Addington Highlands, where storms cannot form as violently as elsewhere.

Congratulations to Lorna Lee Burgess and Clinton Behm, as they are tying the knot on the 6th of October. There will be a stag and doe for them at the Denbigh Hall on the 25th of August. Tickets are 5.00 dollars. Come on out and celebrate with the happy couple.

Yours truly and husband Don (Griswold) feed the birds all year round, as we love watching them, but usually go from four feeders to one during summer and fill it maybe once a week. This year, with the drought, there is no food for birds or beasts and we have three feeders out and are filling them every second day. Griswold photographed a deer eating our hostas across our pond, but when I loaded the picture on my computer, and saw how thin that she was, I wanted to run out and buy a

wagon load of hostas just to feed the poor thing. Seems we need to be aware that we humans are not the only ones who are suffering during a dry spell.

As if the Dutch Elm disease wasn't enough for us, the Emerald Ash Borer has been confirmed in Frontenac County. While ash trees are not a great source for lumber operations, the presence of this nasty little beast may lead to a disruption of our regular lumber transport in the region. Such regulation will be determined later this fall.

The warm, sunny days and cool summer nights this last little while have been absolutely fabulous. Enjoy them while you can folks, for we have surely had blessed little of this kind of summer this year.

Finally, a thought: If a tree falls in the forest, and no one hears it, does it make a sound?

End

Matawatchan Hall Annual General Meeting

September 11, 2012 at 7:00 p.m.

Support the Hall
with your presence.

How Do We Cope???

By Susan Veale, BSc. Kin.

As the lazy, hazy days of summer end, we start to gear up for fall; back to work, back to school and other activities. As calendars fill in, time becomes a premium. Juggling activities presents itself with its own stress. Although we are well aware of what we are thinking and can sometimes feel the panic and frustration in our body, how does our body actually cope with stress?

The answer is that the body has many coping mechanisms however the principal organ responsible for stress response is the adrenal glands.

One adrenal gland sits on top of each kidney. They form part of the body system called the "endocrine glands". The function of the gland system is to produce chemicals in the body which allow other "actions" in the body to take place.

The adrenal glands are responsible for the utilization of carbohydrates and fats; the conversion of fats and proteins into energy; the distribution of stored fat (especially around the waist and the sides of the face), the regulation of blood pressure and proper cardiovascular and gastrointestinal function.

The adrenal glands also produce hormones with anti-inflammatory and

anti-oxidative properties which help to reduce the negative effects of allergic reactions to alcohol, drugs, food and environmental toxins.

Mid point in life for both men and women, the adrenal glands become more responsible for the production of sex hormones in the body. For both professional and recreational athletes, the adrenal glands have a responsibility for muscular strength and stamina. The adrenal glands are also responsible for the familiar response called "fight, flight or freeze". This primitive reaction happens as a defense to a stress. When the body reads a stress it starts increasing its production of a chemical called cortisol in order to prepare the body to either fight, flee or freeze. Picture a primitive hunter tracking a bear and the bear attacks. In preparing for battle, cortisol levels rise initiating an increase in the production of cortisol, that in turn would increase his heart rate and blood pressure thus increasing his delivery of blood and nutrients to the muscles by diverting it away from organs not needed in battle such as his digestive organs. Once the fight ends, cortisol levels return to normal and adrenal glands resume their normal production. All this is true, unless the bear wins.

Today, the bears we fight are less physical and more mental, emotional, psy-

chological and environmental. In any given day, many people face "low grade stress" and the adrenal glands respond with spikes in cortisol production. In some cases, these small stresses occur all day long so the adrenal glands stay on "red alert" constantly producing cortisol. When stress continues without relief, the adrenal glands become overworked and a condition called "Adrenal Fatigue" occurs.

Adrenal fatigue may also be as a result of stress due to an infection, major sickness or injury. The adrenal glands respond to every kind of stress inflicted on the body, no matter the source. Cortisol production follows a normal daily pattern when the adrenal glands are strong and healthy. When the adrenal glands weaken, the normal pattern changes. Symptoms of cortisol deficiency may include allergies, feeling cold, morning sluggishness, low sex drive, muscle aches and pains and feeling unable to cope, 'burned out'. In cortisol excess we may see symptoms of irritability, weight gain around the waist, sleep disturbances, bone loss, high blood pressure, loss of muscle mass, insulin resistance, low sex drive, loss of scalp hair and feeling 'tired but wired'. Most commonly within conventional medicine we hear of the extremes of adrenal function: Addison's Disease (no cortisol production) or Cushing's Disease (excessive cortisol released). For those that are not at either end of this spectrum finding a rea-

son for their symptoms can be difficult and frustrating.

Restoring adrenal health means applying body, mind and spirit to the task. There is no magic "pill" to quickly restore function. It is a matter of caretaking for yourself and getting proper nutrition to support the glands.

To learn more on how to address Adrenal Fatigue, please visit www.wellnessnaturalhealthcentre.com or phone the number below; I would be happy to discuss with you. Wellness Natural Health Centre 613-752-1540

End

Matawatchan Market

Final Day of the Season Saturday Sept 1st



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Calabogie Artfest 2012

“On Saturday, September 29 and Sunday September 30, Calabogie will host the 12th Annual Calabogie Artfest but with some changes. This year’s show will be held at the Barnet Park on beautiful Calabogie Lake and will be presented by the Bogie Arts- a local group of artists from Calabogie and area. Except for a few talented newcomers, nearly all of the artists have shown in the previous Artfests.

We will have a delightful tearoom hosted by the ‘Calabogie Arts and Crafts’, serving delicious homemade goodies on the wide Barnet Cottage veranda overlooking the lake. We will be associated with both the Festival of the Senses and Rural Ramble, so please watch for the signs and pay us a visit. There is free parking and admittance. Open 10 a.m. to 4 p.m. Saturday and Sunday.

End



12th Annual Calabogie Artfest
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Voices (Cont)

and I planned it all out on the ground myself and bolted all the rafters on the ground to measurement. Then we bolted everything solid on the ground. Then I got a couple of extra men and we hoisted it all and everything went in good into place. Well then I made a raffle and left half the tickets up there for them to sell and I took the other half down to Renfrew. I sold all the ones I had down in Renfrew and the night before I opened the hall I said, “Did you sell all of the tickets up there?” I thought they had sold them.

“Oh no, we got pretty near all of them yet. We only sold a few of them.” I said “Heaven sake! You couldn’t sell them tickets.” I said “Give me the whole bunch.” And I went and got them. I took them down to Renfrew and the next day before noon I went through the town and I came back to Les Frasers. I was dealing with all them fellows. I went into the office where Les was and I said, “Les, do you want to buy fifteen books of tickets?” I was selling the tickets for twenty-five cents apiece or a book of five for a dollar. I said, “You can have the whole fifteen books for fifteen dollars.” “Oh,” he said, “that’s a lot of tickets, Jack.”

“Oh, I said, “you can use them.”

“All right,” he said, “I’ll take them and I will give them to my staff.” He took the whole fifteen and gave me fifteen dollars. I went around the town and I collected over three hundred dollars from business people there that I was dealing with. Some gave me fifty dollars, some gave me sixty dollars and some gave me ten dollars. I collected over three hundred and turned that in.

Between the whole thing I put up the hall and had it opened before their field

day in three weeks and turned the books over to Jenny MacPherson. There was ten dollars to pay for an organ I got from Billie Thompson’s. It was a good organ too, and ten dollars to pay McLaren there out at Renfrew. I got oak flooring from him or maybe maple flooring, I guess it was. I turned the books over to Jenny with two hundred dollars in the bank. I never charged a thing. In order to collect from the government, I put all the wages in at carpenter’s wages and all my own time was at carpenter’s wages. I never charged nothing for my own time. I kept two books and Pearl Love kept the books and I told her what to do. Keep one book for the government and one for ourselves. I am not charging them anything and we can collect from the government that way for the hall. She done it that way and when they came up and I gave them what it cost and I got twenty-five percent on it.

Through the whole thing I put the hall up and opened it for the dance. I put a big supper on that night a turkey supper. I made two hundred dollars and something out of the supper that night. That would be, I think, its 1954.

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