

The Madawaska Highlander

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Free

March/April 2009

The Land: Some of our natural history

By Bill Graham, Editor

History usually pertains to people framed in time and in place, but the land also has a history. Its time frame dwarfs that of people. Instead of a two hundred year history beginning with early settlement, its history spans millions of years. Local history is also closely associated with place and our place is on land located in southern Renfrew County.

While the landscape is always changing and over several decades the changes are evident, the land itself also changes but the change is not usually witnessed in a single lifetime.

“Arctica is the name given to the earliest recognizable North American continent. It now forms the stable central part of present North America. Arctica started to form about 2.5 billion years ago, and grew in size by the colliding and welding together of much older landmasses. In Ontario, Arctica is represented by rocks north of Lakes Huron and Superior.

Between about 1.9 and 1.6 billion years ago, Arctica grew into a larger continent by the addition of much older landmasses that now form part of Antarctica, Siberia, and Europe. This new continent was named Nena (Northern Europe North America). Southern Ontario, including the area of present day Renfrew, didn't exist yet.

Between 1.3 and 1.2 billion years ago, the westward moving micro-continents collided with Nena, one after the other. The repeated collisions thrust the volcanic and sedimentary rocks up and over the continental edge. The thrust sheets of the separate landmasses were pushed together, folded, buckled, invaded by magma, and pushed skyward to form the Grenville Mountains along the eastern coast of the continent. A modern example is the Himalayan Mountains formed by India colliding with Asia.

Deep within the roots of the Grenville Mountains, the volcanic and sedimentary rocks of the micro-continents were transformed by high pressure and temperature into metamorphic rocks. The Precambrian age rocks of the Canadian Shield we take for granted under our feet, were once

buried deep in the roots of the ancient Grenville Mountain chain. It took about 200 million years of erosion to reduce the towering mountains to rolling hills.”²¹

Over millions of years and many geological periods the land continued changing through geological upheavals, volcanic action and periodic inundations of water in the form of inland seas to form rock and deposit silt and soil. The last of a series of glaciations some 20,000 years ago completed the sculpting of the land.

At that time Southern Ontario was buried by ice about one kilometre thick that originated in Quebec and Labrador, until about 12 000 years ago. The tremendous weight of the ice pushed the Earth's crust down some 400 metres.

The depression of the earth's crust combining with the withdrawal of the ice of the last glacial period, known locally as the Laurentide Ice Sheet, created many of the changes in the land that are evident today. The two major consequences were the creation of the Champlain Sea and the shaping of landscape into what are natural features recognizable today.

The melting of the ice sheet released huge volumes of water, which found its way to the Atlantic Ocean, probably via a northern flow, and raised the sea level of the Atlantic causing a salt water flow up the St. Lawrence and Ottawa Valleys. The consequent inland sea was known as the Champlain Sea.

The Champlain Sea occupied the Ottawa Valley between 10,000 and 12,000 years ago. The western limits of the Champlain Sea were approximately along a line running from Brockville to Perth to Pembroke. The entire Ottawa Valley including the existing communities of Calabogie, Mount St. Patrick, Dacre and Eganville would have been under water. The depth of the water at Parliament Hill in Ottawa is thought to have been just above the flag pole on the top of the Peace Tower. What is the start of the Madawaska Highlands along a local line from the Peaks in Calabogie to Kennelly Mountain to Tooney's Hill near Dacre and beyond would have been the shoreline of the Champlain Sea.

During the several thousand years that the Champlain Sea existed it hosted such fish as Lake Char, Rainbow Smelt,

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Spring at the Sugar Shack



Photo: Bill Graham

Dispatches from Afghanistan (Part 2)

By Major Ross Allan

Editor's note: Dispatches, which was first published in December 2008, will be a continuing series through most of our 2009 publishing year. Major Allan's wife Shirley has provided me with 95 pages of letters, that I will edit down to a series of articles.

My job is safe at least by the standards of Afghanistan - instead of angry Taliban fighters, I am more likely to be injured by the Pizza Hut delivery vehicle (an ATV driven by someone whose next career will be as a professional auto racer). The Afghani people are not all as lucky. Within the last two weeks, an Afghan man was kidnapped near a Canadian job site, declared guilty of 'working for foreigners', and murdered. Apparently his trial was all of five minutes. The day after Remembrance Day, a teacher and her students were sprayed with acid; their crime was being female and attending school. Later that same day, a truck bomb killed three and wounded several dozen more; the intended target was probably tribal leaders attending a shura - the Afghani equivalent of a town hall meeting - but the bomber could not get to them so he blew up a nearby guard post and the people on the street at the time. On a positive note, I met an Afghan who successfully

fought back. He was driving his employer's car when a lone Taliban fired an anti-tank rocket at the car. The rocket missed, landed nearby, exploded, and blew out our hero's eardrums. Before the attacker could reload, the driver stopped the car, got out, ran over and subdued his attacker. He then stuffed him into the trunk of the car, drove to the nearest Afghan Army checkpoint, and turned over his prisoner.

There are rumours of talks between the Taliban and the Afghan government, hosted by the Saudis, which would bring the Taliban out of the political wilderness and, possibly, into government. At the level of the senior Taliban leadership, there is probably recognition of the need to talk and the futility of the current fighting- although the Taliban can blow things up, they continually lose people and most Afghans simply want to live in peace. However, at the grass roots, there are problems if peace breaks out. First is the code of conduct, Pashtunwali, which requires that you extract vengeance for offences to your family and tribal honour; killing a family member requires that you retaliate against the murderer's family. Taliban assassins struck every second day or so for the last two months - government officials, Army officers,

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Dispatches (Cont)

policemen (and policewoman), people thought to work for the government or thought to work for the foreigners. If Taliban fighters step out of the shadows, there are many victims' families that will want to settle accounts. As a result, I suspect that the acid-throwing event on 12 Nov was not sanctioned by the senior Taliban leadership but was likely initiated by a local commander who hoped to derail the Saudi-hosted negotiations because peace would be bad for the commander's health. This tactic is used very successfully whenever Israel and the Palestinians start talking - a radical faction stages an attack and Israel cannot be seen to negotiate so talks break off. However, I have no indication that Afghans think in the same way as Palestinians or Israelis. Instead, when I look at the current assassination campaign, I wonder if it really benefits the Taliban, who want to destabilize the current Afghan government, or whether it benefits certain elements within Pakistan which do not want a stable, prosperous Afghanistan which is independent of Pakistani influence.

We are, of course, concerned about operational security. As a result, I cannot describe operations, intents, and people's names and it is absolutely forbidden to announce times, places, and intents ahead of an actual event. Last week, a TV film crew interviewed the General; as part of our efforts to present our side of the counter-insurgency efforts, he and others frequently talk to the press. At the conclusion of the interview, the crew asked when the General was leaving to visit the forward troops because they wanted to get backdrop footage of the General, his protection party, and the armoured vehicles driving away. One of the General's party took the crew's escort officer aside and explained that we really do not like to provide advance notice of troop movements - not the destination, not the timing, not who is moving. The escort officer seemed surprised at our reluctance to help with the public relations campaign. He was escorting a crew from Al Jazeera - the Arab-language news network - and did not immediately understand that information.

I can share some vignettes without attributing them to a specific time, place, or person. For instance, I love the terse description of military activity e.g. "encountered three insurgents with a rocket-propelled grenade launcher; problem dispatched with two shots from a tank" or "Dropped CENSORED on two insurgents carrying a machine gun while riding a motorcycle. Machine gun destroyed. Waiting to see who claims the motorcycle". My favourite recent FAM (fighting-age male) with a cell phone and digital camera who became a person of interest because he was taking pictures of a fortified position occupied by Canadians. He was confronted and tested for traces of explosives and he passed the test - he tested positive for recent exposure to explosives. Although some fer-

tilizers can be used to make explosives, and some Afghan farmers have both cell phones and fertilizers, there are few Afghans with digital cameras and fewer still wanting to take pictures of sensitive military installations. The number of Afghan farmers with an interest in military photography is surprisingly small and they are confined to the south of Afghanistan and the north of Pakistan. I believe this particular FAM is now confined to a much smaller part of Afghanistan.

As part of our efforts to influence the local populace, Canada distributes wheat seed such that Afghan farmers can plant winter wheat. Wheat is one alternative to poppies and many farmers do not want to grow poppies because they know of and object to the end use. By providing free wheat seed, Canada makes it easier for farmers to switch from opium cultivation. The opium trade fuels the insurgency and the insurgents recognize the threat of Canada's give-away. As a result, some insurgents are targeting the aid program and trying to either destroy the seed or block the shipments. Others insurgents want to seize the seed and distribute it themselves or force the authorities to distribute it through insurgent-allied elders such that the insurgents and the elders, not the Afghan government and not 'foreigners', get credit for the aid. Also, some farmers face intimidation from the insurgents - only if they grow poppies will they be left alone. Because neither the Afghan government nor the coalition forces can

provide continual security in the countryside, the farmers are open to intimidation. They can respond by providing tips about insurgent movement and actions but it is dangerous for them to even be suspected of helping the government.

Before I left Canada, I read that the Afghan army is respected by the Afghan people but the police are reviled. Talking to Afghan citizens, I hear the same. The most charitable description is that the police are power-tripping thugs; the less charitable say the police are simply bandits in uniforms. One gentleman described how he was headed home and came across police cordoning a peaceful demonstration. My storyteller says he asked one policeman for recommendations as to an alternate route home and the policeman responded by beating him with a nightstick. Police have been known to kill a motorcyclist and/or take the motorbike so my storyteller is lucky to be able to tell the story. Within Afghanistan, and many parts of the world, police are responsible for keeping the regime in power; those police are responsible only for order as opposed to law and order. Canada is trying to help reform the Afghan police, and there are honourable policemen, but Afghan public perception is not favourable. The frustration that Afghans feel towards the police mirrors that which they have with their government. The government and its officials are not seen as doing any-

thing for the public at large; government revenues and foreign aid are diverted from official use to officials' if anything, they are despised more than the government. However, criticizing the insurgents is as courageous as it is unwise. Whereas

The government will largely ignore you if you criticize; the insurgents are much less forgiving. As a result, the Afghan population is largely silent about the insurgents and any criticism is vented only indoors with family and friends. The Afghans are fatalistic and trusting in God; if it is Allah's plan that an Afghan will die, then it will happen. Consequently, they go about their life in the face of great danger and random violence with the knowledge that whatever happens is God's will.

End

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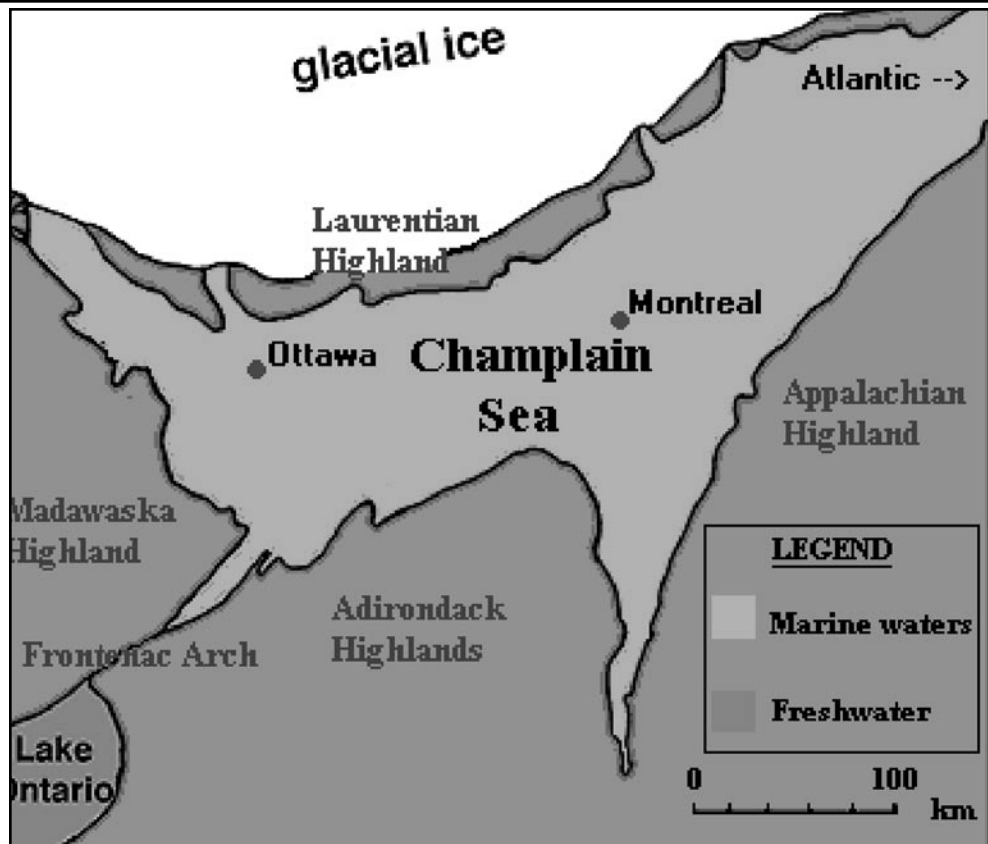
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The land (Cont.)

Lumpfish and Atlantic Cod. It also hosted Harp Seals, Bearded Seals, Harbour Seals and Bowhead Whales. Bones of Bowhead Whales have been found just west of Ottawa though their present range is restricted to the Arctic Ocean. One of the more dubious gifts of the Champlain Sea is Leda clay. The clay is composed mostly of silt: fine rock particles ground from the Canadian Shield by glaciers that once covered the area. When the powdery rock clumped together with salt particles and sank to the Champlain Sea floor the powdery particles, shaped like flakes and plates, fell on each other randomly, like so much smashed masonry. (The salt served to ensure that individual particles did not strongly repel one another by virtue of their negative electric charges.) When the sea water drained from the Ottawa and St. Lawrence valleys about 10,000 years ago, a thick layer of sediment was left behind in many low-lying areas. But that sediment gradually was leached of its salt content by rain and melt-water. The resulting Leda clay sediment is dangerous because, without the salt there to suppress the natural tendency of the particles to repel one another, bonds that are broken cannot be reformed. The consequence is landslides like those that occasionally occur in the Ottawa-Gatineau area. Leda clay is unique to the land once covered by the Champlain Sea. When the last ice age melted back some 11,000 years ago, it left a jumbled drain-



age pattern of lakes, rivers, and streams that carried away the glacial melt waters. At one time most of the water from the glacial melt found its way down the Ottawa River and then drainage patterns changed to their present form. Without the ice sheet the land on the north end of the Champlain Sea bounced back some 100 meters and impeded sea water from entering the Champlain Sea basin. The sea entirely receded 10,000 years ago.

The second consequence of the retreat of the ice sheet was land formation, or rather the shaping of the existing land mass. The Precambrian rocks that dominate Renfrew County are deeply faulted. These faults show in the landscape as scarps and narrow to broad valleys. It is the swamp and ridge configuration that characterizes this area. The most prominent of these scarps is the highland area (Madawaska Highlands) to the west and the Ottawa Valley to the east. Geologists

refer to the highland area as the Algonquin Highlands. This region occupies the southwestern two-thirds of the county and is characterized by rounded bedrock knobs and ridges. Bedrock is commonly exposed throughout this region and bogs or swamps occupy many of the depressions between hills. The bedrock surface is rounded and polished as a result of prolonged exposure to erosion by glaciers.

It was 8,000 years ago that modern drainage of rivers in Eastern Ontario became established. In geological time that makes the Madawaska River very young. At one time the southern end of the Canadian Shield was raised more than 15-kilometres along a world-famous fault zone called the Grenville Front. As a consequence of this uplift, rivers flowed north to the Arctic Islands! With erosion, continental glaciations and other geological processes the land and the waterways were reshaped into their present form.

The continent beneath our feet is still moving. It's headed west at about a centimetre a year. As it moves, stresses can build up in the bedrock along fault zones, or along boundaries between different rock types or zones. Periodic small earthquakes are evidence of the movement.

Source: 1 - A Short Geological History of Lanark County

Source 2 - Geological Survey of Canada

Source 3 - Bob & Dianna McElroy: Notes, thoughts and drafts

End

Old Time Music in the Valley

Bob King

By Garry Ferguson

Bob King was born on January 06, 1934 in the Civic Hospital, Ottawa, Ontario. His parents, Catherine (Brown) and Roy King were from Liverpool, England.

When Bob was three years old, his father left the family but Mrs. King eventually married Art Johnson who played the fiddle and guitar. From his step-father Bob learned to play and sing.

By the age of 14, he was picking up a few dollars by winning amateur contests at the Glenlea Hotel on Aylmer Road. It's interesting to note that during this period of time, he won a solo competition against another up-and-coming star, Paul Anka.

Around 1955, Bob attracted the attention of Ottawa DJ "Long John" Corrigan who hosted a country music show every Saturday night on CFRA. John recognized Bob's talents and after having him write 10 songs, arranged a recording session with RCA Victor in Montreal. Here Bob recorded three numbers, "Laurel Lee," "Josephine" and "Pretty Little Girl in Blue."

He performed with Mac Beattie and the Ottawa Valley Melodiers but in the



early fifties, joined the CFRA Happy Wanderers for a couple of years. During this time however, John Corrigan had other plans for him. Six months after he went to Wheeling, West Virginia, John called and asked Bob to join him.

He did very well in Wheeling performing with several stars. Notables among these were Hawkshaw Hawkins, Doc and Chickie Williams as well as Wilma Lee, Stoney Cooper and the Clinch Mountain Clan. He performed with the latter on Radio Station WWVA Wheeling on a daily basis. He even appeared on the same bill with Elvis Presley in Norfolk Virginia but after two years, became lonesome for Canada.

When he made his thoughts known to Frank Ryan of CFRA Ottawa, he

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The Road to Calabogie

As told by Margaret Brohart to
Wes Bomhower

On the road to Calabogie from Lanark, just as one is approaching Virgin Lake, an old farmhouse stands on a rise to the left amongst a stand of young evergreens. This would be roughly five miles south of Calabogie. The road was once the crookedest trail in Ontario but it eventually became Highway 511 after they straightened it out some. It is now a County road and part of the old original road bed is still visible running very close to this farmhouse wherein lives Margaret (Headrick) Brohart. She is approaching her eighty seventh birthday on June 25 and this is where she has lived since her birth in 1922 to Walter Headrick and his wife, Maud Smith .

Walter,her father, was born in a log house on the same property and her mother, Maud, came from Grassy Bay which is part of Calabogie Lake.

They farmed the property in those days and grew crops of hay and grain where now most of the land has been replanted with evergreens. Margaret grew up as an only child although she did have two baby brothers who both died in infancy. Her parents raised different farm animals but Margaret was frightened of them all, especially the horses. As she tells it, Margaret led a very sheltered life. Her father was a great fiddle player and she recalls many times he would play all night long at house parties.

Before Margaret's time, probably in the late eighteen hundreds, there were Celestite Mines, (hope that's spelled correctly) in operation at the head of Virgin Lake in what was then Bagot Township, and some of the mine staff boarded at the Headrick homestead. Two Bambrick brothers from Montreal started the mine operation which was powered by horses and they also built a refinery to process these pure white crystals. Some celestite may be blue. It was apparently used extensively in those days in the manufacture of different types of glass. Margaret tells a story that her father told her about the freight carload of draft horses that were brought in to do the mine work. The horses, when not being worked, were sometimes turned loose in the vast forests of the region, but when it was time to find them again, the horses were widely scattered for miles. When they were finally all located and rounded up, Margaret's father was hired to place a bell on each and every horse.

The Bambricks mined for about four years, then moved away and the mines sat idle until some years later a Mr.Fletcher moved in and began doing some tests. Things were looking good for mining operations to begin until one day they blasted and the whole mine caved in and filled up with water. Everything was abandoned and one would be hard

pressed to even find the location today.

Margaret started school at Pine Grove, the school being located just south of the intersection of Lanark Road and the Barryvale Road. She attended there right through to grade eight and had many different teachers, some she liked and some she didn't like. Her first teacher was Ruby Forrest and she boarded at the Headrick farm and later married Gordon Stoughton, Iva Laviolette's father. Ida Cummings was the next teacher, then Cathleen Frood who taught for four years. Beryl Fraser took over next, followed by Bill Darlington, and because he was a man, Margaret was afraid of him.

Square dancing was the thing back then and the girls would get a square going in the school before the teacher arrived for classes in the morning. This went well until one morning the girl appointed as a lookout decided she wanted to dance also, and no one realized the teacher was there until she walked in the school door to the sounds of revelry.

Well !

Cathleen Frood was the teacher,(one that Margaret liked,) and she had to keep discipline, so she turned to her leather strap, the cure for most indiscretions at school in those days. There were eleven other girls to be punished, and Margaret was the last in line, the teacher almost worn out from lambasting all the others, so Margaret feels her own punishment was somewhat lighter ,but it still hurt, especially her pride. Margaret recalls the three hotels by the water in Calabogie, Legree's Hotel near the bridge, Moran's Hotel a little further on and Jake Jackson's Bar which in later years became the Whippetree Shanty until it burned down in 1994. The other two hotels suffered the same fate in earlier fires.

In 1946 Margaret met Ben Brohart from Quadeville who was working in the Calabogie area for Tom Hilliard cutting logs and wood in the bush.

Ben and Margaret were married the following year and lived in the Headrick farmhouse with Margaret's parents. They farmed and Ben sometimes took on part time jobs for others. Margaret was an only child, but by the time her mother and father passed away in the 1950's, she had five children of her own and eventually raised five more, five boys and five girls in all.

Ben, her husband passed away in 1988 and the family grew up, some of them married but all left the farm except Frank, the third youngest boy who still lives with Margaret. Boyd who was injured some years ago, also stays with her now. The boys plant the garden each spring, but Margaret maintains it and spends a lot of time out there in the sun. She has a cane or two and some stout sticks placed at stra-

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Ontario SPCA offers information on how to raise kind kids via email.

During the month of April, the Renfrew County Branch of the Ontario SPCA will be offering an email learning series about how to raise kind kids. The information will be delivered directly to the email inboxes of people in the community who wish to receive it. The series will include tips and information for parents and caregivers on how to help their children in becoming humane, kind citizens that respect all beings.

This email learning series is part of the Humane Education Program offered at the Ontario SPCA. The Ontario SPCA identifies Humane Education as one of its priorities and aims to support this by being actively involved in our community through the promotion of humane education.

Education is one of the key ways that we can prevent cruelty. It helps ensure that all animals receive the respect that they deserve and allows them to be a positive and helpful addition to our lives, families and communities.

People interested in receiving the "Rais-

ing Kind Kids" email learning series do not need to be volunteers of the shelter. Everyone from the community is welcome to receive this information the Ontario SPCA encourages anyone who is interested to email Jamie, the Volunteer and Humane Education Coordinator, at jsabot@ospca.on.ca to sign up for this email learning series.

Name: Elpus
Breed: Domestic
Shorthair
Age: 2 years
Gender: Female
Where: Petawawa SPCA



Hug your candle!

By Carolyn Jakes

Editor's note: This is the first of a series of short articles by Carolyn on candle care. Carolyn Jakes is an encaustic artist (beeswax painting) and paints and teaches the encaustic method in her home studio at 318 Kennedy Road. She has been giving candle tip workshops for seven years.

A Tip for Using Pillars

Hugging is very important. It extends the life of your pillar candle. It avoids the problem of having a deep well develop down the center of your candle that ruins your candle. Your pillar will always be flat right across the top. You will be able to burn the candle right down and will waste no wax.

Here is how to hug. Pillar candles should be kept burning until the round, melted puddle of wax in the center is close to the edge. Carefully work both your thumbs all around the edge of the pillar pushing the edge towards the center, making the top of the pillar flat. Avoid allowing the melted wax to seep over the edge. That is messy to clean up!

Here is how to fix pillars with wells down the center. Call Carolyn at 613-752-2500. Bring the "unloved" candles to her painting studio in Calabogie. You

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will set them, upsidedown, on a special hot plate she uses to melt wax when she paints with beeswax. The heat will melt down the spoiled section of wax. You will chop up the extra wax into small pieces that you can later feed back, a few pieces at a time, into the melted puddle in the center of a burning candle. No waste. This is a free candle repair service Carolyn provides to residents of the area using

your labour and her hot plate and studio.

The next tip will be **how to treat the candle wick in any type of candle.** Should you or should you not blow out candles? Why? When and why do you trim down a wick? Why is the thickness of a wick important? For answers to these questions, read the next issue of this paper.

Missing

Two tall oak easles borrowed sometime last summer and not returned. I would love to have them back. My name should be on them.

Thanks, Dwyene MacNabb Calabogie

Thank you ,Dwyene MacNabb 613-752-2438

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The Madawaska HIGHLANDER

“read cover to cover”

Matawatchan Community Market gets ready to open for its 3rd season

By Joanne Murray

What is it that is so special about a country market you ask? Well, for some it's the freshness of the home-grown produce, for others it's those pies and buns that they just can't walk by. Some say that it's that art or craft or specialty food item or second hand treasure that delighted them. For the kids it looks to be the obvious delight in other kids and running free in the sunshine. You can't help but notice neighbours warmly greeting neighbours or new folks as they open to friendship over the market counter or coffee. There are those who will not miss the lunch and the chance to share and catch up with family and friends. And then there's the home-grown music that al-

ways adds that special touch. Whatever it is, there is no mistaking that something pretty special is going on and that everyone there is helping create it!

Our Matawatchan Community Market is getting ready to open for its third season. The Market board is extending an invitation to all those folks who have made this market such a special place: that means existing vendors, potential vendors, customers, volunteers, kitchen helpers, and musicians. Please join us on April 19th at 2:00 p.m. at the Matawatchan Hall for a meeting to share your thoughts and discuss this summer's market.

Community News from the Griffith Fire Station

By Betsey Sawyers

Greetings from Fire Station #2 in Griffith!

Your Fire Department is hard at work getting prepared for the Spring fire prevention season. Just a few of the things we are working on in addition to our standard weekly training sessions include:

- May 3-9 is Emergency Preparedness Week in Canada. Did you know that in a community wide emergency, if you are not hurt or directly affected, we need you to be prepared to take care of yourself for the first 72 hours? If you and your family are interested in finding out more, join us at the fire hall on May 9 between 2 and 4pm or go to www.getprepared.ca and watch for articles in local newspapers, and on TV and radio stations during Emergency Preparedness Week.
- Also in early May, we will be tak-

ing delivery of our new Fire truck. This new truck will provide us not only with a modern and reliable response vehicle for many years to come, but as a twin to the Calabogie Fire Truck it will help us improve response time and capability where both stations are called out to a house fire.

- Throughout April and May we will be preparing for our 4th annual **four wheeler rally to be held on Saturday May 9th**. This year's rally looks like it will be another big success. Be sure to come out and join us for a terrific day. Registration will be available at the Griffith fire hall on Highway 41 on the day of the rally from 8am to 10am.
- Even if you don't have a 4 - wheeler, come join us at the fire hall on May 9 between 2 and 4pm for a look at our new fire truck and an opportunity to meet and greet your fire-fighters.

That's all our news for now, have a safe and happy Spring and don't forget to join us on May 9 at the Fire Hall.

Eulogy to Nancy Gorra

A bit of a story about Nancy Gorra
A mother,a neighbor,a friend
She was always there,foul weather or fair
To lend a helping hand -----

Whatever the cause and she never gave pause
For her own health we know
As day by day she faded away.
The dreaded disease would grow

But God has a plan. Every woman and man
Is only here for awhile.
He has walked with her and talked with her
Along that last long mile .

Wes Bomhower

Looking back...



J.R Booth's raft from Madawaska

Dear Editor

Denbigh is a small village in rural Eastern Ontario. It is at the geographic centre of a region that has no medical service infrastructure. Accordingly, in the early 1980's the Ministry of Health established an ambulance base in Denbigh. For a number of years the Denbigh Volunteer Ambulance Service was successfully staffed entirely by local volunteers. During the late 1990's the ambulance service was downloaded by the Province to the County of Lennox and Addington.

In early 2008, the County of Lennox and Addington decided to commission a study of the County's Ambulance and Emergency Services department. The ambulance service is the only service provided by the County that has life and death consequences for the residents of, and visitors to, the Denbigh region.

Alarm bells went off when residents discovered that the study's purpose was to: "Assess the Northbrook - Denbigh division and its current use of volunteer

staffing in order to determine the future viability of service delivery due to rapidly escalating costs, low call volumes, difficulty to attract and retain staffing and competing demand for resources to be applied elsewhere in the County."

Assessing services is normal and accepted practice. Prejudicing the assessment by pre facto questioning the viability of the service is far from normal. Residents were shaken. When the nearest hospital is an hour away and there is no other medical service available, one is not prone to questioning the "viability" of the service.

The Community Ambulance Committee is a non-affiliated committee of local volunteers that was formed in the spring of 2008 to be a community advocate for the Denbigh Ambulance Service.

Yours truly,

Paul Isaacs, Chair
Community Ambulance Committee

How to contact the Madawaska Highlander

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highlanderads@hughes.net

Adam Copeland: Design

highlanderdesign@hughes.net

Highlander website coming soon!



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True Stories: The Mud Lake Ghost

By Howard Popkie

When I was twelve years old my uncle and first cousin, who were trappers, came to my home in Black Donald and told us a story of a night they had spent in an old log house at Mud Lake, now known as Norcan Lake, which is situated just below Mountain Chute Dam.

They were trapping muskrats and were going to sleep in the old abandoned house. In the night they heard someone walking around upstairs. They went up to see but there was no one there.

They ran outside and spent the rest of the night in the outdoor toilet.

My uncle said that one time he had crawled into a bear den and when he came around a corner his nose was six inches from the bear's nose. He said that he wasn't as scared then as when he was in that old house.

My cousin Lloyd was there when he told that story. Lloyd was about eight years older than me.

So Lloyd and I agreed that we would go to that old house at midnight and sleep there till morning just for the adventure. Lloyd had an old 44 revolver.

When we got to the house at midnight he kicked open the door and held the 44 in the doorway. There was something white standing in front of us. It was just a table leg.

We went in and there was an old wood stove. He made a fire and got a saucer and melted some old lard in it with a string in it and lit it for a candle. He said that in the old country, Grandpa told him that Polish people had a curse word for this kind of candle.

Lloyd knew the name but I couldn't understand Polish, so I didn't know it. We went across the floor and almost fell into an open trap door to the cellar.

On the way upstairs there was an old gramophone sitting at the bottom of the stairs. Lloyd wound it up and put on an old record from the 1920s.

We were half way up the stairs when the light went out. Lloyd had an old brass bullet lighter and he was spinning the wheel on it trying to get it going.

When it was lit again we went upstairs. The bed was just a big board box full of hay with a buffalo hide piled in the middle.

continued on page 17

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Griffith / Matawatchan News

By Garry Ferguson

Even though the number of fish caught during the Fish and Game Club's Annual Ice Fishing Derby on Saturday March 07, 2009 certainly wouldn't feed a multitude – not even *with* a miracle of biblical proportions – the gathering at the Matawatchan Hall was like Christmas all over again. Generous businesses and individuals ensured that almost everyone who bought a ticket - except yours truly – had a good chance of going home with a prize tucked under his/her arm. Tags on each item identified the donor and it was recommended that winners contact those donors to voice appreciation.

Since all fish caught – and released - were close in weight, one hundred dollars was awarded to each of the three who managed to snag one. Among the prizes was a chain saw, won by Joanne Pennock, and an ice auger, won by Brett Haxter of Oshawa. Oh yes – by the way – the chili was great.

Planned for this season are a gun course, a first aid course, a road cleanup, and a fish fry. It should be a productive and a fun-filled year. Another event on the planning board is an MNR sponsored event called an Invasive/Risk/Extinction Species seminar. The moniker could describe some of my friends, but the pre-

sentation should draw a lot of interest. Anyone interested in a course should contact one of the following board members: Al Pennock, 613-333-2390, Filipa Martins, 613-333-1841 or Amy Felder, 613-333-1606. The club's email address is: fishandgameclub@gmail.com

Door-to-door sales of the Lions chocolate Easter bunnies began on March 23. If you were missed, don't panic you should be able to get your chocolate fix from a dealer (Lion) or at a local business. The Daffodil Tea, an extremely worthwhile event to raise funds for the fight against breast cancer, was as always, well supported by the community. The annual Children's Easter Party will again happen on April 11 in the Lions Hall. All children are welcome: admission is free. For information contact a Lion.

Acoustic panels have been installed on the upper walls and the ceiling of the hall, so normal conversation is now possible. The improvement is quite remarkable.

St. Andrew's United Church in Matawatchan will be celebrating its "One Hundredth and Twenty Fifth Anniversary" over August 08th and 09th this year. Activities will include a barbeque, historical presentations, a gospel music evening as well as a special service on the 9th. More details will appear in news-

papers and on radio during the summer.

The Matawatchan Market Committee (MMC) has scheduled a public information meeting to take place in the Matawatchan Hall from 2 to 4 p. m. on April 19, 2009. Though it's very important that all prospective vendors attend to make necessary arrangements, the committee also hopes to bring all the devotees (those who come to buy) and adherents (those who come to chew the fat and have lunch) up to date on its overall plan for the coming season. The MMC is a permanent body of dedicated market people that is not necessarily looking for volunteers, so don't worry about being set upon by press gangs looking to shame

you into a job. It's not that sort of meeting.

To quote Bill Graham, one of the driving forces behind the market, "A good attendance, to show moral support, would be extremely encouraging for both the vendors and the committee." Those of us who have become accustomed to relaxing on Saturday mornings by taking in "The Market" to socialize, have coffee, socialize, stay for lunch, socialize, buy a few things and be home in time for an afternoon nap, realize that it has taken only a couple years for the "Market" to become an integral part of the cultural and social fabric of our area.

End

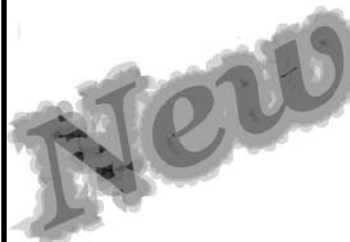
\$100 Reward for Lost Canoe

14 Foot Solo Red canoe missing from Centennial Lake Cottage near the Boat Launch Bridge. Please call John or Ann at (613) 333-1870 or Rich or Audrey at (613) 333-1551



Council Meetings for April and May 2009

April 9 th	Committee of the Whole (Council Chambers - Calabogie)	4:00 PM
April 16 th	Council Meeting (Council Chambers - Calabogie)	4:00 PM
May 7 th	Standing Committee Meetings (Council Chambers - Calabogie)	9:00 AM
May 14 th	Committee of the Whole (Council Chambers - Calabogie)	4:00 PM
May 21 st	Council Meeting (Council Chambers - Calabogie)	4:00 PM



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Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

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

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

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

DENBIGH AND VENNACHAR

Vennachar Free Methodist Church
 Sunday School 10am
 Sunday Worship 11am
 WMI meet first Monday of the month
 Weekly Bible study Tuesdays 7pm
 at Fellowship Hall and in Plevna
 Pioneer Club Thursdays 6pm at
 Clar-Mill Hall, Plevna
 New Beginnings, 3rd Sunday
 of the month, 6:30pm, Clar-Mill Hall

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

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

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

CALABOGIE

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

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

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

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

COMMUNITY EVENTS

Calabogie

Turkey and Ham Dinner and Silent Auction,
 Sat. April 18, 4:00 – 6:00 pm, St. Andrew's
 United Church, Madawaska St., Calabogie,
 752-2598

Fitness, Adults Only Fun,
 Contact Township office at 753-2222
 for details for evening sessions starting in
 May.

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

Calabogie Women's Institute
 meets second Thursday monthly,
 7:30 pm. at Calabogie Home Support Office
 next to Murphy's Landing Restaurant.

April meeting is 3rd Thursday 6:30 pm
 including pot luck dinner at Calabogie
 Community Hall. New members welcome.
 752-2598

Calabogie Arts and Crafts Assoc.,
 Every 2nd Monday (if holiday, then 3rd
 Monday),
 10:00am – 1:00 pm, Community Hall,
 prospective members most welcome
 (\$12 per year), 752-2598

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
 10:00 am to 12:00 noon
 For emergency situations, please call 752-
 2201.

Griffith & Matawatchan

Matawatchan Market Public Meeting
 Sunday April 19 at 2:00 pm
 Matawatchan Community Hall

Matawatchan United Church Ham & Scalloped Potato Supper Saturday
 April 25, 2009 5:00 - 6:30 p.m

Lion's Club Bingo every second
 Tuesday at 7:30 pm

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

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

Denbigh

Concert at the Denbigh Hall Nudie & the Turks,
 Saturday May 2
 Call Janice at 333-2797.

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

HAM & SCALLOPED POTATO DINNER

St. Andrew's United Church Matawatchan

Saturday April 25, 2009 5:00 - 6:30 p.m.

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FAST LADY OF THE VALLEY

by Ernie Jukes of Camp J

Since my first jaunt into these hills probably around 1936, as a tad on one of my dad's hunting trips, I have been accumulating many tales. Now they have grown much like an old rucksack brimming over with backcountry experiences and unusual characters collected over these many years.

Of course most of my travels and adventures while growing up here in the early days were by foot just like all my local buddies. Irv and Elmer Strong, Lynn McLaren, Carl Ferguson and others would hike to our favourite fishing spots. Sometimes we would camp out and live off the land, really more off the water. If we were lucky we would borrow a boat to wet a line, always putting it back exactly where we found it, and hike home again.

Later my Dad Walt built a couple of rowboats, before he died in 1950. We moved them about to virtually every waterhole in the region... sometimes with the help of visiting fishermen and their vehicles as part of the guiding fee. We had to use all watercraft regularly, before the cursed porcupines demolished them.

At this point, an exciting event took place. Allow me to tell you about a lady that was born 20 years or so earlier who came into my life. Yes, she was older and had been around for a while and was about to show me many things. We called her "Fast Lady". Now hold on she was not a racy girl from the city as some of you guys may be thinking. No, not at all. She was in fact a 1928 Model "A" Ford Two door 4 Cylinder Coupe. I had bought this older beauty for 45 dollars at Donahue's in Renfrew. Cheap you may say? Not really as that was a lot of dough in those days.



This low geared and lightweight car was practically unstickable and could travel almost anywhere an ATV can go today ... but at a speed of a steamer trunk being dragged through the bush. However, now we had mobility for all reasons, a workhorse and entertainment. It was like the industrial revolution suddenly dropped its prize down from the sky into little Matawatchan.

In between increasing jobs I would also invite local elders to enjoy some of their favourite fishing places. While taking Colin John Thompson into Jack's Lake up the steep hill from Quackenbush the 'ol girl suddenly stalled. The brakes wouldn't hold and we hurtled backwards down the rocky hill.

Steering wildly I looked at my old passenger's eyes which were big as saucers. He was about to leap for it when we smacked into a big birch. While shaken up we had survived. "Fast Lady" was absent a rear bumper, the spare was pushed into the back, but after prying the fender away from the rear tire we were on our way again.

My friend Jack Miller and I painted her up and some other friends like the undertaker's daughter supplied the fanciest silk casket cushions to make the old auto more attractive and comfortable. Folks of all ages would use her for painting and hunting expeditions as well. Our lo-

cal traffic director Eli would stop me for a ride. I would pick up his son in law Bill many mornings when we both worked building cottages at the lodge for Elson Buesch on Hutson Lake.

One dry, hot summer day while guiding two ministers on MacPherson's lake (now Dunn's) I was called into shore. Basil asked if I would gather equipment, like saws, axes, and shovels and the men waiting along the route. Our destination was to fight a serious fire on Black Mountain across from Big Island. The padres prayed while we loaded my canoe onto Fast Lady, which we later used to get to the raging blaze from the river. With pumps it also acted as a water reservoir part way up the hillside. Over a week later an exhausted crew was able to leave. It was a tough, dirty but good paying job at 65 cents an hour which included our all night watches as well. That was a lot of gas for "Fast Lady" at 25 cents a gallon.

The Matawatchan and Frontenac Roads were much narrower then. And the nights just as pitch black as ever. I recall on the way back from the Saturday night movie in Denbigh the lights suddenly went out. Lacking tools and probably know how Lynn McLaren put his arm out his side and I did the same. Slow going to be sure but with our hands touching branches we were able to navigate and keep sort of in the middle of the sandy trail home.

"Turkey Hill" on Frontenac Road (built 1852) at Giffen's (now Crosiers) got its name from all their turkeys. As we crested the hill and even though I would blow the horn by turning a fog light switch, flocks of these really dumb birds were invariably dusting in the sand. They would go over, under and to both sides of our usually speeding vehicle. Their wild cousins today seem to stay out of the way.

Now with "Fast Lady's" 24 horses of her 4 Cylinder Engine we could easily

Boogie down to Bogie by road. Parking at places to launch was no longer a problem. Eventually we travelled the mighty Madawaska from Lake Opeongo in the Park to Arnprior emptying into the Ottawa. This feat was accomplished in three different canoe trips over the years.

Having wheels in those days also left one open to many unusual requests for taxi service and at all kinds of strange hours. One I recall was that of taking a local country musician to the Vennachar bootlegger. Poor fellow was totally addicted, and he had just been noticed by the Grand 'ol Opry. Unfortunately they found him dead on the road before the year was out. The amount of talent that exists in these backwoods is amazing. As I have often said "just because we are where the trees are does not mean we are in the bush leagues."

It was not exactly driving a legend but the Model "A" Ford was a most reliable vehicle and tough as a jeep in the bush. The rewards of being able to explore the Madawaska highlands will last a lifetime. By gosh the old girl always started and ran like a charm and other than stopping every few hours to fill the rad with water required little maintenance. The leaky radiator was not a problem with a stream or lake over every hill. Sometimes I left my 16 foot canvas covered cedar strip Peterborough canoe tied on the car ready to go. Fishermen from Buffalo and Cleveland and Toronto responding to my ads meant I was busy most of the summer to help pay my tuition for college during the winter.

So you can see we did not get our kicks on Route 66 (as I did later) but by driving Renfrew County with "Fast Lady". Hooked on the Valley or on the Highlands as we say today has been a major part of this writer's life. My rucksack continues to fill with tales from yesterday and foreign places. I continue to enjoy the opportunity to share these tales through "The Highlander" and my paintings with you at Camp J.

End

Out on the first concession

Bouchier's dog

By Wes Bomhower

A few years before Dad and Mom bought the farm on the First Concession, we rented a farm from my great Aunt Kate Mowatt on the Glen Road, the first place I remember. Aunt Kate lived in part of the big farmhouse and we lived in the other part, my Dad and older brother doing the farm work. Our second neighbour down the road toward the village was a young French Canadian by name of Bouchier who had a wife, two baby boys and the meanest dog in the whole township.

The animal was not overly large but it challenged everything that passed by on the road be it horses, bicycles or people walking, and though there were few cars

to chase in those years, that dog managed to run snarling after every one of them. It bit a few pedestrians who were walking and for this it eventually met its demise. I was the youngest of five children at the time, (my younger sister was born the following year,) and we all were quite familiar with the farm animals except Winnie, one of my older sisters. She was terrified of dogs in particular and was afraid of the other animals too. She was different.

It would be the winter of 1935 and Dad, Mom, myself and Winnie were aboard the cutter on our way to church one Sunday morning, the horse jogging along through the snow, the sleigh bells jingling in the frosty air. Winnie, perhaps to keep her feet warm, decided to run along side the cutter, keeping one hand on the sleigh as she trotted close by, even though she must have realized we were approaching

Bouchier's farm and his ugly dog. The dog didn't seem to spot us until we were almost past, then it came charging out across the snow, a brown streak moving swiftly, its teeth barred in a vicious snarl. I cried out to Winnie because she hadn't seen the dog yet, and the horse bolted at almost the same instant, but with one leap Winnie was in the sleigh clinging for dear life to Mom who was bundled up in a buffalo robe against the cold. They say fear lends wings to ones feet in such a situation and I am certain that is what saved Winnie. Dad managed to calm the horse down and then took a swipe at the snarling dog with the ends of the reins, sending the cur skulking home. Dad inquired if Winnie was alright and she answered in a tiny voice from the depths of the buffalo robe, "I'm alright Daddy, just scared".

The following summer the same dog bit a young man who was walking up the road and the man informed Bouchier in no uncertain terms that if the animal continued its errant ways that he personally would kill the dog with a handgun.

Bouchier paid little attention to the threat and the dog still terrorized passersby until one day the same gentleman was in the neighbourhood and the cur attacked him again. This time the young man was armed and he shot the dog right between the eyes. Bouchier was furious but the police had answered so many complaints about the animal running loose and attacking people that the gentleman was not prosecuted in any way and only received a reprimand for carrying a gun.

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On Being a Bee

By Floris Wood

One third of all the foods eaten by humans come from flowering plants that are pollinated either by the wind or by animals that pollinate, such as birds, bees, wasps, ants and other animals. Among these animal pollinators more plants rely on bees for pollination than any other pollinators. You have probably heard already that the bee population is in decline, even rapid decline. The editor and I thought it appropriate that this year we dedicate at least one article, possibly two, to bees, not just to honey bees, which tend to dominate our attention, but to all kinds of bees.

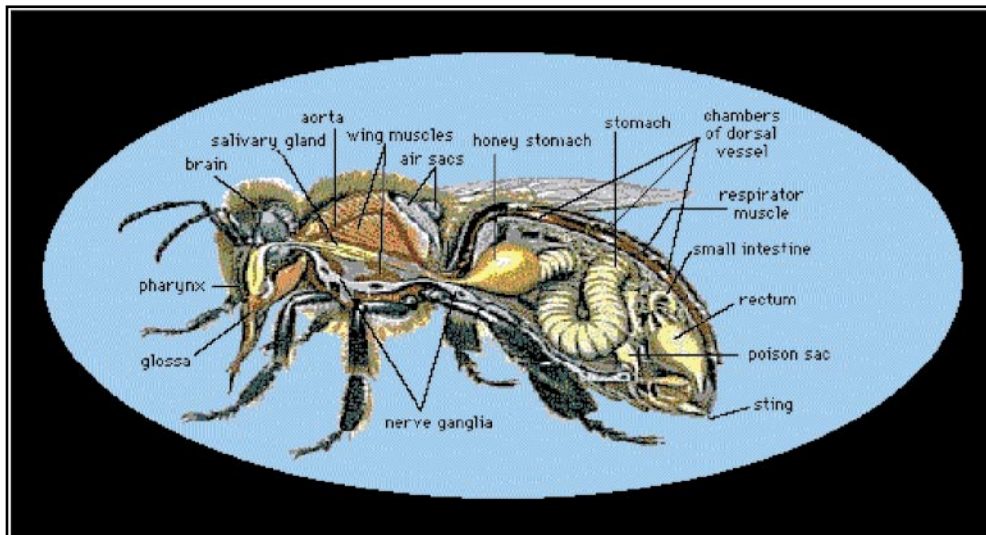
We need to clarify some language here before moving on. A pollinator is different from a pollenizer. A pollenizer is the male blossom that is the source of pollen in the pollination process. The male part of a plant may be on a separate plant from the female part or the male and female blossom may grow on the same plant.

The pollinator is the animal that carries the pollen from the male pollenizer blossom to the female blossom that is to be pollinated. That settled, we should be aware that there are far fewer pollinators now than there were just a few years ago. The effect the lack of pollinators has upon the life of pollinating plant life is already serious and stands at the cusp of being disastrous for cultivators of fruits and some vegetables.

Some bees can pollinate several species of plants but some, such as the Hoary Squash bee, restrict their pollination activities to one or two plant species. These are symbiotic relationships and in some such relationships both partners benefit (called mutualism). Not always though, and when they do not it is a parasitic relationship, such as mistletoe and its host tree. In some symbiotic relationships the dependency of both species on the other is so strong that each species would die without the other. The shrimp and the Goby fish serve as an example of a case of essential mutualism.

Let's try to examine how the Hoary Squash bee and squash plant established their symbiotic relationship. Pretend, if you will, that millions of years ago there was an animal something like a bee and a plant something like a squash. The animal somehow landed on the plant and liked the taste of its nectar. In turn some of the pollen from the male part of the plant stuck to the legs of the animal. Still looking for more nectar, the animal flew to what happened to be a female flower of the same species of plant. There she deposited some of the pollen she had collected from the male blossom.

The next time the animal got hungry she remembered that among all the flowers she had collected nectar from, that one particular flower tasted best to her. Even



if she did not seek out that good tasting plant, when she ran across one she passed over three or four other flowers to sip the nectar of that one. Now we have a species that simply favours a certain flower. A few generations later that preference for that flower has enabled that flower to flourish.

Now suppose that the flower has a long tubular blossom and the animal cannot reach nectar in the lower half of the flower. Those animals that happen to have longer tubes (called a proboscis) for sucking out the nectar were able to get more of the nectar easier, enabling them to lay up a bigger store of nectar, in the form of honey, for the winter. Therefore, in a hard winter, more of the animals with longer proboscises were able to survive. Hence, the whole species tended to evolve with longer proboscises. These two organisms evolved together, improving each other's chances to survive and flourish. In the case of the Hoary Squash bee this evolution resulted in the bee gathering the vast majority of its nectar from the squash or pumpkin blossoms. The association between the Hoary Squash bee and the squash and pumpkin is so strong that the male Hoary Squash bee uses the squash blossom as its bedroom during the day. He crawls in while the blossom is open in the morning and, when the blossom closes around him, he slumbers most of the day. If you find a bee inside a closed squash or pumpkin blossom it is a male and the male does not sting.

Most bees do not sting. But the non-stinging bees are those who are more solitary and stay away from other animals, including us. Usually they are non-honey bees so they do not have large nests or hives to defend. The bees we humans come in contact with usually do sting, at least the females do.

There are about 20,000 species of bees in the world, of which, only about 800 store honey. Again, these are the ones we come in contact with because we often grow many of the flowers that are a source of their nectar and we like their honey. In ancient times Honey bees may have stored far less honey for winter, but the popularity of their sweet and nutritious honey as a food for other animals meant that the bees' hives were frequently raided. In fact they were raided so often by bears, wolverines, birds,

etc that to survive they had to produce far more honey than they could eat.

If you would like to avoid bees entirely you would have to go live in Antarctica. The rest of the world has them. They are incredibly important as pollinators everywhere. One cannot overemphasize the importance of honey as a food in many parts of the world. Its reputation is almost mystical in many countries. In the Middle East honey is one of the most profitable commodities. It is said that the vast fortune of the Bin-Laden family was created, not by oil, but in the honey market. Consequently much of al-Qa'eda's nefarious activity is funded by honey.

Besides honey, common bee products are honeycomb, pollen, propolis, and royal jelly. These products are used in bees wax, candles, medicines and supplements, cosmetics and food additives. Unfortunately, honey producing bees have been extensively studied, but research on the other 21,200 species is generally lacking. There are species in remote places that have yet to be identified, let alone studied. Why is it important to study bees? Bees produce many products that are useful to humans. For example, bees collect a resinous substance known as propolis from flowers and barks of trees, to use as glue or caulking in hive building. Research has concluded that this material can have an antibiotic and antibacterial effect in humans. Certain forms of cancer cells have been destroyed by the injection of Artepillin C derived from propolis. More importantly, however, is that pollinators are essential to the production

of our food. The whole ecology of a region changes when pollinators are not at work. As important as honey production is, pollination is vastly more important, and all bees engage in pollination.

Bees preceded humans on the earth by millions of years. The first evidence of bees (fossils trapped in amber) is around 100,000,000 BC, while humans have been here a mere 2.5 million years. The dinosaurs ruled the earth then and, of course, flowering plants were here. Paleolithic man (Early Stone age) drew pictures of bees and pottery has been found containing honey residue. It is believed that ancient Egyptians were the first cultivators of bees.

Bees, much like butterflies, have a four stage life cycle:

The egg stage - Egg is laid in the comb by the queen. The egg stage lasts about 3 days.

The larval stage - Larva hatches from the egg about day 4. The larva is fed bee milk and bee bread by the worker bees. The larva spins fibre and wraps itself up in a cocoon. This stage takes from day 4 to day 9.

The pupal stage - During day 10 through 23 the pupa develops into a bee, with leg, eyes and wings. Workers, males and queens take different lengths of time to develop into adults. The adult stage - The adult bee emerges from the cocoon in from 16 to 24 days.

Bees and wasps differ from each other in that bees feed their larva on honey while wasps feed their larva meat from other insects.

After reaching the adult stage different bee subspecies have very different lives. The most solitary of bees are born in a home, often a hole or tunnel underground, a hole in a tree or stem of a pithy plant such a Sumac bush. They are fed by their parents until they are adults. They mate with a male of their subspecies who may or may not stay to help raise the young. They find their own home and begin the cycle all over again.

Social bees have a queen, male drones and female workers. Queen bees live

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Meet Jake Davies at Canthooks

By Richard Copeland

There is a pleasant surprise in store for food lovers if they venture out to Canthooks Restaurant at the Calabogie Peaks, in Calabogie. Jake Davies has taken over the kitchen as the new chef. Just 34 years of age, Jake is a graduate of Algonquin College with his apprenticeship completed and his Red Seal certification in hand. During his first four years as a professional chef he demonstrated his skills in the town of Maberly, at 'The Fall River Pub and Grill', where for every year of his tenure it was recognized as a 'where to eat in Canada' establishment. No small feat.



nous foods.”

Davies loves what he does and knowledgeably takes his work with food to the next logical step. He seeks out heritage produce—organically grown preferred—that is in season. If that isn't demanding enough, Davies prefers the food locally produced. "When the strawberries are done – move on. All foods are best at their peak and that's when I want them. Vibrant flavours, nutrition and colour are very important to the dining experience and one's health" says Davies. "I'm also always looking for regional and indige-

When asked about his favourite foods to prepare he chooses instead to show his diversity and creativity. A salad of poached pears, reducing the liquid to a vinaigrette dressing and combining with dried cranberries, goat cheese and walnuts was mentioned. For entrees Davies likes to surprise with what he calls forgotten cuts, lamb chops, short ribs or a flat iron steak – a shoulder cut with the texture of sirloin. He's looking for bison too. If your preference is more traditional there's lots of room in this chef's reper-

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In My Backyard

By Richard Copeland

We retired early and moved here in 2001. Here is the Madawaska Highlands, more specifically Matawatchan, where we overlook the Madawaska River from 40 acres. Much of our land had been cleared as evidenced by the rock fences and lack of trees on former pasture and much of that not used for decades, the hilly rise to the south thickly covered in impassable junipers of impressive size, the junipers barricading our home from the lower property.

When we broke ground in 2000 heavy equipment assaulted the grounds around the house and a bulldozer run was taken down the hill through the junipers to give us access to our lower section. With the house built, there remained what felt like an unforgivable war waged on nature, the mud around the home, the steep back hill eroding with the rains. We had our view to the river below and a panorama of the mountains around us. We would be stewards of the land, live off-grid, heat with wood and heat our water with solar and wood heat. With tools and sore muscles most was accomplished, but the land, it had to heal itself.

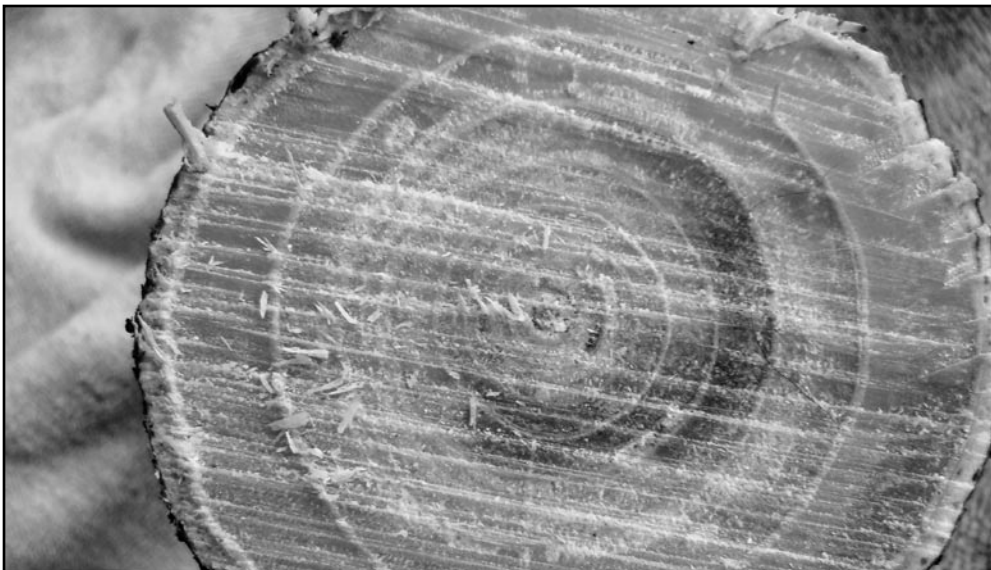
And it did. The erosion of the back hill stopped as bushes and grasses moved in and taking root and transforming the scarred earth to lush green. The trail down the hill grew in with hardy grasses. And

then nature demonstrated its power while this repair was going on, for other living forces did not stand still. Softwoods took root in the impassable junipers and today, only eight years later, a forest of many acres is reaching upwards, some trees 28 to 30 feet in height. Our view of some of the mountains is being obscured, but the view of our new forest is equally impressive. Some of the trees are already fighting with each other for territory and light and will need to be thinned to maximize growth. And the maples are appearing, the hardwoods following the soft, an orderly progression of growth, as new forests are known to do. And amid all this, the hares run, the deer hide, more birds move in, wild flowers abound, snakes slither and ... well it's awesome. It is this awesome side of nature that we at the Highlander wish to share with our readers.

This year the Highlander will publish a series of articles entitled *In My Backyard*. These articles will provide a look at what's out there, *In My Backyard* and likely in your backyard. Watch for *In My Backyard* in upcoming issues.

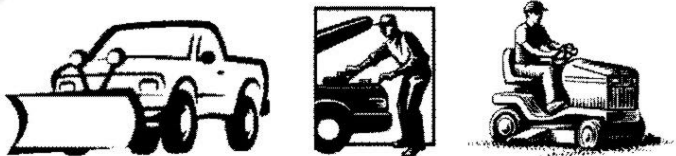
For this April Issue it is the rate of growth in the new forest that has occurred in the past 2 years, and more specifically, the 2008 year for the new softwoods. Heavy rains over the past 2 growing seasons have added considerably to the size of the trees and this is shown by the width of growth rings from one of our spruce. See for yourself.

End



Editors note: See Richards living off-grid blog at: <http://offgrid.ottawariverinstitute.ca>

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City Girl

By Filipa Martins

This morning we went for a long walk. "We" includes myself and my three kids aged five and under. It was a very simple walk, along Frontenac road. My daughter kept saying: "Listen to all the birds! I can hear so many birds today!" Sure enough, despite the whiteness around us, the hope of spring was there in the bird songs.

simple but very special to help us get centered again. My gift was to meet one of the baby starlings that hatched just inside the walls of the baby's room closet!

I not only met the starling but I got to be his Mommy for five hours! I may be overdoing the exclamation marks, but it's very exciting for me.

I was in my front garden and saw a bird



I have learned to share my house with a few critters and I have an odd relationship with a couple of birds. They live in a small space where my chimney goes through the soffit. It sounds as if they are inside the baby's bedroom closet. And for three years, every spring, a starling couple return to that nest and start a family. At night as I put my baby to sleep, I can distinctly hear the mother and father bird slip inside the nest as a bunch of demanding screaming "peep, peep, peep" greet them every time. Looking out the window, I can see the starlings fly tirelessly back and forth at top speeds to feed their young. Each time they are greeted by those loud demanding voices.

I find it heart-warming in the evening, after a long and often tiring day tending to the needs of my three young ones, to share that primal parenting experience with another species. Other times, with my son asleep in my arms, I hear those loud little voices as the parents rush to and fro and I imagine what it must look like in that nest, then I start thinking that those baby birds are really demanding. I feel for the parents working so hard to come home to such screaming. Then I kind of start thinking that these babies are a bunch of brats who are never thankful and always want more, more, more, and then I feel even worse for those tireless, unappreciated bird parents and then... Then I realize that those baby birds will leave the nest much sooner than mine, and I don't feel that badly for the parents.

Last year, on a sunny spring day, I was given a present. I believe that when we get too caught up with the insignificant things in life, too stressed or grumpy to appreciate what truly matters, then Nature in her infinite wisdom will sometimes give us a gift of something very

flying very low coming very close to us ("us" includes my son who was in the baby backpack). The bird lands right in front of me and looks at me directly in the eyes and begins to yell PEEP! PEEP! PEEP! He is a brownish colour.. On top of his head there are two very delicate down feathers that must be his baby feathers which he should be losing, but the two tiny feathers are not quite off yet and give him a silly bedhead look. I put out my hand instinctively not expecting the bird to come any closer than he already had. To my surprise he hops right onto my hand and keeps peeping as loud as he can. This was surreal! Then I clue in, this guy is not scared of me, he knows my voice, he has heard me speak in the house since he hatched. He must be one of the babies I heard at night and no doubt about it, he wants food, more importantly he wants me to feed him!

So I dug out a worm and he gulped it down. "Peep. Peep. Peep". It wasn't "thank you" he was saying, it was "more, more, more". So off I went walking in the garden with my son on my back and my new dependant perched on my shoulder loudly reminding me that I was too slow at finding food for a bird. The vegetable bed I was weeding earlier had a great variety of worms and bugs which he ate, but I had to feed him by hand every time holding the food high above his head the same way a mother bird feeds her babies from her beak. He didn't understand how to eat any other way yet. No sooner had he swallowed his food, he demanded more. As I reached for another worm, a mosquito landed on his wing. I reached to swat it away but the bird ate it, quick as lightning. I was so proud of the little guy.

I had fed him so much food I wanted to give him a sort of diversion so he'd stop

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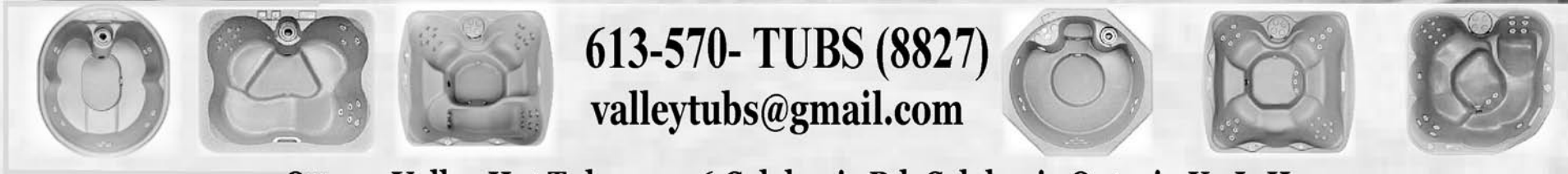
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Coffee House Performance – Neat

By Richard Copeland

The coffee house as an intimate venue for the performing arts is alive and well in Burnstown. A March 13th performance by Lindsay Ferguson played to a packed house at the Neat Coffee Shop, where owners Adam and Kim McKinty provided a warm social environment complemented by a fine selection of tasty foods, wines and a mix of premium beers.

Ms. Ferguson, was born in Barbados but now lives in Ottawa, when she is not frequently Wakefield Quebec. She brought to Burnstown a delightful assortment of music of her own composition and lyrical vocals supported by Lindsay's solo guitar. The first set was played through Neat's quality sound system and, given the closeness of the room she chose to go unplugged with the second set.

In either mode, Lindsay's clear voice and original songs pleased a mix of listener ages with themes both contemporary and universal. For the 'boomers' in the crowd the nostalgia of the coffee houses of old conjured up memories of the days of Gord Lightfoot and Joni Mitchell, while the younger set got a taste of something new and entertaining.

This is the third coffee house event for Adam and Kim. The Snoats Brothers were their debut on the eve of Robbie Burns Day and Steve Marriner played February 14th. It looks like they have become the newest artistic venue to be added to the arts community of Burnstown. Combining the musical arts with good food, drink and hospitality is everybody's idea of a great night out. Keep your eyes open for the next event and be sure to order tickets well in advance or you just might miss out. Indulge and enjoy yourself – it's Neat.

End

True stories (Cont)

Lloyd grabbed the hide and it rolled over on its own like it was alive. All this time he had his 44 aimed at it. He put the saucer of grease on the table for a light.

We got under the buffalo robe and he put his black cowboy hat over his face and his 44 on his chest and went to sleep.

We woke in the morning and he said: "During the night I woke up and the light was out, my hat on the floor and my 44 was at my feet."

We didn't see any ghosts that night in the haunted house. However, when we were half way up the stairs in a haunted house and the light went out, I understood why Polish people had a curse word for that type of candle.

End

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Cottage Corner

It's the End of the World as We Know it (and I Feel Fine)

By John Roxon,

I was happily looking forward to another year at the cottage. La-de-da, must do a spring clean, scrape away the winter detritus and have another fun, worry free year of swimming and black-flies. My bliss was short lived, however. Thanks to the Chicken Little mentality of the media, my mind hasn't been on starting the water or cleaning the garden, but rather on the state of, well, quite frankly, everything.

Ok, so nobody saw it coming. Civilization is going headlong into a freight train and all the little people are happily whistling, skipping and buying yet more "must-have", well-designed plastics from China. Everything from garden gnomes to ugly shoes with the funny names to Ipods, are in every house from Labrador to Yellowknife. And all the little people are happy. Stressed out to the max, wondering where the time is going so quickly and short tempered with all around them, but still happy. Commerce clicks and business clicks and the clerk at the coffee shop is being kept busy and the car wash guy has never been busier and day care spaces are harder and harder to come by. Yet there is purpose. There is purpose to the running around and there is purpose to the increased workload on your desk and there is purpose to having your kids busy 18 hours a day between school, homework, hockey practice and karate lessons. And with purpose comes self satisfaction because, dammit, you are mak-

ing a difference in this big busy world.

Our deep thinker thought he knew the political game. He knew who to go fishing with and he knew when to be aloof and he knew his opponents strategy to a tee. The thinker, after all, has idled away most of his adult time studying the art of politics as if it were a game of chess. Most of the time it is, of course, with nothing more pressing than figuring out how to keep the myriad whiney children from acting up. And even the deep thinker failed to see it coming.

The provincial counterpart, let's call him the lesser thinker, was in the meantime, thinking of new ways to be cute, or charming or bratty or bitchy all in the name of garnering a little bit of extra attention and "one-on-one" time with the deep thinker. And he certainly didn't have a clue that it could possibly come or, indeed, what "it" was.

And then Canada's great alter-ego, the United States (which, in fact, has acted more Id-like than alter-ego) goes and does something absolutely mind-blowing. The deep thinker sits up and takes notice. As if the mind blowing feat weren't enough, the subject of the mind blowing feat goes and does something even more mind-blowing himself. And the deep thinker once again, takes notice. He wants to emulate the bright light shining from the south. All the deep thinkers and great leaders from all the lands (well, the ones who share our values - crumbling as they may be), want to emulate the bright light; want to be a bright light in their own land. And none of them, no matter how

great or how pedestrian, saw it coming.

And then it came. The deep thinkers called it by one name and then another and another and yet another name. But none of the names quite fit. The solutions were similarly labeled. Yet the subjects of the lands didn't quite like what they heard. None of it made sense. After all, if they were all leaders, and supposedly great ones at that, then why were they all looking to the left and to the right for the answers? And when one of them finally had what looked like an answer, why did the others essentially say "me too"?

All the political gamesmanship turned out to be largely useless against an almost willful push against what we were told and what we complacently believed to be true. We were given a road map, which we dutifully followed thinking it would lead us to eternal happiness and self-satisfaction. Yet either the map was upside-down or of some other place because many of us won't end up in the Promised Land. Oh, there are those who still think they see the elusive Promised Land, but like a mirage it seems to evaporate as they get closer. Of course the advice which we took to heart and the road map which was gospel turned out to be folly. Not only folly but downright dangerous. Many people's homesteads are built of cards and many of the mutual funds and other economic instruments, sold to us by modern day snake oil salesmen, served only to realize rich gains for their masters.

It's easy to understand while we're experiencing a monumental shift in the zeitgeist. A shift that not only encompasses the economic (though this is the first stage and most obvious) but also the environment, social mores and the very core

values, which largely defined us as a consumer society - or, rather, the core values weaned over the past 50 or so years.

Sustainability is a sound discipline practiced by our forefathers and their forefathers. It's a concept whereby you reap what you sow, save a bit for a rainy day and live within one's means. Clichés, perhaps, but it's an old idea that basically states that we are on this journey but for a blip, let's leave something for the next passengers.

Fortunately, money won't be the answer this time. Avarice has already been tried and found to be lacking. Even the old '50's stalwart, "duck and cover" is being dragged out for another go-around. So the treasuries will be severely squeezed and the deep thinkers will pile debt upon debt while telling their subjects to clean their own financial house. Massive spending will take place whilst telling the people to save and "it" will persevere.

The media tells a tale of gloom. Our perfect happy lifestyle will change. The cataclysmic event will cause blood in the streets not seen since the French revolution. Of course the side panel to all this includes oil shortages and food shortages; rioting and civil unrest.

So I guess the cottage is the perfect place to be. When the main streets of the city are flowing in blood; when former allies are threatening annihilation for our resources and when our deep thinkers and great leaders are running around in a haze of confusion, it's nice to know that there's always a place to go where the water is fresh and clear, where sustainability is a matter of survival and where the population is so sparse that we wouldn't show up on anyone's radar screen - the cottage.
End

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Fishing with Jim

By Jim Weatherall,



The last time we talked, winter was just about to start and now spring is here. It was a great winter for fishing. There were a lot of BIG fish taken. Ryan Brydges started the Pickerel fishing off on Calabogie Lake with a nice 10 lb. beauty which he is getting mounted. Great fish Ryan!

Garnet Norton landed a 4 lb. Speckled Trout this winter...(I know...I thought the same as you're are thinking...Garnet caught a fish???) He did have a witness and I believe B.J. Luker. Nice catch Garnet!

For all of you trout fishermen, remember that the Speckled Trout season is now open all year long in Zone 18. Pickerel fishing in Zone 15- (Calabogie, Centennial and Black Donald Lakes) opens on the 3rd Saturday in May, which is on May 16th this year. Be sure to have your boat and all your fishing tackle ready. Read your regulation book for the dates for the lake you plan to fish on.

A good tip for all fishermen is to change the line on your reels in the spring to insure your line has not deteriorated during winter storage. You wouldn't want to lose that Big One because of bad line. Another thing I do if I am using 8 lb. test line is to run about a 6 ft. leader of 6 lb. fluorocarbon

line, and I use a #12 or #14 barrel swivel to join it to my line. This will make your line harder to see and fish will hit it more.

Remember the Province of Ontario changed the Pickerel regulations. You are only allowed 4 fish and only 1 can be over 18.1" (with a sport licence) and 2 fish with only 1 of these over 18.1" (with a conservation licence). Calabogie, Centennial and Black Donald Lakes are still the same...2 fish over 50 cm (19.7) with a sport licence and 1 fish over 50cm (19.7") with a conservation licence.

For those of you who missed the Real Fishing Show on March 14, with Bob Izumi and it will be repeated on Global TV on August 8th and also on Dec. 26th of this year.

I hope to see you out on the lake, but if I don't, be safe and land a big one.

Jim

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GREATER MADAWASKA LITERARY MATTERS

By Mary-Joan Hale

Happy Christmas, New Years, Ground Hogs Day, Valentines, St. David's Day, St. Patrick's Day, St. Joseph's Day (patron saint of Canada), and the first day of Spring. Now that the civilities are out of the way, we can get down to the business of celebrating literacy!

The library has been busy since our last communication. All of the flood-related repairs and furnishings are in place and though still very small, it is a going concern. We have welcomed many new patrons in the past year and hopefully those who went elsewhere over the summer will return. Also the Wards 2 and 3 folks please remember that services are available through our Outreach Program. The Manuals are being up-dated and will return to the venues shortly. Gary is a devoted deliveryman and will drop off your orders there. You may check the collection on-line at our website, request titles, or send a written note or email. Sadly it is long distance for Ward 3 and parts of 2, but you may phone if you wish. There is an answering service for off-hours.

We now have Museum passes to borrow. At present we have cards for the Museum of Civilization, the City of Ottawa Museums and shortly for the Mu-

seum of Science & Technology. We are in negotiations for several others and hope to have passes for the National Gallery by late summer. They may be borrowed for one week, but you must have a library membership. The loan period is one week for five people with a maximum of 2 or 3 adults (depending on the venue). So far the patrons have been impressed with this new service. It is an initiative which appeals to rural patrons, since it is a saving when visiting the city.

We now have a small Art Gallery in our entrance hallway. It is a venue for our local artists to exhibit their works. It not only brightens up the white walls, but illustrates the talent among us. Those artists presenting at this time belong to a Calabogie artists' group. We welcome others from Greater Madawaska.

Children really enjoy visiting their special area in the library. They have books to read in the Snuggle-up-and-Read Centre, toys, a puppet theatre and craft materials to stimulate their imaginations. Now that they have their own place, they may listen to audio stories or watch a video or DVD in the Listening/viewing Centre. We have purchased a Public Performance Viewing license, so may show films from many sources. Literacy

takes many forms and we constantly endeavour to enlarge our offerings to you.

Si vous parlez Français, nous avons beaucoup de romans maintenant. Translation : if you speak French, we have many French novels now. Perhaps you just want a refresher course. These books are mostly translations of popular authors such as Daniel Steele and Nora Roberts.

One of the downsides of globalization is we do not always know from whence comes our food. The Hundred Mile Diet is becoming popular and a way to insure that we know the quality and safety of our food. With the 'Buy Local Program' in effect here in the Valley, it is a way of protecting our farming industry. Some folks are trying small simple farming methods. We have acquired back copies of a publication called the 'Small Farmer's Journal'. It is a fascinating collection of recipes, old-fashioned farming and tools. Contributors are from all over the world. Even the 'Letters to the Editor' provide a wealth of information. I have an old piece of farm machinery and I hope I can find out what it is. A friend suggested it is a furrow-maker. Students doing research on pioneers will find this a good resource. Even the paper used is kind to the environment. We had a very successful March Break

Program. The children gathered at the Calabogie Community Hall for three events. They made beaded bracelets and necklaces with the Senior's Outreach Programme (from the Manor), drums and were entertained by a magician from Pembroke. Amber Gorra, of Creative Glass Studio taught the children and seniors the art of making beads. Cath Reynolds of the Fans of Calabogie is a retired school teacher. Along with many folks here in Calabogie, she is an avid drummer. She brought various drums and demonstrated many rhythms to the children. Then they made their own drums and had a super jam session afterwards. On the Friday, Steven Anthony brought his magic show. He was funny and his tricks had us all mystified. He was ably assisted by Corrie Stienbergen. His twin brother developed some self-confidence from the applause of the audience.

The Wi-Fi service is well used 24/7. Many people with dial-up come to the Library to update their lap tops. It enlarges the number of stations which are available.

End

Something's Fishy!

By Susan Veale, BSc Kin: Wellness
Natural Health Centre Calabogie
ON

Many of my clients ask about the benefits of salmon. When shopping for fish at the grocery store, I select only wild Pacific salmon based on my own research, views and opinions.

Salmon is a good source of protein, omega-3 fatty acids, Vitamins D, B6, B12, niacin, selenium and magnesium.

Much of the salmon sold today is farm cultivated rather than wild. Farmed salmon are raised in floating pens in Chile, Canada, Europe and the United States.

Various Internet sites document independent scientific research showing that farmed salmon may not be the best choice for human consumption. On the other hand, an article "Myths and Realities about Salmon Farming" by Fisheries and Oceans Canada will say the opposite. (<http://www.dfo-mpo.gc.ca/media/back-fiche/2005/salmon-eng.htm>) Wild salmon obtain their pink flesh colour from the prey they eat. Farmed salmon obtain their pink flesh colour from an added pigment, canthaxanthin or astaxanthin. Food dyes can be dangerous to health. For example, in children's food, certain dyes have been linked to ADD/ADHD.

Denbigh Checking In

By Angela Bright

*The Community Food Bank has kept its doors open for another year thanks to the kindness and generosity of many people. Thank you to The New Apostolic Church, St. Paul's Lutheran Church, Vennachar Free Methodist Church, the Matawatchan Market, The Matawatchan Hall Board, the Denbigh Griffith Lion's, Denbigh Recreation, Scott MacDonald Construction, owners and staff of The Swiss Inn, Camel Chute Campground, St. Luke's United Church, 41 Stop, OPSEU Local 422 Lennox & Addington County EMS, St. Andrews United Church and the anonymous donor of three Christmas baskets. To all the people who have provided food and money monthly over the year, God bless you all. For information concerning the food bank, call Gary or Ruby at 333-1449 or Evelyn at 333-2755.

*Drum roll please! Through your donations, Sasha Berndt has raised over \$1000.00!!! Sasha had her haircut on February 14th, donating the locks to Angel's Hair for Kids and the money raised, to the Canadian Cancer Society Kingston, Frontenac Lennox & Addington Unit. Congratulations Sasha! We appreciate what a good example and inspiration you are to us all.

One salmon comparison by a Wall Street Journal taste test scored farmed salmon at 4.83 out of 10, while wild salmon rated 9.7. Many chefs have written to agree on this point.

A recent European Union study found that fishmeal and fish oil used to feed farmed salmon contains dioxins at levels higher than what wild fish receive. One analysis found that BC farmed salmon was nearly ten times higher in PCBs compared to the wild variety. (http://www.sectionz.info/ISSUE_1/facts_footnotes.html)

The Canadian Fisheries and Oceans web site states that "PCBs and other contaminants are a legacy of industrial practices that find their way into the food chain in nearly all foods." Also, The Healthy Child Science Advisory Committee concluded that "On average, one could only eat one meal of farmed salmon a month without increasing the risk of cancer. In contrast, wild salmon can safely be consumed up to eight meals per month." (http://healthychild.org/blog/comments/a_doctors_viewpoint_chemical_contaminants_and_farmed_salmon/) Antibiotics are sometimes used by fish farmers to keep their fish stocks healthy. As grocers are not required to label their products as antibiotic free, "Why would I want to chance eating fish containing antibiotics that may be harmful to human anatomy when I can eat wild fish that is antibiotic free?"

*After finishing off 2008 with a very successful, second annual Christmas Parade of Lights, the Denbigh Recreation Committee went right to work with plans for Family Fun Day. Despite the frigid temperatures on February 28th, the fishing derby was well attended. Billy Rosien caught the biggest fish, a pike measuring 24 1/2 ins., Dianna Weichenthal caught the smallest, measuring 6 1/2 ins. Dwayne Rosien was the only other entrant to bring in a catch and his fish measured 9 ins. Certificates were handed out for the fishing contest to Billy and Dianna, but also to Terri-Lynn Rosenblath for being the Most Patient Fisherman, and one to Dwayne Rosien for the Best Fish Story. MNR Conservation Officer Barry Wilson and Canine Conservation Officer Colin Cotnam, with his Canine partner Tanner, had an awesome presentation and demo for the children. Tanner's role is to execute search and rescue as well as sniffing out illegal fish, wildlife and ammunition. Then, the race was on to see who could get a fire lit and water to roll in the tea pot boiling contest. There were games for the kids, which were thoroughly enjoyed and also a tug-a-war for the adults and children. To everyone who volunteered their time and to the community, thank you for your support! And as the paper went to print, a Pancake & Sausage Brunch, followed by a children's Easter Party was held. Be sure not to miss the next big event. Nudie & the Turks, a

Fish farm pens produce fecal waste. A salmon farm releases a footprint of nitrogen, phosphorus and fecal matter into a relatively small area. Wild salmon are not pen confined and swim free of collective waste.

For entrepreneurial reasons, Atlantic salmon are being farmed off the coast of British Columbia. Escaped farmed salmon compete in the same food chain of the resident Pacific salmon. As both fish are carnivores, "Will the escaped salmon affect the health of the wild salmon and deprive us of this natural resource?" Bottom line, I believe that until new information within a level playing field shows all salmon to be equal, wild Pacific salmon is the best catch; fish that is caught away from breeding pens and contaminates. Here is a good recipe I recommend for salmon.

Chipotle Maple Catch

1 fillet of Wild Pacific salmon
¼ cup Olive Oil

1 tsp. basil
¼ to ½ cup maple syrup
1 tsp. Chipotle pepper
1 green onion, chopped
20 snow peas
½ red pepper, chopped

Preheat oven to 350 degrees. Cover baking tray with unbleached parchment paper.

Wash fish and place skin side down on baking tray. Drizzle olive oil and brush to coat whole fillet. Sprinkle basil over fillet. Bake in middle rack of oven approx. 15 -20 min until flakey. Mix together maple syrup and chipotle pepper. Remove from oven and sprinkle chopped onion, snow peas and red pepper over fillet then pour maple syrup mixture over top. Put back in oven and heat for 5 - 7 minutes.

Remove from oven and cut into serving pieces.

End



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very popular East Coast band will be in concert at the Denbigh Hall on Saturday May 2, brought to you by the Denbigh Recreation Committee. For ticket info please call Janice at 333-2797.

*The St. Luke's United Church ladies put on a very nice Irish stew dinner on March 14th, and was thoroughly enjoyed by all who attended. After the meal, Denbigh Recreation put together a music café that was very entertaining, showing off some very good local talent.

*The ladies group from Vennachar Free Methodist Church, the WMI, was very busy at their meeting on March 2nd. Over the course of several weeks, they were accepting donated items to be packed and sent to soldiers overseas. Joining the WMI for the afternoon were representatives from Gideon's International, who brought along bibles to be included in the care packages.

*Over the past few months, the children have been having a good time at the li-

brary's children's program night, held the second Thursday of each month. They celebrated winter in January, Valentine's Day in February and St. Patrick's Day in March. April 9th will be the next meeting, an hour long program starting at 6 p.m. with stories, crafts and fun!

*Just sit back and read what the Denbigh Craft Group has been up to! A total of 30 beautiful blankets were made and donated late last year to Project Linus. They also knitted 91 pair of mittens, one for each child who attended the Christmas Parade of Lights. In February, Greg Roche stopped by for a visit, sharing his chocolate expertise. And, the club has begun knitting scarves for the kids for this year's Christmas parade. Wow! If anyone would like to join in the fun, you are more than welcome. Meetings are held every 2nd and 4th Wednesday of the month, starting at 1pm at the Denbigh Hall.

End

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City Girl (Cont)

demanding more. I put out my hand, he hopped on, and I took him for a birdbath on my neighbour's beautiful perennial garden. He knew what to do in the water, he splashed and played until he was done, he came back to my hand and as I walked back to my yard he tucked his beak under his left wing and fell asleep. I glanced behind me at my son, who had also fallen asleep in the baby carrier.

So there I sat, humbled and thankful for this chance to be mother to a baby bird and also grateful for the peacefulness of sleeping babies.

End

Road to Calabogie (Cont)

tegic locations throughout the house and garden to aid her when she feels the need.

Margaret is not very tall and she probably doesn't weigh a hundred pounds but one can tell she has a true pioneer spirit and whatever it takes to raise ten children without the help of a lot of modern gadgets.

A likeable person, she never runs out of things to gab about.

As we sat talking at the big kitchen table, a wood fire crackling in the stove, we drew her attention to a flock of wild turkeys outside the window. "Oh, they hang around here all the time," she shrugged. "And the boys feed them, so they probably will not leave anytime soon". As she spoke, the big birds gradually disappeared into the evergreens and a half dozen squirrels took over what remained of the turkey feed.

Here's to you Margaret. May your days be long on the Road to Calabogie where you have always lived.

End

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Meet the chef (Cont)

toire for that, and he is more than pleased to discuss a customer's preference.

Jakes' culinary influence will be extending beyond Canthooks at the Peaks to the Ski Lodge and the Beachfront—Goods news for all patrons.

By the way, the dish Jake is showing in the photo is something he put together while we talked. It is Lac Brome Duck brushed with honey and fresh thyme in a reduction sauce of Cabernet-Merlot, roasted asparagus and a pureed squash with a tinge of Jakes' own spices. Oh, I got to eat it too. Absolutely delicious!

Jake is introducing his new menu to Canthooks on Easter Weekend.

End

CABA Corner

By Karen Warren

Caba Corner invites you to rediscover a familiar taste that has new face. Calabogie Pizzeria owned by Corinne Sullivan. Originally from Thunder Bay ON, Corinne had family in the area and she made her way to Calabogie some thirteen years ago. Corinne always wanted her own business and she loves cooking so it seemed natural she would open a business doing what she loves. Formerly behind Shooter's Bar, Corinne, along with her husband Brian and son Phil now have a brand new 1800 square foot facility that offers more exposure for her business as well as an eat in area. Self taught, Corinne provides quality home made food with no preservatives such as bread, buns, pizza sauce, pizza dough, subs, salads and desserts. Corinne even has pizza and lasagne for customers who are celiac or sensitive to gluten. Sandwich and dessert tray are also available. The new facility has room for DVD movies and play station rentals, hard ice cream from Tracey's as well as a good selection of drinks and snacks. Future plans include a propane refill station.

Corinne has a huge area that she serves. She delivers to Glasgow Station, White Lake, across the Lanark border, White Pines on Centennial Lake, Pucker Street, Whalen Rd and Tom's Rd near Dacre.

Anyone who enjoys good home made food will enjoy Corinne's caring attitude and delicious fare. She says if you can't find it, just ask, as Corinne will bake on request.

Corinne has a positive attitude and enjoys Calabogie and the area. She welcomes her regular and new customers to come and visit at her new location. Corinne has even created a new pizza for the Festival of the Senses and will add it to her extensive menu.

Corinne and the Calabogie Pizzeria located at 4983 Calabogie Rd. can be reached at 613-752-1777.

The store hours are Sunday to Thurs 11:00 a.m. to 9:00 p.m. and Friday & Saturday 11:00 a.m. to 10:00 p.m. I have her number on speed dial. Drop in and enjoy any of Corinne's tasty delights. Your taste buds will thank you.

Old Time (Cont)

was asked to rejoin the Happy Wanderers back in Ottawa. It is said that he was very happy to be back. One evening, Bob decided to drop around to the Chamberlain Hotel in Aymer, Quebec where they featured country music. When he saw the singer of a group performing that night, he was smitten. Her name was Marie Farley.

In 1957, they were married. Bob was a joker who fitted in well with Marie's big, active family where he was often the centre of attention with his jocular nature and his fractured version of the French language.

He continued to perform and to tour—including the Wilf Carter tour of 1958—with the Happy Wanderers until the group disbanded.

After releasing 13 albums and 40 singles — "Laurel Lee" alone sold 40,000 copies — Bob began to concentrate on his wife's singing career. He became Marie's producer and manager, producing 10 albums including a certified gold record "Allo Mon P'tit Bobby" and "The French Song" that sold over 50,000 copies.

His life-long passion however, was songwriting and, according to Marie, often wrote songs for her in English which she would then translate into French for her repertoire. He never deviated from his early, old-time, country

style of music and always wrote in this genre. For those familiar with his music, it should come as no surprise to find that his favourite artists were from the Hank Williams and Buck Owens era.

In 1984 The Ottawa Valley Country Music Hall of Fame chose Bob King as its "Entertainer Inductee" for that year.

He completed his career as a featured singer and road manager with the Marie King Road Show touring Quebec and Northern Ontario until 1989. In their 33 years together, Marie and Bob raised four children, Bob Junior, Danny, Christine and Carole Ann.

In 1989 at the age of only 55 years, cancer claimed the life of Bob King. The tombstone marking his resting place in a cemetery in Orleans, Ontario, fittingly bears the image of a guitar and an excerpt from his most famous song "Laurel Lee."

Marie recently collected a number of Bob's early works and, for his fans, had them transferred to a CD entitled "The Best of Bob King." Those wishing to order this collection may contact Marie at 819 246 8544.

The author wishes to thank Marie King for her valuable help in researching this article.

End

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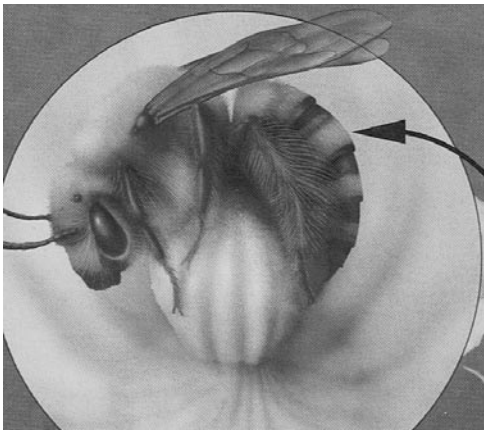
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Bees (Cont)



2-5 years while workers live only 1-4 months. The drones live a mere forty to fifty days. Genetically queens and workers are the same but the queen's longevity is attributed to a material found in her body called royal jelly. Naturally, what is good for the queen bee must be good for humans too, so royal jelly products are sold as human longevity increasers and anti-wrinkle creams.

Many bees are attracted to salt in human sweat. We have many "sweat bees" in Ontario and they are a great nuisance. However, technically only members of the Halictidae family are true sweat bees. Calling a non-Halictidae a "sweat bee" will probably not keep you from heaven. It's the other names you might call a "sweat bee", after being stung by one that might impede your celestial progress.

End

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Thank you to all those who attended the event and congratulations to all the prize winners. Our appologies if we missed anyone.



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"The Stone" cottage is a real treat. This one is a classic. Right on the shores of Norcan Lake, and all the comforts. Bathroom has whirlpool tub for relaxing. The view of the lake is second to none, all with your own private boat dock and beach area. Enjoy all nature has to offer with nature trails nearby, golfing, skiing and all just a short 1 hour 10 minute drive from Ottawa. Check it out @ www.hilltopvacationproperties.com

1086 VICTORY LA \$549,900

"The Lodge" This is it! Restored Log lodge, with 7 bedrooms, floor to ceiling fireplace, wrap around porch, right on the shores of beautiful Norcan lake with your own sandy beach and boat dock. Ideal for those large family gatherings, or multiple families. Come fully furnished, just move in and enjoy. Check it out at www.hilltopvacationproperties.com or www.canontolodge.com

LOT 1 VICTORY LA \$50,000

"The Juniper" Very affordable water access lot with acreage. Water access and 1/9th share of common area go with this lovely property. Boat dock will be in place waiting for our boat. Close to the Calabogie Peaks Ski Hill and the village of Calabogie. Build your dream home or vacation property here.

LOT 2 VICTORY LA \$60,000

"The Aspen" Peace and quiet with water access on this lovely 3+ acre treed lot. Ownership included 1/9th share of a common lot allowing for water access and a boat dock. Enjoy waterfront ownership without the high taxes. Lake is steps away from your lot. Make this one yours today.

Mike Labelle
Sales representative
Phone: 1-888-623-3665

LOT 3 VICTORY LA \$80,000

"The Ironwood" Beautiful natural state building lot with water access to Norcan Lake. 3+ acres to build your dream home or vacation property on. Ownership of this lot includes 1/9th share of common area with lake access. Check it out @ www.hilltopvacationproperties.com

17 PHEASANT RU \$45,000

DEEDED WATER ACCESS TO CALABOGIE LAKE WITH THIS NICELY TREADED LEVEL LOT ON THE HIGHLANDS GOLF COURSE BUILD YOUR DREAM HOME HERE.

LOT 8 VICTORY LA \$149,900

"The Hilltop" Beautiful natural state building lot with water access to Norcan Lake. 2+ acres to build our dream home or vacation property on. Ownership of this lot includes 1/9th share of common area with lake access. Check it out @ www.hilltopvacationproperties.com

LOT 14 NORCAN LAKE LA \$249,000

One of a kind waterfront lot, situated on the shores of beautiful Norcan Lake. 574 feet of shoreline to call your own. All natural setting, peaceful and tranquil for the nature lover. Build your own home and escape the hustle and bustle. Just a short 1 hour and 10 minute drive from Ottawa. Submarine hydro and telephone cable on site.

LOT 12 NORCAN LAKE LA \$249,000

Totally private for your dream waterfront home or vacation property. Natural beauty with mature trees and an amazing view and access to tranquil Norcan Lake. Sloping lot with 541 feet of your own shoreline. Just a short 1 hour and 10 minute drive from downtown Ottawa. Submarine hydro and telephone supplied to lot line.

LOT 13 NORCAN LAKE LA \$249,000

Executive waterfront lot on beautiful Norcan Lake with 574 feet of shoreline for you dream home or vacation property. Natural setting with mature trees and nature galore. Enjoy the peace and quiet and beautiful views every day. Submarine hydro and telephone on site. A short 1 hour and 10 minute drive from Ottawa.

569 KENNEDY RD \$35,000

NICELY TREADED CORNER LOT AT THE ENTRANCE TO KENNEDY WOODS (CALABOGIE RD (508) AND KENNEDY RD).