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The Madawaska

# Highlander

June - July  
**2017**

FREE Vol.15 Issue 2  
Next issue July 19, 2017

Celebrating Cottage and Country Life in Madawaska & Addington Highlands of Eastern Ontario

Skies have cleared. Days are warm. Dragonflies have emerged to fill up on blackflies, and seasonal residents have returned to celebrate summer 2017. Ah, summer!

## Welcome!



You can always say it with flowers. These special tulips were created for Canada's sesquicentennial and are a reminder of the enduring Canadian - Dutch friendship after Canadian troops liberated the Netherlands during WWII. Photo Colleen Hulett

...To a special edition of the Madawaska Highlander as we plunge into Canada 150 and Ontario 150 celebrations, Vimy 100-years, 50 years on Centennial Lake, National Aboriginal Day, the summer solstice, and Summer 2017! Look for special events in the Events Calendar and don't forget to read the ads for more.

We never cease to be amazed by the talents and passion of our volunteer contributors and this time is no exception. If you haven't been following Peter Seeger and the Power of Song, because you thought it was about a singer, now is the time to jump in, especially in view of current affairs. You'll want to read the back issues on matawatchan.ca

Take a 10km hike up Oiseau Rock with Lesley Cassidy, or take it easy, really easy, as Colleen Hulett shows us how to forest breathe. Yes, it's a thing. Ernie Jukes extols the virtues of this Extra Ordinary place and camaraderie in our tiny hamlet community halls.

Take a trip into the past with a cast of characters in the Cloyne area in 1867, courtesy of the Cloyne Historical Society, or revisit Vimy 100-years later in Memories of Vennachar. Howard Popkie remembers original pine, and Noreen Krusich gives us a glimpse into her research to reconnect with two Algonkin Chiefs, rarely mentioned in schoolbooks.

Somewhere between present, past, and future, we have Griffith & Matawatchan News and Views, Denbigh-Vennachar Dispatches, and Bogie Beat to let us know what happened, what's happening, and what's going to happen in our communities. How do they know?

The GM F&G Club brings important news, as do EORN and RMFEO. (We spell it all out inside.)

Enjoy...



Keep an eye out for turtles on the road. Snapping turtles can no longer be hunted in Ontario, so please don't squish them. Learn how to help them across safely. Photo credit: tortoisetrust.org

613-852-2789 Chris or Julie



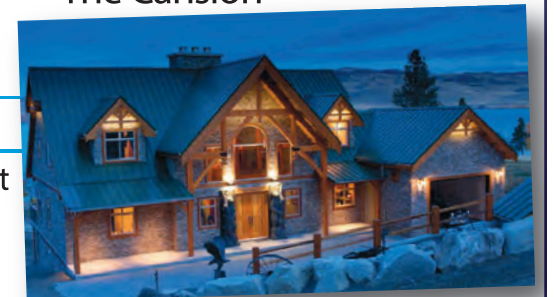
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# The Madawaska Highlander

The Madawaska Highlander  
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**Next contribution deadline:  
July 8 for July 19 publication  
madawaskahighlander.ca**

**Message from the editor:**

Check the Events Calendar for events in your area. We print what you send in, so if your event is missing or incorrect, be sure to email updates.

Check advertiser messages right away for important information, hours of operation, specials and ideas about things to do in the area. Tell them you saw it in the Madawaska Highlander!

We also maintain the matawatchan.ca website, which has a handy community calendar that is updated whenever new information arrives. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for events and information around you in the Highlands. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss. We keep our advertising rates low to keep it accessible for small businesses.

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## CONTRIBUTORS THIS ISSUE Thank you everyone!

We couldn't do this without our volunteer contributors and our advertisers. Thank you to the Denbigh-Griffith Lions Club for your support.

Garry Ferguson	Antonia Chatson	Sharon Shalla
Ernie Jukes	David Arama	Noreen Kruzich
Skippy Hale	Margaret Axworthy	Lesley Cassidy
Peter Chess	Susan Veale	Colleen Hulett
Howard Popkie	Angela Bright	William McNaught



The Walter cartoon series premieres in The Madawaska Highlander and is a collaboration between Jens Pindal and John Roxon. Jens attended Sheraton College in Oakville and has been an animator working in the industry for 25 years.

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**By Garry Ferguson**

I'm not sure if everybody, everywhere, is getting dumped on or if it's just a maxi-cumulus, year-long season over only us MataGriffites, (sometimes pronounced "MataWiffites") but since the clock stuck 2017, we've been pelted, virtually every day, (and, every night) by either snow or rain with good helpings of sleet and hail – along with other assorted, unidentified, Beijing-looking stuff - thrown in for variety. Noah, with his piddling 40 days and 40 nights had nothing on us. I've taken to wondering if I – or any acquaintances – have done something terrible to make Mother Nature strip her gears and become that p'd off at us. The old saying that "April showers bring May flowers," was coined by some sugary optimist who never had to flail at squadrons of ravenous black flies with one hand while Sumo wrestling an under-powered lawn mower through a foot of rank, over-irrigated grass with the other. See accompanying photo of scenery from Ferguson's front window. Anyway, here's to a pleasant but not-quite-so-green summer.

The following is an update to my rant (in a previous issue) about Heinz pulling up stakes and abandoning the ketchup (Matawatites notice: that means catchsip) factory in Leamington ON for cheaper pastures in the U.S. and that French's had stepped in to rescue the local tomato farmers along with 740 plant workers in the area. Well, we finished our last bottle of Heinz's and switched to French's. Not due to my rant, but to an active internet campaign gone viral, French's products have become famous and it may triple its Leamington production. I much prefer my new choice. It somehow reminds me of days gone by when the delicious aroma wafting from the homemade version simmering on old kitchen stoves around Mat-Griff could be snorted a fair-to-middling-sized hayfield away. I have to be fair though and thank that 57-Varieties Company for driving me to such a find. I'm even tempted to put it on my chocolate cake.

Don't you just love modern communications? From telephone answering machines to the internet and its web sites, I love them all. There is so much good info on Matawatchan.ca. and (Google) Denbigh Griffith Lion Club, Griffith-Matawatchan Sno Dusters, Griffith & Matawatchan Fish & Game as well as Village of Matawatchan and Town (Hmmm!



A welcome sign that summer is finally here. The "Trailer Park Boys – a.k.a. Tout La Gang - (Summer residents at Peter's Camel Chute Campgrounds) are back and once again swelling the ranks of the Friday-Morning Breakfast Mob at the Pine Valley Restaurant in Griffith.



View from the Ferguson's front window looking toward Lake Centennial.



The Northern Lights Seniors Club Board for 2017. PM Trudeau brags about ONLY 50 percent female content in his cabinet. As may be seen from the photo, he could take a few lessons from this organization. From left: Secretary Sandy Downs, VP Chris Ward, President Nancy McGregor, Treasurer Nancy Reid

Town, eh?) of Griffith that columns like the GM News are becoming an obsolete and tiresome retelling of the facts. Fortunately – for our readers – a reminder of the next couple big happenings in the summer lineup of local events should be enough to get the heart pounding and rouse readers out of even the most serious, GM-News-induced snoozer.

**The 135th Canada Day Picnic, (I've attended many since infancy but can't remember that first one for some reason) from noon to 5 p.m. on July one,** will be staged by the hard-working board members and volunteers of the Matawatchan Hall who will go all out to celebrate Canada's 150th birthday. The "Hall" will also begin a 6:30-p.m. Family Sports Night, every Tuesday and Thursday, as of July 4th as well as something called a Matawatchan Mashup Saturdays

beginning 8th July, 9am - 5pm depending on demand.. (Matawatchan Smash-ups on Saturday nights used to be a tradition) These year-round "Mashups" will serve as a much-needed blessing that should fill the social vacuum left after the Matawatchan Dump closed. [matawatchancentre@gmail.com](mailto:matawatchancentre@gmail.com).

**The Denbigh Griffith Lions Club (DGLC) is about to throw its biggest bash of the year – the Classic Car Show, a.k.a. The Show and Shine on August 26; rain date August 27.** It's a chance to drool, kick a few tires (only if you have a death wish) and meet a field full of proud owners. This event seems to grow bigger and better each year so put it on your agenda. It will run from 10:00 to 14:00 and admittance is by donation. The Bingo Nights will continue, every second Tuesday throughout the year but, with a

heavy heart, I must remind pensioners that, according to the DGLC schedule, the Hungry Moon will again descend upon us in midsummer: there will be no Fellowship Luncheons during July and August.

To add to all this excitement, we just learned that those tireless folks who toil for the **Greater Madawaska Housing Corp. will offer up super-sized flea markets outside the NU2U store in Griffith** during each of those big events so breathlessly announced above. These "have-I-got-a-bargain-for-you" blow-outs will be open from 10 a.m. until 4 p.m. on Saturdays, July 01 and August 26.

The drums have also told us that a large cache of "great stuff" has

**Continued, next page...**



Derek and Sue of Calvyns Food n Stuff in Griffith pose on their newly opened licensed patio. Watch for "The Grande Opening" soon to be announced. Should be a blast.



Taking a brief time out to line up for a photo are four of the Denbigh Diner Damsels who whip up a great meal in the Denbigh Hall at noon on the first Monday of each month: cost \$7. From left: Susan Frazer, Karen Lips, Joan McLeod, Joan Walton.



The WHOLE student body from the Miller School, circa 1950. Rear L-R: Reg Ferguson, Marian Strong, (late) Orval Strong, Garry Ferguson, Front L-R: (late) Shirley Strong, Linda Strong, Ron Ferguson, (late) Wayne Ferguson, Norma Strong.



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**GM NEWS Continued...**

been squirreled away to a secret location thanks to a few families who hauled up stakes for more unfriendly climates and donated top-notch treasures collected over a lifetime. So, get there early: one person's expensive treasure could be another person's (yours) cheap treasure. As with the NU2U store, open every Wednesday and Saturday from one to four p.m., all proceeds go to the Housing Corp.

It's safe to bet your best pair of Sunday socks that all our readers have received scam calls announcing, usually with a heavy accent, that he/she is from "Windows (snicker) Technical Division, Canada Income Tax Office - they haven't heard of Revenue Canada - or even some lawyer's office. They seem to come in batches: I've taken up to five such calls in one day. Most marks have the good sense to hang up but for some, perhaps not-so-sane, reason I have this overwhelming urge to string along, exasperate, and finally enrage them. I'm told, by those much wiser than I, that Satan makes me do it. One scammer, after 10 or so minutes of enduring my maddening confusion over my "Windows" and my "windows" called me a moron and hung up. So, if you get one of these calls and you're busy, just tell him/her to bug (you may wish to substitute your own choice of a word here) off and hang up. However, if it's raining and you're bored because you can't go out to play, it's a great opportunity to create some amusement. You can blame me though, not the devil.



Garry Ferguson was born at Black Donald Mines. After graduating from the one-room Miller and Matawatchan schools and the two-room high school in Denbigh, he joined the RCAF and the world of electronics. After 8 years, he

became a civilian and worked in Montreal for the Navy. During this time he joined the Reserve Navy and trained at Cornwallis NS. In 1970, Garry joined Air Canada where he eventually dealt with flight simulators until retirement. He was asked to join the Canadian Corps of Commissionaires and spent six years in security at Toronto's Pearson Airport and Nav Canada's Air Traffic Control facilities. In 1960 he married Carol Pearsall and they had four children - now middle-aged adults. Carol and Garry live along Lake Centennial and try to keep up with the hectic local social scene.

**Proposal to Close Cellular Gaps in E. Ont.**

**Mobile broadband critical to regional growth**

The Eastern Ontario Regional Network (EORN) is seeking federal and provincial support to fill gaps in cellular coverage that are standing in the way of the region's economic growth and public safety. The proposal was formally submitted to Ontario Infrastructure Minister Bob Chiarelli and Rural Affairs Minister Jeff Leal at a meeting in Toronto.

EORN is proposing a \$213 million public-private partnership to improve both the reach and quality of cellular data services in the region. According to an engineering study commissioned by EORN:

- About one quarter of the area where there are homes, businesses or major roads in the region cannot access any cellular services.
- Depending on the cell carrier, another 28% to 40% of the area has inadequate capacity to provide high quality mobile broadband service given the demand, which continues to grow.

The gaps are the result of market failure. Rural areas don't generate enough revenue for cell carriers to build adequate services. The CRTC recently designated both mobile and fixed broadband as basic services for all Canadians. A public-private partnership would reduce carriers' infrastructure costs, creating a stronger business case to improve services and meet the CRTC's basic services goals.

EORN has submitted a detailed business case for cell expansion to the federal and provincial governments that includes a dedicated, public safety broadband network to seamlessly connect first responders region-wide. Building both networks together would cost about \$299M, saving about \$47M compared to building them separately

EORN, a non-profit created by the Eastern Ontario Wardens' Caucus (EOWC), helped to improve broadband access to nearly 90% of Eastern Ontario through a \$175 million fixed broadband network funded by the federal, provincial and municipal governments and private sector service providers. It works with governments and community organizations to improve and leverage broadband access to fuel economic development and growth across the region.

The EOWC directed EORN to prepare and submit a project proposal to improve access to mobile broadband services and support the creation of a public safety broadband network.

"Too often, Eastern Ontarians find themselves with no signal or dropped cell services. EORN is building on the investment we've already made in fibre optics across the region to close the gap in cell services and improve economic growth, quality of life and public safety." - EORN Chair J. Murray Jones



To clear things up... The name 'pickeral' means pike-like. The name walleye comes from an older name for me 'walleyed pike'. There is a fish called the Chain Pickeral which is a member of the pike family. However if you are referring to the fish belonging to the perch family, then yes, I am both a pickeral and a walleye.



Here's a sight we'd all love to see. The Holtzhauer's knew exactly what to do. Leave the baby alone, mother will be back. If you think you're saving a fawn, chances are the mother is watching you take it away.

Our Kid's Fishing Derby is going to be held at Aird's Lake this year! The date is Saturday, July 15th from 10 am until 3 pm. Anyone can fish but you must be under 17 years of age to enter the derby. All juniors will go home with a prize and this event is free! Hamburgs and hot dogs will be sold on site and drinks are free. We'll have worms available as well. You can bring a boat or fish off shore, the choice is yours!

The Hunter/Firearm's Safety course was a success again this year. 16 people took the course, 9 of those, pictured above, the club and the OFAH are proud to have helped out. Thanks Kevin White for coming out this way and to the Griffith Lion's Club for providing a great location and lunch for the students!

The MNRF is in the process of reviewing the Fisheries Management Plan for Zone 15. As part of that process they have formed an advisory council that includes representatives from across this zone who represent a variety of interests. This council along with the MNRF staff and first nations will create a new draft Management Zone Plan, which will then undergo further review by MNRF and public consultation before being placed on Ontario's Environmental Registry for further comments. This process is estimated to take two years, finishing near the end of 2018. In the end a new fisheries management plan for Zone 15 will be created and there will very likely be changes to the fishing regulations as a result.

Your club representatives have been making recommendations for a change for a number of years and are very excited about this! Time will tell. In the interim this council has approached us for input on our concerns and possible solutions. We have proposed a round table to be held at the Matawatchan Hall, Tuesday June 27th from 7 until 9 pm. We've invited all the local fishing clubs, camp ground owners, resort owners and other civilian stake holders to join us in this round table to express their concerns and develop a strategy for a sustainable walleye fishery here in the future. If you're interested in attending this meeting, contact Brian Sutcliffe.

There are new baitfish regulations coming into effect you should be interested in. This will have a major impact on bait users who fish in Zone 15 &



Proud graduates of the Hunter/Firearms Safety course. 16 people took the course. The club and the OFAH are proud to have helped out. Thanks Kevin White for coming out this way and to the Griffith Lion's Club for providing a great location and lunch for the students!

18. For example, you buy your minnows in Calabogie for use on Centennial Lake and all is good. But if you decide to go up Mackie Creek to Round Schooner you're in a different zone and your bait is no longer legal. Now think about how far you have to go out of your way to buy baitfish to fish Fortune Lake.

The other requirement restricts how you can transport bait you catch yourself. You will not be allowed to transport it over land (think about how this will affect ice fishing as well). MNRF could have a field day laying charges if you can't prove where you bought your bait or where you caught it. We only have until June 30th to make comment on the province's environmental registry. We urge ALL ANGLERS to go online and register your concerns. Here is how: Environmental Registry ([www.ontario.ca/ebr](http://www.ontario.ca/ebr)) #012-9791

Attention Rabbit Hunters! Effective the 2018 season, the end of hare and rabbit season will no longer take place on June 15th. The season will end on April 1st in WMU's 1-50 and 53-59.

Our DEER FEED PLOT program is available again this year. If you're interested in planting seed for a plot you can call Dave VanDerstine at the number below. The seed will be available through Griffith General Store again and our Plot Mule and Seeder will be available for your use. The club will pay for only one bag of seed per camp to cover 1/2 acre.

We encourage you to join OFAH through the club at a reduced rate. The savings you get by purchasing through the club will more than cover your fish and game membership. The cost of memberships through the club is:

- Adult Membership \$41.20 from \$52.40
  - Family Membership \$51.20 from \$64.40
  - Youth Membership \$36.70
- To join the OFAH, contact Sandy Sutcliffe at 613-333-9564

Our membership sits at 209 right now! Numbers are good so far for the year! Thanks for your support!

Check us out and feel free to share on our Facebook page at "Griffith & Matawatchan Fish & Game Club" for local upcoming events and articles! [fishandgameclub@gmail.com](mailto:fishandgameclub@gmail.com)

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Canadian Nuclear Laboratories (CNL) has made an application for a Near Surface Disposal Facility (NSDF) for the management of low-level radioactive waste. It is an engineered containment mound proposed for the Chalk River Laboratories site on the Ottawa River to safely dispose of solid, low-level radioactive waste and a minimal amount of intermediate-level waste. The mound will feature a multi-layer base liner and cover system, with the waste placed in between the liner and the cover system. The waste is covered as each disposal cell is filled. The NSDF will also feature a waste water treatment plant to remove contaminants from precipitation that drains through the waste placed in the mound before the cover is installed, as well as waste water from operational activities. One per cent of the waste will be intermediate-level, which raises red flags for Ottawa Riverkeeper Meredith Brown who said they are really concerned about the intermediate-level waste, because they're proposing a landfill for hazardous waste to be made to last up about 500 years. Intermediate level waste will last for thousands of years.

The Ottawa River is one of many watersheds identified by the World Wildlife Fund as lacking in the crucial information needed to get a basic picture of water quality and river health.

Nature Conservancy of Canada is taking possession of six new properties in the Frontenac Arch region, a 50-kilometre stretch of land that links the habitat of the Adirondack Mountains to the Algonquin Highlands. One of the properties was donated by its longtime owner.

Ontario Métis commission has clear vision for self-governance talks focused on preserving Métis identity and culture, and re-establishing traditional hunting, fishing and forestry rights.

Ontario human rights tribunal mulls hearing Cleveland Indians complaint to bar team from using their name or logos at Toronto games, but only if teams 'provide services' in Toronto.

Ontario introduces hydro legislation to lower bills for 10 years. This reduction does not apply to seasonal residents, but Hastings County and others are lobbying to change that.

Parts of Ottawa, Renfrew County have qualified for disaster relief funds after flooding. Secondary residences and cottages are not eligible for assistance.

Flooding hits cottage country extra hard. North Algona Wilberforce covers 378 square kilometres with an annual budget of \$3.8 million. It doesn't have an arena or a full-time fire chief or full-time building inspector. Sleepy for most of the year, the municipality depends on property taxes from residents who own waterfront homes and cottages and an injection of spending from summer visitors.

Months of wet weather and flooding have delayed the seeding season for farmers across the province.

New report says pollution from all sources costs Canadian economy tens of billions each year

About 30 wastewater plants in the province are large enough to make bio-gas production viable through anaerobic digestion. Hamilton now fuels some buses with bio-gas from sewage.

The Investment in Affordable Housing for Ontario (IAH) 2014 Extension Program has announced a new round of funding to make home ownership affordable for low- and moderate-income households across Ontario. The Home Ownership Program provides up to 10 per cent assistance to low- and moderate-income households to help with the purchase of a home

A Thunder Bay man who was homeless for years has donated \$10,000 to a shelter that supported him after receiving compensation from a residential school settlement.

Province plans to overhaul Ontario Municipal Board and give more power to cities and citizens. The Local Planning Appeals Tribunal will provide legal representation to residents for free.

Ministry of Education initiative to amalgamate the province's four child and family programs — Ontario Early Years Centres, Parent and Family Literacy Centres, Childcare Resource Centres and Better Beginnings Better futures — under one banner called Ontario Early Years Child and Family Centres (OEYFCs). The plan is to make all child and family services either available in a single location or in one location with multiple mobile outreach services. Sheleena Forfar, community planner for children's services said, "That ensures more accessibility for families". She said it would also allow them to better address gaps in service coverage in some areas. "There really is an opportunity at this point in time to build on the current strengths and meet these changing needs." The transition process is expected to begin Jan. 1 of 2018. They will be managed by the municipalities, but all services will continue to be funded 100 per cent by the province.

A recent report states fewer Ontario students get music classes due to lack of funds, staff. Only 41 per cent of elementary schools have music teachers, rural students least likely to learn it.

Newborn heart screening program rolling out across Ontario. Province is the first in Canada to offer screening to all healthy babies. A probe is attached with a band-aid and readings are taken from both sites. If there is a difference between the readings from the top limb and the bottom limb, doctors can diagnose a heart defect

Gender-neutral birth certificates could be issued to those who want them in Ontario as early as next year, provided the province can work out bureaucratic hurdles involving other governments. Consultations will be held this summer and the province is working to ensure a gender-neutral birth certificate would be legally recognized in other jurisdictions.

Ontario announced a \$533-million Ontario Autism Program will soon include a direct funding option, something families have long been clamouring for.

Organ transplants in Ontario have increased by 22 per cent in five years. More lives are being saved than ever before as a result of leading organ and tissue donation practices implemented in Ontario by Trillium Gift of Life Network (TGLN), Ontario hospitals and other partners.

A study has found people who eat chocolate are less likely to suffer from atrial fibrillation, or abnormal heart rhythm.

Health officials released the first Federal Framework on Lyme disease— it's a guide that will help Ottawa with establishing national surveillance, issuing guidelines and educating the public about the illness tied to tick bites.

Frontenac grandmothers help other grandmothers in need. over 10,000 grandmothers belong to 240 grandmothers' groups in Canada and have sent \$25 million to the grandmothers in Africa. To find out more about the Stephen Lewis Foundation or the Grandmothers to Grandmothers Campaign, go to [www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)

See it, Name it, Change it, is a new multimedia campaign to combat domestic violence in our communities. People from Lanark, Lennox and Addington, and Leeds and Grenville counties came together in 2016 in response to increased violence and murders in rural Eastern Ontario to help people understand what violence looks like (to "see it"), to "name it" by speaking up, and then to undertake actions to "change it."

In a first for Ontario, new judges will have to undergo training that includes sexual assault law — but the requirement will not apply to those already on the bench.

Four Eastern Ontario farmers have been named to a new eight-member advisory panel on the potential reopening of two federal penitentiary farms at Kingston. The panel will be providing advice to CORCAN, a rehabilitation program of Correctional Service Canada. CORCAN provides offenders with employment and employability skills training. The panel will engage with community stakeholders to assist CORCAN to better understand farm industry operations, explore new business ideas, and promote partnerships to provide employment opportunities for released offenders.

The Federal Government commits to \$2B in stable rural and northern infrastructure, a need put forth by EOWC, who await answers on how that funding will roll out.

Quebec and Ontario are planning a hi-tech 5-G cell corridor and Eastern Ontario is right in that path. Eastern Ontario is taking steps to be prepared for the upcoming 5G economy.

Ontario working toward online health card renewals by 2018

Netflix plans download zones in Ontario cottage country north of Toronto. Wi-Fi hot spots will allow travellers to store some of the streaming service's shows on their devices at various locations on every holiday weekend until Labour Day.

EORN is proposing a \$213 million public-private partnership to improve both the reach and quality of cellular data services in the region.

1.9 million Bell customer email addresses stolen by 'anonymous hacker'. 1,700 names and phone numbers also stolen in data breach. "There is no indication that any financial, password or other sensitive personal information was accessed," the company wrote in a statement, or that it was connected to the WannaCry ransomware attack that brought down 200,000 computers across the world.

North Korea could be behind the WannaCry attack, say experts. The evidence is circumstantial, but it fits the profile of other cyberattacks perpetrated by the country.

Australian businesses are turning to encryption apps to fight the flood of cyberattacks Tim Gallagher, who has created the SafeSwiss app that runs on servers in Switzerland and provides better than military grade encryption, said he had experienced a 78 per cent spike in downloads in the wake of the WannaCry ransomware attack.

Toronto executive committee is calling on the city to ask telecom companies to activate the FM radio chip inside Android smartphones. In the event of an emergency, like a blackout or natural disaster, accessing FM radio through your cell phone can provide vital information. It doesn't hit your data plan, and it's a lot easier on your battery to just use our phone as a radio. At least one Canadian cell provider, Bell Canada, says it's already offering this service.

Some Ontario police vehicles now equipped with GPS dart launchers to catch speeding vehicles by shooting high-tech magnetic projectiles that attach to the vehicle and sending a GPS signal to an OPP communications centre. Remote tracking is safer than a high speed chase.

Canada's big banks are forecasting that Ontario will lead the country in economic growth this year. Unemployment sits at its lowest level in 16 years. And that economic success is being felt across a range of sectors, including manufacturing, real estate, finance and technology.

Ontario is helping aspiring entrepreneurs succeed by launching, Starter Company Plus, that offers training, mentoring and grant opportunities to start, expand or buy a small business

Canada to introduce airline passengers' bill of rights, which would cover denied boarding, lost or damaged baggage and delays on the tarmac. Plans announced last November to relax international ownership restrictions on Canadian air carriers will be carried out.

An uninhabited place in the middle of the Pacific Ocean is strewn with plastic debris - the highest density of debris anywhere in the world. The island is halfway between New Zealand and Chile and is a UNESCO world heritage site.

Humans have created an artificial barrier around the Earth. As the VLF barrier appears to protect Earth, scientists say it could be used to remove excess radiation from the space surrounding Earth and NASA is now planning to carry out tests to see if this could work.

Arctic stronghold of world's seeds flooded after permafrost melts. No seeds were lost but the ability of the rock vault to provide failsafe protection against all disasters is now threatened by climate change

This SUMMER, #ComeWander and make some MEMORIES with us!



You will savour the sights, sounds, and sensations of the post-war "good years," 1951-1975, in this story about two people, each married to someone else, who meet for an annual weekend getaway. It is celebrated as "genuinely funny and genuinely romantic" (*New York Post*) and "the funniest comedy to come Broadway's way in years" (*New York Times*). It also inspired the Academy Award-nominated film version with Alan Alda and Ellen Burstyn.

**June 23 to July 16**

Sponsored by: COGECOTV

# Classic Theatre Festival 2017

## Perth, Ontario

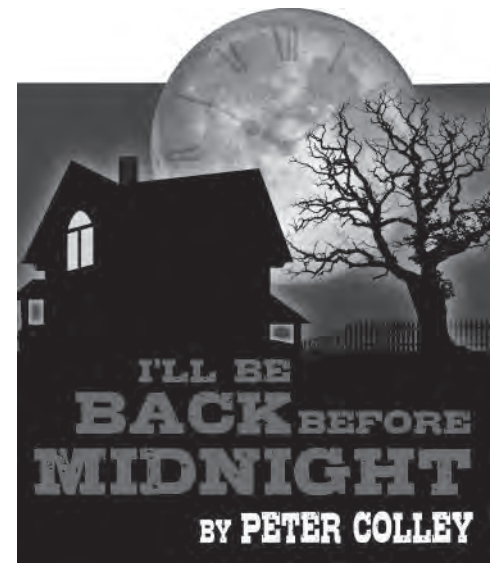


Do you remember the powerful pull of a first love that burns in your soul? Long before the British exported Beatlemania, there was "Candidomania", a phenomenon inspired by this delightfully warm and witty play in which Candida must choose between her clergyman husband and a passionate young poet. How will she decide? Discover this truly original romantic comedy (by the author of last season's award-winning production of *Arms and the Man*).

**July 21 to August 13**



Dance like no one is watching at the many festivals throughout Ontario's Highlands. Embrace the arts and heritage in our region's towns. Grip those handlebars and discover the great views along our vast expanse of cycling trails. Whether you're looking to slow the pace, uncover a hidden passion or recharge by trying something new, our friendly communities will surprise you - and relax you - all year long. Visit [comewander.ca](http://comewander.ca) #ComeWander.



If you enjoy the edge-of-your-seat anticipation of an Alfred Hitchcock psychological thriller, you'll love this "gaslighting" tale of a young couple who rent an old, spooky country farmhouse. Is our heroine really seeing and hearing things, or are they the after-effects of her recent nervous breakdown? And just who is that mysterious farmer from down the road? You'll discover why this is the most widely-produced Canadian play (*Globe and Mail*), a hit in over 30 countries worldwide.

**August 18 to September 10**

Sponsored by: WTC COMMUNICATIONS



Meandering through the streets of Perth is like visiting the backlot of a Hollywood movie set, with award-winning heritage buildings that form the cinematic backdrop to the "Perth through the Ages" historic theatrical walking play. This year's hour-long, family-friendly show observes the 150th anniversary of Ontario and Canada, an authentic re-creation focused on the daily lives, concerns, and conflicts of Perth and area residents at Confederation. Runs Wed. to Sun. at 11 am.

**June 21 to August 27**



Expect the unexpected when the unsettled spirits of Perth come out from underneath creaky floorboards and behind slammed doors. Roam with them on an hour-long, family-friendly romp through the town's mysterious and haunted past. Music, comedy, and song are featured in this tale set at the time of Confederation. Runs Thurs. & Fri at 7 pm.

**June 29 to August 25**

15 shows per week!

Tickets: 1-877-283-1283 or [classictheatre.ca](http://classictheatre.ca)  
Mainstage shows Tuesday to Sunday at 2PM, Wed. & Sat. at 8PM  
54 Beckwith Street East, Perth, ON

Air Conditioned • Free Parking

Family-friendly historic walking plays. New stories every year!



**Denbigh, Vennachar, Griffith & Matawatchan updates**  
[www.matawatchan.ca/Events](http://www.matawatchan.ca/Events)

**Greater Madawaska updates**  
[www.greatermadawaska.com](http://www.greatermadawaska.com)

**Addington Highlands updates**  
[www.addingtonhighlands.ca](http://www.addingtonhighlands.ca)

**Cloyne & Northbrook updates**  
[www.northfrontenac.com](http://www.northfrontenac.com)

### CHURCH SERVICES:

Matawatchan St. Andrew's United  
 Sundays 8:30 am from February  
 through July and  
 11:30 am August through January

Hilltop Tabernacle  
 Sunday School 10:00 a.m.  
 Morning Worship 11:00 a.m.  
 Office 613.762.7130  
[hilltop.pastor@gmail.com](mailto:hilltop.pastor@gmail.com)  
[www.hilltopchurch.ca](http://www.hilltopchurch.ca)  
 Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church  
 424 Matawatchan Rd.  
 613-333-2318  
 Services June to August 10 am  
 Sunday service time returns to 11am  
 the weekend after Labour Day

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

Emmanuel United, Schutt 8:30 a.m.

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

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

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

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

Most Precious Blood Catholic Church  
 504 Mill St., Rev. Ric Starks  
 Sunday Worship 11 a.m.

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

Calabogie St. Andrews United Church  
 1044 Madawaska Dr. (on the  
 waterfront) Sunday Worship 8:30am  
 Communion 1<sup>st</sup> Sun. of the month

### REGULAR EVENTS CALABOGIE:

Youth Sports Night  
 Tuesdays 6:00 pm 8:00 at St.  
 Joseph's Catholic School, Calabogie

Pickleball, Mondays and Wednesdays  
 6:00 pm 8:00 at St. Joseph's  
 Catholic School, Calabogie

Well Baby Clinic  
 2nd & 4th Thursdays 10:30 am to  
 11:30 am  
 at the Greater Madawaska Library.  
 It is aimed at children from 0 - 6.

Public Library Book Club  
 Last Wednesday 11:00 to 12:30

Falls Prevention Program  
 Chair exercises  
 Seniors 65+ Mondays and  
 Wednesdays 8:30 a.m. to 9:30 at the  
 Calabogie Community Centre  
 Contact Susan 613-752-1540

Pilates and More  
 Monday evenings and Thursday  
 mornings

Back Fitness and Stretch  
 Mondays 3:45

Mindfulness Meditation  
 new programs starting  
[calabogiemindfulnessmeditation.com](http://calabogiemindfulnessmeditation.com)

Calabogie Seniors Dinner & Meeting  
 Last Thursday of the month - 5 pm  
 Oct. to April at the Community Hall  
 May to Sept. Barnet Park  
 All seniors 55+ welcome. 752-2853

Renfrew South Women's Institute  
[www.rsdwi.ca](http://www.rsdwi.ca) [CalabogieWI@gmail.com](mailto:CalabogieWI@gmail.com)  
 Branch meetings held at  
 Calabogie Community Hall  
 2nd Thursday of the month at 7:30  
 Contact: Marg MacKenzie, Pres.  
 613-432-3105 or Hennie Schaly  
 Sec. 613-752-0180  
 Guests and new members welcome!

Calabogie Arts and Crafts  
 Every 2<sup>nd</sup> Monday (If holiday, then  
 3<sup>rd</sup> Monday), 10:00 am - 1:00 pm,  
 Community Hall, (\$15 per year),  
 752-1324

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

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

### SPECIAL EVENTS CALABOGIE:

Canada 150 Garden Party at  
 Fletcher's Octagon Studio, Sat. July  
 22, 10am - 5pm. See our ad on  
 page 13.

### REGULAR EVENTS GRIFFITH & MATAWATCHAN:

**Matawatchan Hall Events, 1677  
 Frontenac Rd.:**  
 Matawatchan Walking Club  
 Wednesdays April to Oct. 9:00 a.m  
 Nov. to Apr. 10:00 am  
 Start at Matawatchan Hall, 1677  
 Frontenac Rd. info Bridgitte  
 613-318-8308

Matawatchan Mashup Saturdays  
 Beginning July 8, 9:00 to 5:00  
 mini-market, lunches, soccer,  
 historical presentations, art lessons,  
 Something different every Saturday.

[matawatchancentre@gmail.com](mailto:matawatchancentre@gmail.com)

NEW: The Greater Madawaska  
 Public Library has donated boxes  
 of great books to start up our book  
 exchange. No return dates. Just  
 sign out a book and return it when  
 you're done. Open to everyone. Book  
 donations welcome! Shelves needed.

Family Sports Nights Tuesdays and  
 Thursdays at 6:30 beginning July 4  
 We have new sports equipment this  
 year. Kids choose the sport of the  
 day

**Denbigh-Griffith Lions Club  
 Events at the Community Hall Hwy  
 41 Griffith:**

Tai Chi classes, Mondays at 10am.  
 Drop in at 9:45, \$8 per class

Bingo every second Tuesday at 7:30  
 AA Meetings (Alcoholics Anonymous)  
 Weekly meetings Every Monday, 7pm  
 One hour meeting open to Men and  
 Women Coffee and Refreshments

Fellowship Lunch at Noon-Third  
 Wednesday of the month. Everyone  
 is welcome. Contact Mary McKinnon  
 613-333-2791

Northern Lights Seniors at the Lion's  
 Hall after Fellowship Lunch  
 General Wellness Assessment by  
 local Paramedics available from  
 11:00am until after lunch

Diabetes Outreach Program  
 every 3 months

Euchre First and Third Friday of  
 each month, 7:00pm - 9pm Contact  
 Dennis Barnes 613-333-1488

The Pickled Chicken String Band  
 Mondays from 5 pm to 7 pm  
 At the Pine Valley Hwy 41, Griffith  
 Bert's Music Jam Every Thursday  
 5 to 7:30 p.m.

### SPECIAL EVENTS GRIFFITH & MATAWATCHAN:

135th Annual Matawatchan Picnic  
 and Canada150 Celebration!  
 July 1 - noon to 5pm. Live Band  
 "Woodstack" BBQ, Beer Garden,  
 Petting Zoo, Kids Games, Fire  
 Department Demos. See our ad on  
 page 10

Seniors Housing Fundraiser  
 Shoppers Paradise Canada Day Yard  
 Sale July 1, 10am -4pm  
 Hwy 41 Griffith, Beside Griffith  
 Community Hall

### REGULAR EVENTS: DENBIGH & VENNACHAR

Denbigh-Griffith Lion's Club Hall  
 25991 Hwy 41 Regular Events:  
 LIONS CLUB BINGO  
 Tuesdays 7:00 p.m. - 8:00 p.m.

Denbigh Music in the Park/Hall  
 Every second Sunday from 1 to 3 pm

Denbigh Diners:  
 Full Course Meal \$7.00  
 Nancy Dafoe 613-333-5164

Denbigh Hall Exercise Group:  
 Monday classes at 10:00 am.  
 Thursday classes at 1:00 pm.  
 TOPS Tuesday at the Denbigh Hall  
 Basement @8:30am Contact Mary  
 McKinnon613-333-2791

### DACRE REGULAR EVENTS:

Games Night, 2nd and 4th Fridays  
 Open to ideas. Contact Michael at  
[dacacommunity@gmail.com](mailto:dacacommunity@gmail.com)

### DACRE SPECIAL EVENTS:

DACA presents Canada Day 150,  
 2pm at 111 Flat Rd. Dacre. Free BBQ,  
 Games, Movie night, Fireworks

Mark your calendars for Canada's  
 150! DACA Centre will be  
 celebrating with a Homecoming and  
 Old Time Fair to be held on August  
 19 and 20.

### CLOYNE & NORTHBROOK REGULAR EVENTS:

Exercise Bootcamp at the Clar-Mill  
 Hall in Plevna Tuesdays & Sundays  
 7:00 pm \$5 per class. Bring indoor  
 shoes, a water bottle and a mat.

Check [northfrontenac.com](http://northfrontenac.com) events  
 calendar for Star Gazing Pad Events

### CLOYNE & NORTHBROOK SPECIAL EVENTS:

Canada's 150th Anniversary and  
 Season Opening of the Cloyne Pio-  
 neer Museum On June 24th from  
 11a.m. 'till 2p.m. BBQ by Coffa, Art-  
 work by the Garden Club, Dedication  
 of Benny's Park, Dignitaries, Music,  
 Singing and much more. Presented  
 by the Cloyne & District Histori-  
 cal Society, The Township of North  
 Frontenac, The Land of Lakes Gar-  
 den Club and The Mazinaw Lanark  
 Forest Inc.

## MILK BAG MATS



Drop off your large milk bags at the Griffith  
 and Mount St. Patrick Waste Transfer Sta-  
 tions. **There is a bin for them in the office.**  
**Please do not leave them in the Donation**  
**bin, which is only for clothing.** The Ven-  
 nachar Free Methodist Church women will  
 weave them into sleeping mats for disad-  
 vantaged and displaced people around the  
 world. Please help by dropping off milk bags.

### SEND US YOUR EVENTS:

**Lois and Mark Thomson**  
**The Madawaska**  
**Highlander**  
**3784 Matawatchan Rd.**  
**Griffith, ON, K0J 2R0**  
**info@reelimpact.tv**  
**613-333-9399**

**Bogie is a Happenin' Place!**

By Skippy Hale

Crickets, caterpillars and other creepy crawlies have hit the Bogie! These days we are not talking about the weather, (unless rarely, 'yay' it is sunny!). The buzz word is 'caterpillars'. I have never seen such a crunchy, gooey mess as this year! I thought last year was bad, but this year is too yucky for words! Terry Gnesco, Sharon Shalla and Krystal Moran were on 'Pillar Patrol' the first weekend in June: sweeping, spraying and shrieking outside the Library! I walked from the Medical Centre to the Post Office playing Hopscotch along 508. Seriously, who wants to step on one, so, you hop, skip and try to avoid... I just bought new runners for Heaven's sake. If there are any leaves left we should have some shade by the time this paper is in your hands.

June 7, 2017 was the 100th Anniversary of the Lions Clubs International. The Lions Clubs are an international secular, non-political service organization founded by Melvin Jones in 1917 in Chicago, Illinois. By April 2015, there were over 46,000 local clubs and more than 1.4 million members in over 200 countries around the world. With a Membership of 1,400,000, their motto: is "We Serve". On June 7th, the International Lions Club flag was raised at the Municipal Office by local members. Calabogie Lions serve us well in our community and I will write about these wonderful folks next edition.

I must say, the weather has always been a great topic of conversation...with the exception of the caterpillar invasion lately. When the sun appears, there is dancing in the streets since it is so rare this year. I went away to my granddaughter's hockey tournament prepared for winter (rink: toque, wool socks, mitts and hot tea; summer: shorts, sleeveless top sandals; and spring: raincoat and umbrella. I did not wear the summer clothes, but the kids ran around in shorts and singlets! This is the latest in the spring that I have had to put the wood stove on. Living in a Century home built into the hill, the basement is bedrock, so it is damp. This kept me warm and cozy and fortunately there is still a lot of wood left.

Speaking about the weather, on May 25 and 26 Calabogie welcomed its first annual 'Trade Show'. Showcase Paradise 2017 was held under the roof on our rink. The purpose was for interaction between vendors, each other, and local organisations. It was also to illustrate that the rink can be used all year round. Kim Rekowski, Rob Gibbons and crew produced a wonderful program



The International Lions Clubs flag was hoisted in honour of the the 100th Anniversary of its inception. L to R: Lori Hudson, John Buscomb, Peter Peters and Barrie Nichols, June 7, 2017.



Calabogie's 5th Annual Bogie Days, Ball Tournament "A" Champs. Congrats to Shooter's Bar and Grill. Front row - Kneeling (l-r) Drew Hunt, Nolan Hunt, Andrew Epp, Oliver Redekopp, Derek Sullivan, Terri McLaren,. Back Row (standing) Harper Foy with mom, Jessie Emon, Joe Law, Kyle Epp, Sabrina Hunt, Amanda Epp, Anthony Redekopp, Dan Charbonneau, Josh Pennock, Kevin Pennock. Photo by Yvonne Pennock



The Greater Madawaska Public Library display at Showcase Paradise Trade Show

booklet. The rink was professionally laid out with black curtains over the rink mesh and dividing some areas. All of the tables were covered fully in black cloth which allowed colourful display items to stand out. Electricity was available for outside booths. There were boats, cars and construction equipment on display. Everything was arranged for a fun day and a half.... but Mother Nature had her own idea! The rain came down in

barrels and the wind roared through the curtains across the concrete rink surface. It was cold and damp, but those of us there had the true Calabogie spirit with networking and lots of laughter permeating the venue. Visiting the booths provided an education about women's fishing tours, local coffee production, construction, excavation, multi-service stores, tourist venues, various businesses as well as service groups. The authors who attended one of the library booths were sharing stories and coordinates. Many of the booths were showing off their Canada 150 Art Trees, the concept of which was Marlene Schaly's. Participants did a post review of the event. The consensus was that with some tweaking, it should continue in the future. I am always amazed with people who try new things and take risks. It gives one hope for the future. Anyone can sit back, let others work and leave their comfort zones to expand the options for their community, and then criticise and nitpick. When my kids were in school and I chaired the CPTA, there were always those who came up to tell me what 'should be done'. I graciously thanked them for their suggestion and was pleased that they offered to convene a committee to organise the event. I'm still coughing from the dust! Be part of the solution, not part of the problem. Come forward. You may just have a talent that is needed and you will gain more than you give!

A growing community requires several elements to become successful: a doctor; pharmacy; progressive, yet not careless council; library; grocery and mixed item stores; bank; post office; young families and most of all, a school. We are fortunate to have many of these elements, though, not all. We have two wonderful doctors two days a week. Many small villages and even towns have no physicians at all. There is no pharmacy, but Renfrew and Arnprior are close. Council works hard for the Township, but they need to work under the constraints of the Municipal Act, increased Policing costs, the Education levy (is that the correct term?) and other regulations. We have had a library since 1978, YAY! We have three stores offering everything many needed items, except clothing. The Post Office is in our new store, but we do not have a bank. We do have many young families including lots of babies. Go to the Library on Thursday morning if you do not believe it. We need to keep them here. We need a Day Care Centre, though.

We have a wonderful school in the village. When Calabogie Public School was closed several years ago, many parents elected to send their children to St. Jo's rather than spending many hours on a bus every day. Children learn to ski from as early as three years-old at our school. They can go ice fishing in the winter as part of the outdoor pro-



Bogie Days Lions Club bartenders



Catering the Community Supper during Bogie Days on the Covered Rink. L to R: Glenda Strudwick, Patti Lewis, Polly Sackman, back Peter Sackman



Lego Kits donated to GMPL for Saturday morning Family Time at the Library. by Bonnie Maxwell, Alanna LaPlante, Jim and Jean Libby. L to R: Bonnie Maxwell, Alanna La Plante, CEO Sharon Shalla and GMPL Board President Terrance Gnesco Photo by Krystal Moran

**Colton Creek**  
PROPERTY MAINTENANCE  
613-334-8010  
coltoncreekpm@hotmail.com  
**JOEY ROSENBLATH**

**Dock Install and Removal**  
**Spring & Fall Cleanup · Pressure Washing**  
**Brushing & Chipping · Cottage Checkup**  
**Tree & Stump Removal · Landscaping**  
**General Household Maintenance & Repair**



gram. Catholic schools must care for others locally, nationally and globally. They support the Food Bank by collecting non-perishables throughout the year. Operation Christmas Child - Samaritan's Purse is an annual project. The refugee program was supported this year. They run for Terry Fox every year. An annual spaghetti dinner supports a village in Ghana and another in the Dominican Republic. These children have their worlds expanded through their involvement in planning the projects.

Once again, we have more kittens born to feral cats at various places around the village. I have adopted four and when they arrived from the foster home, two of the cats arrived pregnant because the cats matured quicker than imagined. This was not the fault of the kind person who rescued them as kittens from the former Munford's store. She brought 12 cats and kittens to her home and found homes for many of them. She was concerned that the kittens were maturing and wanted to get them homed before the females went into estrus. For two of them, it was too late. I love the kittens and have found homes for three of them. I have four more to be adopted. Sadly, because the mothers were too young, one of them neglected one baby and it died. We tried to bottle feed it, but it was too late. She kept hiding the kittens all over my house, so I did not notice that the runt was in failing health. I just got an email from another lady who has a colony by her house. We are desperately trying to raise money to spay and neuter the cats in the village. There are at least five or six colonies of which we are aware.

It costs about \$300 to sterilise a female cat, somewhat less for a male. There are a couple of Toms roaming around spreading their affections. If we could catch them and fix them, we could cut down a bit of the problem. They probably will not be able to be tamed. If people would stop dropping off the baby kittens or fertile females, we would not have such a problem. We collect beer, liquor and wine bottles and cans to help raise funds. When we go to Craft shows, we have a donation jar, sell crafts and baked goods. It takes a lot of cupcakes and beer cans to fix one cat. Please save your cans and bottles, drop them at Shooter's, my house (12676 Lanark Road) or Calabogie Rustic Furniture on Murphy Road. We will also take donations of money, food, cat litter for foster homes and large plastic tubs for winter shelters.

In preparation for the Showcase and Canada Day, I have spent many hours at the Library going through archival materials. I really enjoyed the social news of the tea parties, children's illnesses, and visitors. The expressions were precious such as a 'fire of mysterious origin' or 'celebrated a rite which made (name of woman and man) husband and wife'. No married woman's first name was used. She was Mrs. (husband's name) last name. In the next few issues, I will quote from articles and letters from the Renfrew Advance and Renfrew Mercury including letters to the editor about my house!

### Spaghetti Suppers for the World

From a small village in Canada to small villages in Ghana and the Dominican Republic love is shared. Catholic Schools are mandated to care locally, nationally and globally. The children at St. Joseph's school in Calabogie have had their world expanded. Every June, these students decide how they are going to raise money for a special project. One year, they hoped to buy a goat for

a village and they raised enough for a flock. They cook the spaghetti; decorate the gym; greet you at the door; escort you to your table and ask if the meal is OK. It is an evening I look forward to every year, so much so that this year I just finished a plate of wings when I remembered and popped over for spaghetti and beef sauce and a bit of bison too.

An uncle and aunt of one of the students have started a personal mission to make life easier in Ghana. While at Memorial University in Newfoundland, Chris Pitcher met and married the girl of his dreams. It was literally 'Love at first sight' for him. She was from Ghana and through her he learned that though he grew up in a modest family without luxuries in Newfoundland, there is true poverty in Ghana beyond which he had no idea. There are millions of people in incredible poverty. After visiting her family, he was inspired to do something to make life better for some of these people, but not through a large agency. It had to be personal and not remote. His wife's family were also from a very poor village, but though educated and living a better life, they do not forget where they started.

So, rather than going in and saying that these Canadians were going to tell the villagers what they need and give it to them. They went in to several places and asked the villagers what they would like help with. He spoke with Headmasters and families of the schools to ask what was most important. They wanted bathrooms. Try to imagine a school with about 150 students without a bathroom, nor sewage or a water system. Depending on the local infrastructure, the toilets may be flushable or compost. Children needed to go into the bush and squat among the wild animals, snakes and other dangers. For the young girls especially, it was particularly problematic. At puberty, it was more difficult. We have all seen the ads on TV and on the Internet about the girls missing school monthly.

The students here in Calabogie have raised money for a bathroom at a school in Ghana. The sign on the school announces that the students at St. Joseph School Calabogie collected money for their bathroom.

When Chris goes to the village, they line the streets to welcome and thank him. The bathroom was built by the villagers and materials were locally resourced. If it had been done through a larger agency, it would have cost more and the villagers would not have the same feeling of ownership. Instead there is pride and protection. There is so much more I could write about these projects and will do so in another issue. Chris does not just fly in for a photo-op and leave. His story reminds me of Three Cups of Tea, by Greg Mortenson and David Oliver Relin.

The dinner also supports projects in the Dominican Republic. Principal Rory Donahue has dedicated many years taking Renfrew County Catholic students to the Dominican Republic to work on projects with the Grey Nuns who have created schools and hospitals there from nothing. As a child, I was educated by that order of sisters who also went there. I worked with an RHSJ sister in Kingston who went there. The emotions expressed by Rory about his love for the people and their needs made me realise that I will need to write a full story next edition. The sugar plantations hire slave labour to work in the cane fields. The Haitians have their passports taken from them and they are housed in horrible conditions in sheds. This is a trailer for a fuller story to follow next issue.



Spaghetti Dinner 2017 fundraiser hosted by the students of St. Joseph's School in Calabogie photo by Lori Pitcher



Calabogie French Club: L to R front: Diane Patma, Angèle Pollock, Eleanor Keon. L to R back: Heather Bacon, Marie Kennedy, Denise Janzen, Sue Slattery, Skippy Hale



One of the toilets built by residents of Ghana, funded by the students at St. Jo's

### Parlez-vous francais?

If you are a woman and would like to get some practice, we get together for lunch the second Friday of every month in and around Calabogie. It was started by a few ladies who are Francophone, bilingual or whose husbands are Anglophone and me. I am not bilingual, but used to be able to get along in French, if necessary. I even acted as a translator when I was a student nurse. A Portuguese man came into Emergency with a severe arm laceration. He needed surgery but thought he was going to die. My French-speaking classmates were not available. I said I would try and reassured him. For the rest of the week, he followed me around the Surgical floor until he was discharged. Due to lack of practice, I have lost a lot. Spending time with these friends is a great help unless I miss a few months. They are very patient with me for which I am grateful.

If interested, contact me at  
bogiebeat@gmail.com

This is your paper. Call or email me with events, births, weddings or memorials.  
bogiebeat@gmail.com



Skippy Hale is a Retired Nurse and Librarian. She and her husband settled here in December 1999. After her husband's death in 2014, she decided to stay in Calabogie where she enjoys many friendships and is engaged in several volunteer projects. The loves of her life are her 3 children, their spouses, her three granddaughters and one grandson. She keeps busy with arts, crafts and getting stories for the Highlander.

**CANADA 150 ART TREE PROJECT**

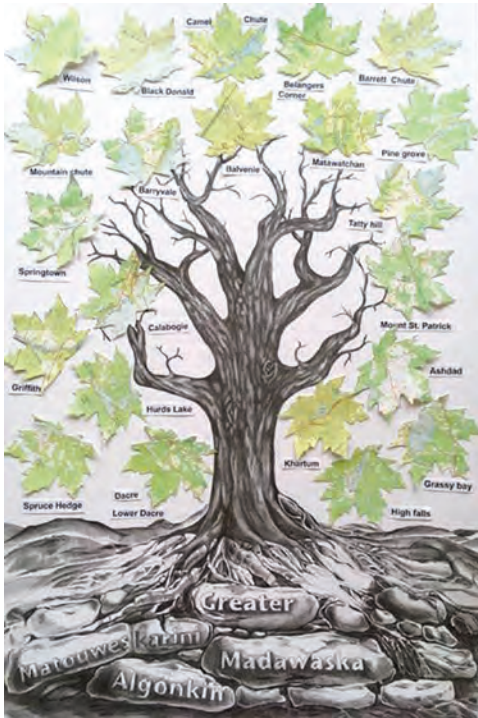
The Greater Madawaska Art Tree Project is making progress, but there is still a lot of information needed on the many small towns and villages, past and present, that make up the what is now Greater Madawaska, before we can call it complete.

The write-up on this page about Mount St. Patrick is an example of the kind of information we are looking for on all of the places in the Township. We now have stories on Calabogie, Springtown, Ashdad, Mount St. Patrick, Matawatchan, Wilson, Black Donald, Mountain Chute, Griffith, Ashdad, Balaclava, Balvanie, Camel Chute, Dacre, Lower Dacre, and Khartum.

**We are looking for information on Barrett Chute, Barryvale, Belangers Corner, Hurds Lake, Spruce Hedge, Wilson, Miller, Pine grove, Tatty Hill, High Falls, and Grassy Bay.**

If you can supply information about any of the above locations or know where Miller, High Falls, and Pine Grove were, please contact **Marlene Schaly** at : 613-433-3274 or [schalym@gmail.com](mailto:schalym@gmail.com)

The Canada 150 Art Tree Project was developed and is managed by volunteers from Greater Madawaska and now is a national event. It is not for profit and endorsed by Heritage Canada. There are many community art tree exhibits in Renfrew County going on through out 2017. Greater Madawaska is hosting it in Calabogie for Canada Day week-end and for part of the summer.



The Art Tree is leafing out well thanks to volunteer historians and artists.



Young artist-historians cutting out leaves for the Art Tree during Bogie Days in May



**Mount St. Patrick**

Mount St. Patrick was a settlement, complete with church and school, long before many other villages in Renfrew County. The Catholic Church played a central role in the history of this community. In the first years (1830's) there was no church but the people were served by visiting missionary priests. These men would move between many far-flung communities of Catholics in the day where no real roads and often only the rivers and creeks provided a means of travel. The first chapel was of log construction located near the McNulty farm high up on the mountain. Father McCormac arrived in Canada in the same year as his ordination in Ireland in 1865 at the age of 24 years. He arrived in Mount St. Patrick in January 1867 and was parish priest until his untimely death in 1874 at the age of 33 years. He oversaw the building of the present church in 1869 and was responsible for the Holy Well. Holy wells are a part of an ancient tradition in Ireland that goes back to the Celts. Certain pools and springs were thought to have spiritual power. Father McCormac found what he believed was such a spring near Constant Creek, which he blessed as a holy well, in the Irish tradition. Ironically, it was in this same Constant Creek that Father McCormac died by drowning in 1874 while fishing. In its heyday at the end of the 19th Century, Mount St. Patrick boasted a number of hotels, stores, blacksmiths and at least one harness shop. It was also an important spiritual draw for local Catholics. Today, not a single commercial enterprise exists within the village. It was probably the automobile that sealed its fate as a viable commercial centre. Between 1956 and 1962 Highway 132 was paved and the residents of Mount St. Patrick now had easy access to Renfrew and beyond.

## Matawatchan Hall

**135th Annual  
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**July 1st Noon - 5pm**  
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**FIRE DEPARTMENT**  
Demonstrations for all ages

**HISTORICAL DISPLAYS**  
All Day Historical Slide Show,  
Presentation by William McNaught  
author of  
Vimy: Letters from the Front

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## New Programs at Greater Madawaska Public Library

By Sharon Shalla

We believe in celebrating libraries ALL year long, but for Canada's 150th we'll roll out the red (and white) carpet! Summer Student Cassandra Mulvihill, and Children's Programmer, Krystal Morin, are planning some fun Canadian themed activities and reading selections. The program kicks off on Thursday, July 6th and continues right up until August 31st. Watch our Facebook page, our webpage, and the Highlander for program updates. Have you been enjoying the electronic books available through our library? If not...why not?? Electronic books and audiobooks are available free of charge to patrons of our library. You can read electronic books on your desktop, laptop, or mobile device. Please note, the collection in OverDrive is not the same as the library's physical collection.

The Parent-Child Drop-In will continue throughout the summer on the second and fourth Thursday of the month. Renfrew County Public Health Nurse, Jennifer McCuaig visits the library to discuss your child's growth and development. The clinic is for infants and children up to age 6. Upcoming special workshops include making your own baby food, and exploring your child's sleep habits. Watch our Facebook page and website for workshop and session dates.

We have Lego! The library is very pleased to present a new program called "Lego Saturday at the Library". We have Lego building pieces and other construction activity sets to get your creative juices flowing. It runs from 10:30 a.m. until noon every Saturday, and it's FREE! We have been most fortunate to receive donations of Lego from Alanna Laplante and her family, as well as Bonnie Maxwell, and Jim and Jean Libbey. Thank you!

Membership to the library is free of charge for all residents and taxpayers of Greater Madawaska Township. Please bring in proof of your Greater Madawaska Township address when coming to sign up. Acceptable forms of identification include driver's license, utility bill, tax bill, and insurance statement.



Children at the library got their hands (and feet) into creating Mother's Day mementos.



After we received LEGO from Alanna Laplante and Bonnie Maxwell, Mr. Libbey, Calabogie Lions Treasurer, won the 50/50 draw and bought us more LEGO with his winnings.

### RECENT ARRIVALS:

#### Adult Fiction

Against all Odds by Danielle Steel  
Before the War by Fay Weldon  
Beartown by Fredrick Bachman  
The Best of Adam Sharpe by Graeme Simsion  
The Broken Road by Richard Paul Evans

#### Adult Non-fiction

Guinness World Records 2017  
The Lost City of the Monkey God by Douglas Preston  
The Secrets of my Life by Caitlyn Jenner  
What Colour is Your Parachute by Richard Nelson Bolles  
iPad for Seniors for Dummies by Jesse Feiler

#### DVDs

The Light Between Oceans  
Jackie  
Moonlight  
Inferno  
Trolls

#### LIBRARY HOURS:

Tuesday from 1 - 7 p.m.  
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## Return to Vimy Ridge, 100 Years Later - Part 2 of 5, Northern France April 9, 2017

By William (Bill) McNaught



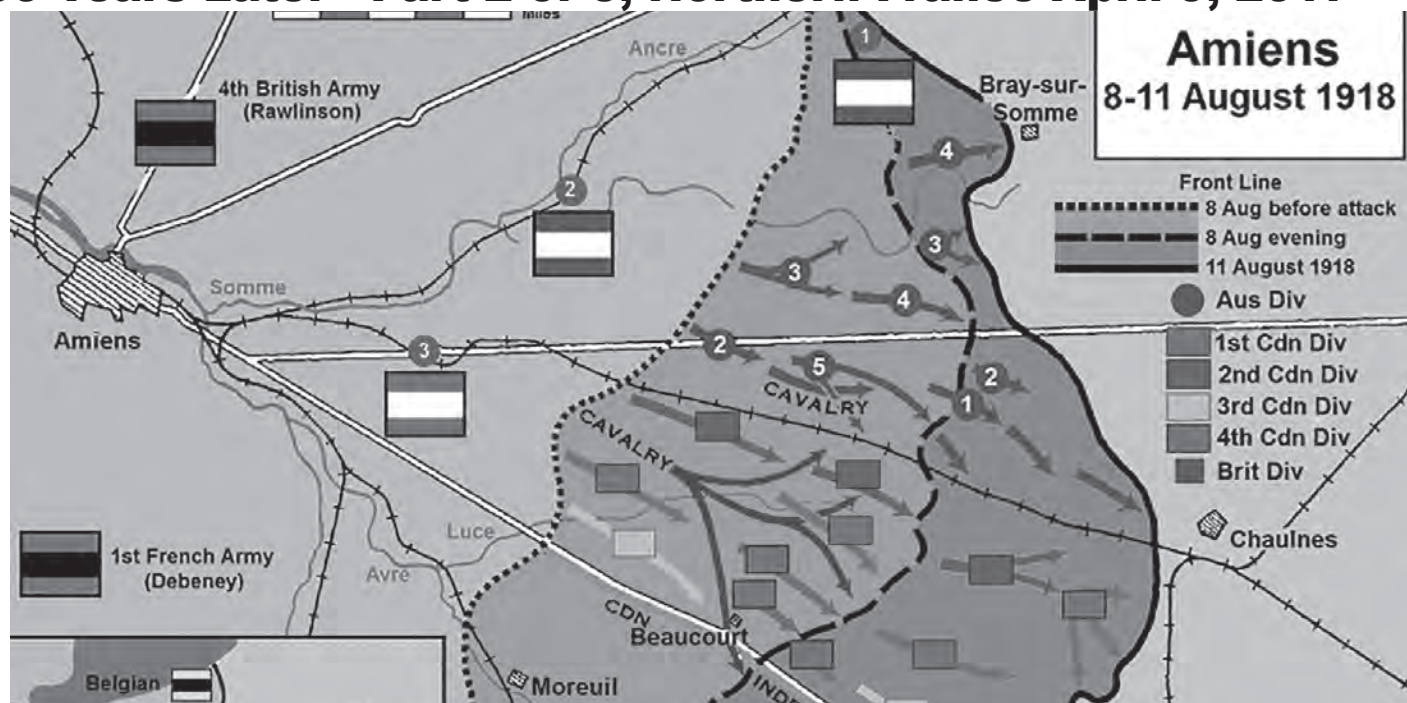
Maps can never properly show the distance and the difficulties of fighting so far and for so long in unfathomably hard conditions.

Maps by canadiansoldiers.com

As we drove north from Paris, the scenery was all farmland. Sunny again for Spring had arrived. The fields were a mixture of greens and yellows, with some brown, recently plowed fields ready for planting interspersed. 130 kilometres north of Paris, the distance of Toronto to Buffalo, we crossed over La Somme, the river and name which forever is linked to the "Grande Guerre" and tragedy for so many families. The river is slow-moving at this point as it flows west toward the sea.

On July 1, 1916, the British Army launched its first major offensive. Almost 60,000 troops, including 700 Newfoundlanders at Beaumont Hamel were killed or wounded that day as was the reputation of the British military leadership. It was a failure of understanding, of adapting the right metaphor. The Generals well behind the action played their war games with an extra ingredient which was missing from the actuality of the battlefield---information. Clear understanding of the battle's progress vanished the moment that the forces engaged. Clarity did not return until the battle ended, until nearly 200,000 British casualties had occurred.

The metaphor was faulty. British military leadership saw the struggle as a match between sumo wrestlers---superior offensive force against strong defensive force. Pushing back with heavy numbers was the strategy. Then, when a hole was punched in the foe's defences somewhere, the cavalry would be sent through the hole to cause havoc behind the lines. The foe would stumble, perhaps even fall. But the theory was dependent on accurate information, which was not available in real time. By the time that a gap was identified, the foe had closed it. Trying to punch holes lasted for more than five months and cost many lives, including Canadian lives. The screams from the Generals for more men were delivered to England. Few Canadian reinforcements were available at Shorncliffe. Private Ball wrote home that many in his battalion were "coranteened for measles". Private Ball and Private Gregg did not have the measles so they were sent as replacements



A close up of one of the offensives shows some of complexity. It had to go as planned or risk "friendly fire" mistakes.

to the trenches in Northern France on December 1, 1916, only 45 days after they arrived in England. Very little time for training but they were needed immediately. The countdown to sacrifice for both had begun.

Ironically, the British military leadership did not adopt the correct metaphor until 1918. The more accurate metaphor was the matador facing the snorting, rampaging "El Toro". The matador does not physically push the bull back but slowly wears him down by using his own strength against him. Under this scenario, the offensive by the foe in the spring of 1918, exhausted the foe. He charged far into France, well beyond his supply lines. That offensive cost the foe 800,000 troops. When the beast was exposed, like the matador pushing his "banderillas" (sharp harpoons) at random locations into the exposed flesh, the allies struck at different locations, seeking not massive victory but "small bites" that weakened the beast.

Generalissimo Foch wanted to continue the early strikes, still seeking the knockout. But the strategy of Canadian General Currie won out. Limited engagements with limited objectives permitted the creeping artillery barrage to be used effectively. Since the artillery could not know if there were changes on the battlefield, the barrage was fixed. The infantry had to be where the plans put them so that the casualties due to friendly fire could be minimized. Finally, once the objectives were reached, there was no advantage to push beyond the supply lines and the limits of informed artillery. Just like a matador, once the "banderilla" is firmly in the bull's shoulder, the strategy is to put a second and third "banderilla" into the beast at some other location or in the words of 1918, "other small bites."

The "small bites" strategy continued at Amiens, Canal du Nord, Cambrai, Arras (again) and at Mons. Canadian troops were secretly disengaged and moved to each site. The objectives were limited so that the soldiers did not exceed their supply lines and the creeping artillery barrage, set in advance was effective. After the Amiens bite in August 1918, General Ludendorff, the Victor of Tannenberg and other battles on the Eastern Front, saw his delusion of a successful negotiated peace evaporate when the Canadians chewed a part of his army. For the army of the foe was no longer the snorting beast but the exhausted, panting beast waiting for the sword to be administered. The large number

of surrendering prisoners was the clearest sign that the foe was being beaten, that ears would soon be cut off.

The early April weather was deceptive as we entered Arras, just south of the "Memorial Canadien", sunny and warm but not hot. The fields around the village were also green and yellow as the crops began to grow. I recalled the assessment of Private Ball in his letters of March 1, 1917, "But I think it would hefto be a hole lot nicer if I would want to stay, for all they seem to have nice farms around here an no stones to speak of, what few there is is chalk." It wasn't home to Private Ball. It isn't home to us. As we exited from the motorway into Arras, a motorcade of worthies accompanied by police motorcycles forced us to the side of the road. They were heading for the Memorial to hear the cliché speech of a "nation being built at Vimy Ridge on April 9, 1917".

I am always a little surprised when I hear the cliché. I wonder what other generations, French-speaking and English-speaking side by side, were doing before and after April 9, 1917. Wasn't that building a nation too? I am always amazed at our forefathers, some who arrived in Ontario in 1783, cleared the land, built the roads and canals (and being Canadians, the pubs), who took the words of Lord Durham in 1840 and turned the concept of responsible government into reality and supported the audacious idea of a continent-wide railroad so that the Canadian axis turned from north-south to east-west, all within 100 years after their arrival. The railroad was an enormous change for it permitted Canadians to see the country that was shaping them, to individually feel its immenseness and its rhythm. In doing so, those generations, as an unintended consequence, created another Canadian cliché, "from sea to sea to sea."

In Arras, although all the buildings are closed for Sunday, we found the small boulangerie (bakery), open only until noon. It was filled with a mingling of aromas. Marie directed us to the train station where shuttle buses were taking the Canadian visitors to the Memorial north of town. Tickets were required due to the enormous crowds. No exceptions. No sneaking on.

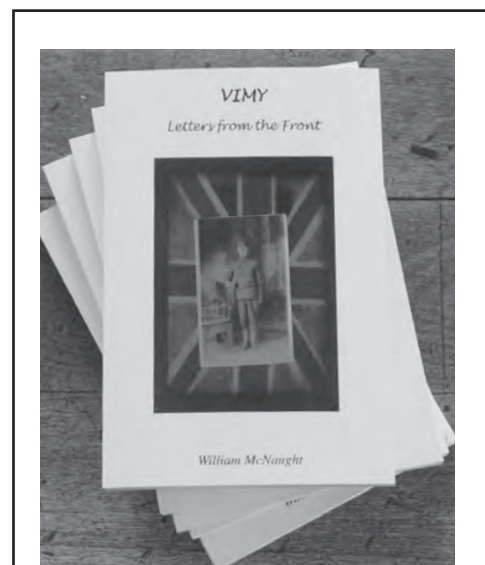
We had a more personal adventure. As the buses disappeared into the streaming sunlight, we wandered through the old section of Arras. It was very quiet, little traffic, for everything was closed on Sundays. These were the streets where Private Ball and Private Gregg walked and sat when they were rotated

out of the trenches.

Late afternoon, we drove to Bethune and the village of Beuvry. Bethune was almost totally destroyed during the shelling. It has been rebuilt. At the hotel, I met another family from Britain on their own pilgrimage. Their great uncle was killed just before the Vimy offensive on April 8, 1917.

It was a familiar story, another family trying to find some sense to a bitter loss by visiting where that loss occurred so long ago.

To be continued...



#### Vimy: Letters From the Front

John Leslie Ball, son, brother, uncle, boyfriend, left his farm in Vennachar, Ontario in the Fall of 1915 expecting to return in time for spring plowing. Instead, he signed Attestation Papers and died in France on April 12, 1917 during the Battle of Vimy Ridge. His family resisted efforts by the Canadian Government to transform his death into a heroic act. Ninety years after his loss, John's descendants gathered to celebrate his life. William McNaught, the author and grand-nephew, tells the story from the perspective of the family of Private John L. Ball, #835576

#### Meet the Author Book Signing:

William McNaught will be at the 135th Matawatchan Picnic & Canada150 on July 1st from Noon - 5 (Book signing & presentation)

Profits at the picnic go toward the Matawatchan Hall's "Almost There, Toonie or Two" Renovation Fund.

#### Pick up your copy at Matawatchan Hall events throughout the year:

matawatchancentre@gmail.ca for info

## Forest Bathing in the Highlands, Anyone?

By Colleen Hulett



Dutchman's Breeches Calabogie Woods



Polygala Braeside Quarry



Lady's Slipper Macamera Trail Arnprior



Jack-in-the-Pulpit Calabogie Woods

Have you ever seen these exotic Canadian flowers while hiking in the Madawaska Highlands? Well, if you haven't been so lucky, they are blooming near you right now. Perhaps you were not hiking at the pace of a Forest Bather? Forest bathing is an actual 'method' of hiking that has been thoroughly studied by Japanese scientists for over 35 years. They have been practicing this hiking method long before their government started to study it. Today, Forest Bathing is part of the Japanese preventative health care system.

Forest Bathing differs from hiking or nature walks by slowing down the hiker to a pace that doesn't disturb wildlife under the forested canopy. Walking at a comfortable pace the Forest Bather can effectively hear every sound, smell, and see every flower. Being 'present' in the forest helps bathers to soak in the calming green view surrounding them. Nature Walkers, on the other hand, tend to stop frequently and discuss various plants or points of interest. Unlike Nature walkers, Forest Bathers experience no pressure to know or say anything while walking. Bathers stroll idyllically under the forested canopy on an easy trail and soak in the forest atmosphere with not a care in the world. At a much quicker pace, the hiker usually has a map in hand and has a view or lookout to find and maybe one or two snacking stops along the way. Hikers go a long distance

and could be out for 6 to 8 hours. The Forest Bather only strolls for a mile or two and leisurely spends 3 hours doing it. Hmmn, Nature walks, hiking and now Forest Bathing?

Why is Forest Bathing becoming collectively 'known' to the Western world so suddenly? Can it be that it's just another sweeping fad? Residents of the Madawaska Highlands surely know how healthy it is to live near the woods as opposed to the city. They are aware the forests surrounding them produce oxygen necessary for life. Do we really need to know more? Well, you do. Japan is the world leader in scientific studies on the effects of Forest Bathing. They have proven a multitude of health benefits over the years that are astounding to read about. Psychologically, Forest Bathers, have experienced reduced hostility and depression during their walks and come out of the woods with an increased life force. I also read that forest bathers can experience stronger bonds with the person they regularly hike with in the woods. A wonderful and valuable side-benefit for partners and families. Children, who spend a lot of quality time in the woods, like camping for example, have been known to grow up and become stewards of the environment in some beneficial way. They naturally feel from a very young age that 'the forest is special' and that feeling is, well, special, and undoubtedly nourishing to the soul. (see Ted Talks Emma

Marris link at the end)

As it turns out, forests don't just exist to make furniture or things for us, but have an important and necessary role in our physical and mental health. Scientists around the world have proven old forests to be in a complex overlapping bio system where trees and plants communicate 'chemically' with one another to survive in a sustainable way. Trees are also known to exchange carbon in a unique language of their own and in this way mother trees teach seedlings how to survive in a changing climate. (watch

Ted Talks Suzanne Simard link) Under a forested canopy there is a proven frenzy of phytoncide exchanges in the air between plants, fruits and trees. Phytoncides are volatile compounds found in essential oils. They are antimicrobial in nature which means they kill BOTH bacteria and viruses. Trees silently spew out phytoncides across the canopy to protect themselves from germs and insects. When we humans go into the forest and breathe these essential oils our immune-function measurably improves and works

**Continued next page...**



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...From previous page



Waterfall Gatineau Highlands. Forest Bathing is a newer term for an ancient experience.

better. We in turn gain protection from germs and viruses, too. Japanese studies also found that a couple of days in the woods improves our immune function for at least a month. That's astounding. I

should add that plant essential oil therapy (Aromatherapy) has been practiced around the world for many centuries, too. The oils are distilled out of the plants and trees and then sniffed or ingested

for their health benefits. In France and Germany, physicians prescribe essential oil therapy to their patients. In Canada, selling most (almost all) essential oils for ingestion is illegal. We can sniff away but can only ingest a very few, for example, oregano oil is a common oil we Canadians ingest during the cold and flu season. Health Canada cautions that a tiny bottle can cause epilepsy or kill a small child. Oils like sandalwood can cost \$55 for ½ an ounce. Yikes. Walking in the woods seems like the safest and cheapest method to me.

Who would of thought that a stroll in the highlands could physically and measurably improve our immune function and lower stress levels every time we venture out into the woods? Who would of thought that your forest down the street is necessary for the health of you, your family or your whole neighborhood? I'd think twice before cutting that tree, eh.

Let me explain, if you are comfortable in a forest atmosphere, you know and feel your stress levels drop sometimes within moments of entering the forest atmosphere. Why so fast? Tests show simply breathing the phytoncides in the air physically lowers our blood pressure, slows our pulse rate and lowers our cortisol levels. Cortisol is the flight or fight chemical produced in our adrenal glands. Cortisol is secreted by the adrenals for any type or degree of stress. Did you know most people suffer from some form adrenal exhaustion by the age of 50? Too much cortisol in our bloodstream creates a stressful frenzy in all our organs including the brain, and ultimately shortens our lives in a variety of ways. Did you know high blood pressure is a well-known precursor of heart attacks. Therefore, by lowering our pulse rate, blood pressure and cortisol, Forest bathing gives us a healing break from the deadly stressors in the world. Please don't believe North American articles that mention going to the park or spending some time 'outdoors' will give you the same health benefits as Forest Bathing. Those outings are beneficial no doubt but scientific studies all indicate that being under a closed forest canopy will give actual therapeutic doses of phytoncides. The park sadly does not unless it is under a canopy of trees, of course. It makes sense to be inside the forest and bathe in its highly charged mi-

croclimate. Virgin and old growth forests are the best as you may have guessed.

Even if you think you do not live a stressful life, think again, studies show that most of us spend up to 80%-90% indoors and consequently are not breathing enough phytoncides. Apparently another 6% of our outdoor time is spent in a car! That's not entirely true for me, thank goodness, but even I still need to spend way more time outdoors! How about you?

As I write this article it is World Environment Day, advertisements are urging everyone to plant a tree or at least to get outdoors for an HOUR and enjoy nature. This is a good start for many people but my wish for you is to spend a whole day or a couple of days every week in the woods and just breathe.

**Please share this article with a child. Thank you.**

Sources and their online links:

[www.Ted.com/talks/suzanne\\_simard\\_how\\_trees\\_talk\\_to\\_each\\_other](http://www.Ted.com/talks/suzanne_simard_how_trees_talk_to_each_other)

[www.Ted.com/talks/emma\\_marris\\_nature\\_is\\_everywhere\\_we\\_just\\_need\\_to\\_learn](http://www.Ted.com/talks/emma_marris_nature_is_everywhere_we_just_need_to_learn)

[www.ncbi.nlm.nih.gov/pubmed/19568835](http://www.ncbi.nlm.nih.gov/pubmed/19568835)

In celebration of our 150th birthday Canada is giving out free Parks Canada Discovery passes, a great excuse to go Forest Bathing in pristine wilderness: [www.commandesparcs-parksorders.ca](http://www.commandesparcs-parksorders.ca)

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbolgy with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too. Hulet.Colleen@gmail.com [www.calabogiehiker.com](http://www.calabogiehiker.com) Twitter: Highlands Hiker @calabogiehiker





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## That Extra Ordinary Place...

By Ernie Jukes of Camp J

...A place where we don't have predictability and don't need expectedness yet offers us the opportunity to enjoy the sameness of yesterday.

Along the trail to our special place tucked in the tall timber and rolling hills of the Madawaska Highlands we have seen many special people come and go. Its history holds incredible secrets, many of them due to respect of the land and mutual respect for one another. I have said many times in previous articles that you should be proud of yourself...but you should also be proud of the place you live...wherever it is!

Your place may have a name like Matawatchan, Griffith, Camel Chute, Glenfield, Wilson, Rose Hill, Vennachar or Denbigh or even Quackenbush... all names we know and many of us grew up with. We all have a lake nearby and certainly a lush hill of deer filled woods or enjoy the mighty Madawaska river. We are all so fortunate! Mother nature provides year round entertainment for every age. A live bear at your back window, moose or elk on the driveway, grouse and big pileated woodpeckers in the garden...hey, beats TV. or Facebook.

It's always the people that spin the spectacular yarns or provide the tales and actual doings that we writers can tell about. These same folks may know the old history and ways of doing things in the old style. Or others that bring with them talents and know-how from outside, much of what we apply to benefit our communities today. Just because we are where the trees are does not mean we are in the bush leagues or in the backwoods living in a shack. In fact our folks may live better, by far, than urban counterparts. More peacefully, more involved, more economically, more fun and certainly healthier, with



No matter where we roam or how we get there, we always come back to the Madawaska Highlands, one of the most artist-inspiring places on the planet to enjoy good times with friends and family.

a lot less authority or controls and we don't carry guns except during hunting season. Ontarian's have more freedom and massive size than any other constituency in the world plus most of the fresh water. We are truly the last frontier.

Some of us live here year round, others travel to other climes and return with stories to tell and things to do. We have artists and musicians and successful people from all walks of life. Our students and athletes or professionals may leave for a spell but everyone seems to return sometime or another. They have learned that money surely does not buy class. Guess those hills get into your being

and are hard to shake off even if you wanted. They are like a natural unpretentious annuity, always there when you need it.

Our residents have caring hearts and are always looking out for the other guy. That is a tradition handed down from early settlers when they would share food, hay, firewood, or horses with their distant neighbours. Today it may be taking their chainsaw to make some wood for someone or picking up some stuff for the dump, or simply joining the gang at the community hall for the market or lunch. Perhaps even cleaning up the ruts and butts at the old Ranger cabin on Dan's mountain or on your local beach. They know that being kind is more important than being right!

There is an old saying that is part French, part Scot, part German that ended up Canuck and goes sorta like this "Everyone you meet deserves to be greeted with a smile"... and besides they say it improves your looks! Well I'm not sure that is why our smaller Ontario places are growing but in this day and age, as a traveller I can vouch for it's effectiveness.

**Continued next page...**

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...Continued from previous page



Local meeting spots, like the Matawatchan Hall, are the glue that keeps our communities together.

Too many countries, some not so far away, have simply lost that sign of "You're welcome." Guess we set a standard as many of them are wearing Canadian pins when they travel abroad.

An example of what I'm talking about, is you're local meeting spot. Like here in Matawatchan... it's our local Community Hall, on Frontenac Road that is the glue that binds this community. About 1954, in the style of this valley, the land was donated, the lumber and workers too, even the paint to finish the building that simply would never be finished! But great food and music and fun has filled the old place for these many years while the rigorous climate kept taking its toll. So today it requires some care to keep it healthy. We are looking for support from every source. Please think on it!

It will get greater future use for all the things you and your family want and enjoy. New uses like Tai-Chi, or Drawing and Painting or simply lunch with a friend are just a few activities. Groups that have been active for some time are the Hikers, Writers, Darts, Playing Ball or Cards. There are many celebrations when you can Dance, Dine or Party or just coffee and listen to music with a friend. I understand, however that the Procrastinators Club has never met. Seriously, you may also examine their Logging and Forestry history in the "Wall in the Hall Museum." While there you can buy tickets on a beautiful handmade Quilt or simply give a donation of your time by talking to a Hall Board member. Please give any dollar amount, we know it will be appreciated by every member of our community.

While travel may give us a broader perspective, one advantage of residing in a small place in the backcountry allows us to maintain an almost lost law to better living... called "common sense." Comes with the territory, I reckon. Someone may argue that homespun and refinement can't be found together. It is however in my view that since the local individuals currently enjoy both the peace of yesterday in this woody environment but with all the modern conveniences --probably proves the point otherwise.

Yet, there's a funny fellow I know from a small Ontario town that calls our precious home in the woods "the shack." Well, famous Canadian artist Tom Thomson had a one room shanty he referred to as his shack not far away in Algonquin. However, our two-story log house that was built

about 220 years ago, back on Quackenbush Lake is a delightful home with large studio, and packed with respectful history. Evidently, Audrey's distant cousin Mabel Hough paddled across that lake to teach school there and may have lived in this same hand hewn abode. We moved it to Frontenac Road in 1944 and proudly named it Camp J. In doing so we found newspapers on the logs reporting our winning the War of 1812-14 against the USA. Speaking of names, at one time early relatives of mine also came up from The Bay of Quinte to settle and call what is now Matawatchan... "Loucks Corners." Yep, our heritage is also a lotta fun and also extraordinary!

Happily ever Laughter...Ern



R. Ernest Jukes  
For 65 years, Ernie has been an artist in residence in Matawatchan at Camp J, collecting a rucksack of tales and preserving stories of people and happenings in the Highlands through many publications including his books and for The Highlander since its inception. His donated paintings of our valley and records of our fire tower may be seen in "The Wall in the Hall Museum" in the Matawatchan Hall.

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## Casualties of Logging By Howard Popkie

When I was a child in the 1930s and early 40s there was a bridge that had been built above the Mountain Chute Hydro Dam just below the old Black Donald Graphite Mine Powerhouse site many years before. It was built by the logging company that took out the original pine that grew across the river from Black Donald. It was easy back then to find original pine timber that was long enough to span the river from one pier to the other. They thought they would never run out of those massive white pines, but there are few, if any left today. If you ever saw an old log stable you can picture the bridge. It had footings for the bridge made from log walls about 20 feet square and 10 feet high. They were filled with stones and the long original pine timber spanned across the river from one pier to the other, then covered with logs and planks.

At one time, a river driver was swept under the bridge in swift water and was drowned where the Mountain Chute Dam is today. All through my childhood I saw the little gravesite there with a log fence around it, built by river drivers. All along the Madawaska River there were graves like that. There was nowhere to dig a man in on the rocky shore. After the Ontario Hydro Company built the Mountain Chute Dam, the rapids themselves were drowned and the grave was moved to Calabogie.

That bridge was washed away one spring by very high water and for many years, the log buildings filled with stone was all that remained of the bridge, until they too were washed away. You can't see those little log houses in the middle of the river anymore, but you can see an old dovetail pine log home that still stands today on the shore.

**The dam at that part of the Madawaska River was completed in time for Canada's 100th birthday in 1967. It created a new lake they called Centennial Lake.**

About 1949, the Hydro surveyors came to my old log home at Black Donald at midnight to get a shot on the North Star with a transit. I got out of bed and took them to the highest hill to see the star. When their transit found the position of the star, we measured with a very long tape to the very center of the new line that passed my home and across the Madawaska River.

My cousin Lloyd, brother Rueben and I were hired by them to cut a surveyor line from the Calabogie Road to the river. They were with us to do the surveying. We worked all through the summer and winter to slash down and burn the trees and brush to make the tower line. There were other gangs of men cutting along the line, each one with their own part to join up to make the new tower line.

When it was finished I watched the men build all the big steel towers that passed my home. During the time we were cutting the line we always had a huge fire burning to destroy the small trees and brush. The large logs were put on a skid-way to sell.

At dinnertime we always boiled a water-pail of tea on the fire and made a long stick with the crotch of the limb cut with the axe to make a big fork to toast our huge sandwiches of homemade bread and roast pork.

At some point in the winter, Lloyd washed his cap and made the cardboard in the peak of his hat soft, so he put it on a stump and chopped off the peak. He had a round cap for the rest of the winter. He also grew a big beard. One day when Lloyd's beard was really getting huge, the surveyors came by to check our work. One of the surveyors took Lloyd's axe to chop in the frozen ground to look for his surveyor's pick. Lloyd shouted at the man, "Don't do that! I shave with that axe!" The man looked at Lloyd and his bushy beard and



his cap with the peak chopped off and said, "I believe you do."

When I was a little boy at Black Donald I saw how driftwood gets on the beach. My Dad had just built a new cabin that the Hydro Company bought from him so they could build the Mountain Chute Dam right at our doorstep. Dad chose this spot to build his cabin because just a few feet from the cabin was a very large stump from an original pine with a full grown spruce tree growing out of the center of it that made it look like it was growing in a big flower pot.

It was early in the spring in the early 1940s and the Mountain Chute rapids were really putting on a good show with rushing water.

I couldn't believe my eyes when I saw something big in the water coming straight for me. It had a white spray of water ahead of it and it came up on the sand beach in front of our cabin with such force that it plowed all the way up on the sand and came to rest right at my feet. It was the huge top of an original pine that had been in the water for years. So that's how all that driftwood got to be part of the Madawaska shoreline!

By the time it made its sudden appearance at our place it was like a large pole with all the limbs broken off, sawed off to leave a butt about 3 feet in diameter and 40 feet long. We then had the top and bottom of an original pine. The missing piece in the middle was long ago squared off and sent down the river to the market overseas to become a mast for the British Navy Armada during the Napoleonic War.

When the great loggers like J.R. Booth came to the Ottawa River it was said there were so many giant original pine up the Madawaska River that they could never be all cut down. Not true. By the time I was 12 years old back in the 1940s there was one left in a swamp, where it was hard to take out. It was a red pine. One limb was as big as any pine that grew around it at that time.

When I grew up I was in the Army on Vancouver Island. At the rifle range was a big cedar tree just like it. The old tree was what my Dad at Black Donald called a fiddlestick. They had been dead for years, but were still standing when I passed by them on the path to school. I often saw red headed woodpeckers rapping their heads on the side of the big fiddlesticks that stood twice the height of

all the other trees, making the same sound my Vickers made in the Korean War.

The tree at the rifle range always reminded me of the fiddlesticks back home, but it was protected from logging by the government on Vancouver Island to preserve their virgin forests. I was at the rifle range for three years and the big tree was standing at a slant

all the time, trying to fall. One day on the rifle range I heard a great noise and looked up to see the big tree fall with old age after standing for a thousand years.

**I felt honoured to be there the day  
Mother Earth claimed one of her own.**



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1867 Cloyne - A Feminist, TV Personality, Polititian, Dead Poet, Funeral, and a Rock

By Margaret Axworthy



Flora MacDonald Denison felt there "were two of me" and spoke with dead poet Walt Whitman, all the while managing the Bon Echo Inn, writing and furthering the suffraget movement.

Businessman & Politician Billa Flint, founder of many towns along the Skootamatta River

Walt Witman's poetry and writings appealed to Flora's search for meaning.

A quick walk through our archives provides some enlightenment about the year 1867 as it pertained to our area. The following comments are just a sample of many that could have been made.

**From a search on the date 1867:**

1867 was the birthdate of two very different local personalities, Flora MacDonald Denison and Canada's oldest man, at least at one point, David Trumble. The latter was a man of the country who fished, hunted, jawed with his neighbours, raised his many children, and grew flowers in his garden in Northbrook. David Trumble, while not at all educated, ended up appearing on the television se-

ries Front Page Challenge. He authored two books with stories about his lengthy life.

We think of Flora, on the other hand, as a city girl, however she began her life in a snowstorm in a log shanty on the Bridgewater Road about two miles north of Actinolite. While her birthplace may have given her some "country cred", Flora went on to become the owner of the well-known Bon Echo Inn. She was a leader in the suffragette movement in Canada, the United States and Britain. She was a writer and newspaper columnist who also became an adherent of Spiritualism and a Theosophist, someone who talked with the dead poet, Walt Whitman.



Flora hired carvers from Scotland who spent a year at Bon Echo carving this passage dedicated to the democratic ideals of Walt Whitman. It can still be seen in the rock today.

**In other 1867 data:**

Cloyne had been a village since 1859, the date of the establishment of its post office, which still exists today. From a submission to the Napanee Beaver dated February 1880, we learn that the village at that time had three stores, two hotels, a blacksmith shop, town hall, two schoolhouses and the aforementioned post office. The article goes on to say that there were "not a few" private dwellings as well as a "brisk" lumbering business. In other words, in comparison to today the village was booming.

In another submission to the same newspaper, many activities are mentioned, from annual church picnics, to regular commentary about the status of the various mines in the area. One example is this statement, "The Star of the East Mining Company have (sic) resumed operations again in their mine north of Cloyne". Flinton was also thriving at this time, having been settled earlier than the other communities in the mid 1850s. Billa Flint is generally recognized as the founder of towns along the Skootamatta River including Flinton and Troy (later called Actinolite). He purchased mills at York Mills and later named it Bancroft after his wife's mother's maiden name. He was the first reeve of the Township of Elzevir and held that office for twenty-one consecutive years. He was elected to the Legislative Assembly of the Province of Canada in 1847 for Hastings and, in 1854, for Hastings South. In 1863, he was elected to the Legislative Council for Trent division and served until Confederation when he was appointed to the Senate. In 1866, he served as mayor of Belleville. He served over 20 years on the council for Hastings County and was warden for the county in 1873. Billa Flint should be a household name around here.

In 1867 the municipality of Kaladar and Anglesea was incorporated, again under the sponsorship of Mr. Flint. It wasn't until 1884 that the third township, Effingham, was added to the incorporation. This of course is the municipality now known as Addington Highlands.

A browse through the book on Flinton called, "Village on the Skoot", by Wilfred Laurier Lessard, provides some interesting data on food costs, salaries and bylaws of the time. Mr. Lessard notes that a man named Francis Des Islets, one of the very first settlers in Flinton, was an undertaker and from 1854 to 1867 made coffins. That particular item in Mr. Lessard's book goes on to outline the other undertakers in the village: Joshua Stone 1878 to 1910 and Hawley Stone 1910 to 1943.

There was a horse-drawn hearse until 1928 and then a Model-T motor hearse until 1943. That entry of Hawley Stone has a link back to Flora MacDonald Denison. Flora drove a democrat from Bon Echo to Flinton on the night that Horace Traubel died. Horace was one of Walt Whitman's biographers who was at Bon Echo at Flora's invitation, for the dedication of the inscription on Mazinaw Rock in September 1919.

In the sixth volume of Sunset at Bon Echo, Flora describes her drive to Flinton as, "...the next place where there was any chance of getting a coffin." and then her purchase of, "...a shining brown varnished box with terrible brass trimmings". Although Hawley Stone is not mentioned by name here, it certainly would have been his funeral parlour. The remainder of the story surrounding the death and burial of Horace Traubel is equally fascinating, but will have to wait for another time.

There is a richness about this area, accessible to us through the Archives as in many other ways, that should cause us to be both thoughtful and very thankful indeed for the 150th birthday of our country.

The Cloyne & District Historical Society, together with The Township of North Frontenac, The Land of Lakes Garden Club and The Mazinaw Lanark Forest Inc. will be celebrating Canada's 150th Anniversary at the Season Opening of the Cloyne Pioneer Museum On June 24th from 11a.m. 'till 2p.m. BBQ by Coffa, Artwork by the Garden Club, Dedication of Benny's Park, Dignitaries, Music, Singing and much more. Don't miss this event.

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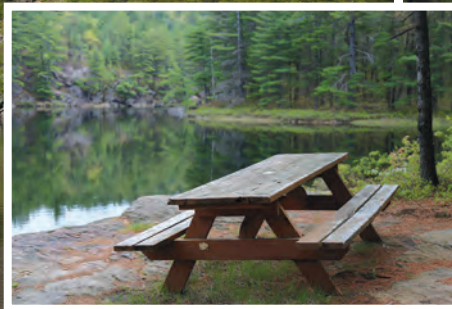
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## A Hike to where Water meets Rock and Sky

By Lesley Cassidy



Oiseau Rock is an important historical site with pictographs left by Algonquins on a sheer cliff of imposing gray granite, 150m in height, that rises out of the Ottawa River.

On a warm late spring day, as we hiked up over the last bit of flat rock chattering away, the view of the Ottawa River from the top of the cliff took our breath away. The calm blue river, the thick bushland across the River and the sounds of birds chirping brought our conversation to a quick stop. We both remained quiet as we soaked up the view from atop Oiseau Rock and the tranquility around us.

Oiseau Rock hiking trail is a 10-km round trip trail that opened in 2010 along the Ottawa River. Oiseau Rock is an important historical site with pictographs left by Algonquins on a sheer cliff of imposing gray granite, 150m in height that rises out of the Ottawa River. It is situated on the Quebec Shore of the River, almost 28km upstream from Pembroke and in the heart of Algonquin territory. A conservation zone (ZEC St Patrice) just outside of Sheenboro, Quebec is where the trailhead is located. The ZEC charges a fee of \$10.00 (per car) to enter the park. About 1km beyond the gate there is a parking lot, an outhouse and a sign to indicate the trailhead and information about the hike. The drive in from the main road into the ZEC is well travelled, however the last 1km into the trail head has a few good steep hills to navigate.

On this sunny morning, the trail we hike is generally hard packed, leaf covered in places with numerous wood bridges that cross streams and lowlands. The trail meanders up and down over terrain and is an easy to moderate adventure for most hikers.

The trail leads to the top of the Oiseau Rock area and there is a small green coloured lake near the highest point. Two look-outs along the trail provide different view points of the Ottawa River. The lake is enticing for a dip on a hot day and a swimming rope is attached to a tree so that you can swing out into the cool water. A picnic table perched beside the green coloured lake would be a great lunch stop. We stared at it longingly as a possible stop for our cheese, crackers and energy bars, but the black flies were swarming. Interpretative signs in Algonquin, English, and French highlight the history and importance of the area.

Oiseau Rock has long been a popular stop along the Ottawa River for boaters enjoying the sandy beach. One local cottager and now resident, Joann McCann grew up hiking and boating in the area. Back in 1997, someone asked her if the paintings on the rocks were still there. She was surprised by the question and didn't know there were paintings on the rocks. Being curious, she enlisted the help of her brother who helped her locate an archeology report from the mid 1970s that highlighted basic information about the pictograms on the rock, painted in red ochre.

From a boat parked beside the rocks, if you know what to look for, you can spot the faded paintings of a thunderbird and other animals. It is believed that the thunderbird picture represents the peregrine falcons that nest on the rocks. Ms. McCann indicated that there are almost 77 pictograms, mak-

ing it the largest rock art on the Canadian Shield and most important site in Quebec. The images include canoes, arrows, fish and serpent like figures. Unfortunately, this historical form of communication of the Algonquin people has suffered from years of graffiti dating back to the 1930s which has covered many of the rock pictographs.

We hiked down from our perch high above the cliff to the waterfront. There are two options, a sandy beach area where you can find outhouses, garbage cans and a few picnic tables for boaters or around the point where you can see the sheer wall of rock, though you cannot see the paintings on the rock from this vantage. The trail down is steep and has a short rocky section that has a rope to assist hikers and it is well signed to indicate its difficulty. We hiked to the point to take in a view of this natural wonder and read about the importance of the spot that dates back hundreds of years.

Ms. McCann became an advocate for Oiseau Rock. She fundraised through the sale of art, lobbied and worked in partnership with the local governments and the Kitigan Zibi Anishinabeg community to better understand the historical importance of the area and how to protect the pictographs. Various meetings were held that focused on consulting with local communities and educating visitors on the cultural significance of the area. Through working with the Elders, it was discovered that it a sacred site for two groups: Algonquins of Pikwakanagan First Nation near Golden Lake, Ontario and of

the Kitigan Zibi Anishinabeg First Nation (Maniwaki, Quebec) who call the rock "Migizi Kiishkaabikaan" meaning bird rock.

One of the solutions proposed was to develop a trail so that anyone could access the area, not just those who arrive by boat. Discussions with local people, Elders and a trail planner who could advise on topography and placement of look-outs, helped to bring this trail to reality. Numerous interpretive signs were installed along the trail to highlight the areas historical and cultural importance. Ms. McCann stated that her vision for the future of the trail is to "come visit, respect the area, just leave your spray cans of paint at home".

As a result of the partnerships established to educate visitors on the importance of Oiseau Rock, other communities have reached out to the Kitigan Zibi Anishinabeg First Nation regarding other sites. As an example, the development of the Chat Falls Park in the Pontiac as a tourist and recreation spot was historically a portage site.

We ate our lunch quickly standing down at the beach enjoying the view of calm waters of the Ottawa River while swatting away blackflies. Our hike out was a little slower as we climbed back up to the top of Oiseau Rock and made our up and over the trail towards the car. We both commented that we would be returning, this time in a boat to explore the pictographs up close.

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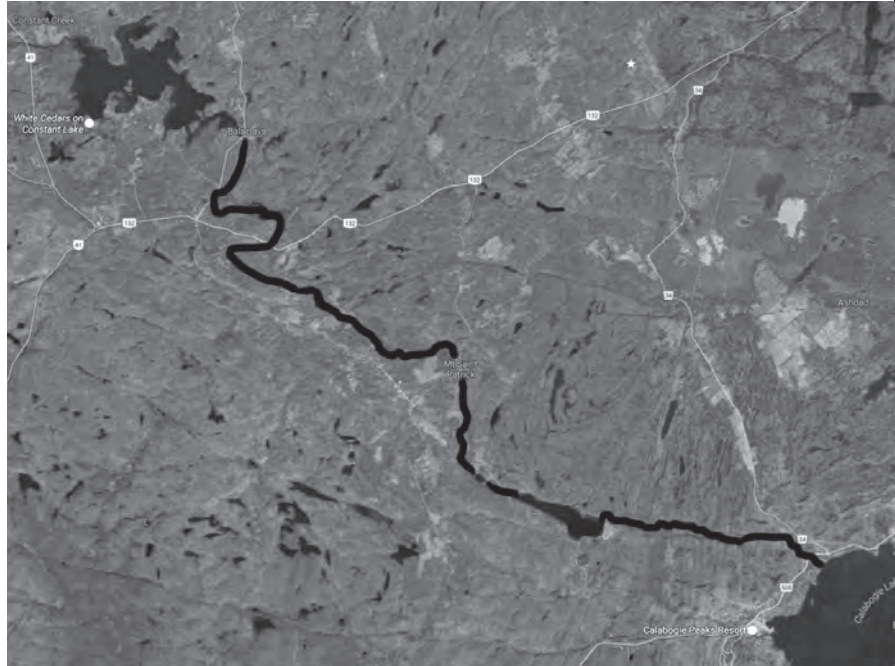
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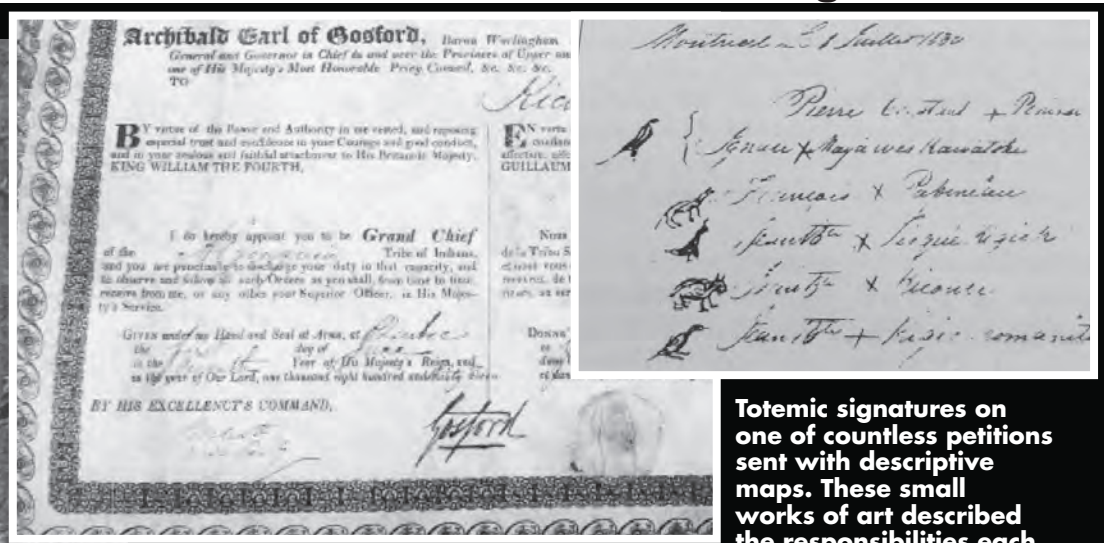
This column will seek to recognize historical individuals and locations of First Nation and Metis history in the Greater Ottawa Valley.

# Traditional Algonkin Land has Always included the Madawaska River Region

By Noreen Kruzich



Constant Creek (exaggerated black line) feeds Calabogie Lake from Constant Lake



**Totemic signatures on one of countless petitions sent with descriptive maps. These small works of art described the responsibilities each individual shouldered within their tribe, but meant nothing to the English. Signatures have changed, but the process continues generations later.**

**"By virtue of the Power and Authority in vested in Archibald Earl of Gosford by His Beaitific Majesty King William the Fourth..." Kigonz and his father were both declared Grand Cheifs - something they were well aware of - but were given none of their land.**

**Kigonz stood at the foot of the Little Rapids- a point on the Lower Madawaska. Here the river narrowed and the depth of the water was shallow, revealing the rocky underlay. He listened. Madweyashka. In the Algonquian language it means, "The murmuring sounds of the water hitting the rocks and shore."**

This appears to be the most appropriate derivation of the name, which remains to this day, although I have never heard this version formally referenced. The river's name was also written as the Matouashita River on early maps.

The Algonkin ancestral band Matouchkarini (translated people of the shallows) hunted, fished, and built their lives on the lower portion of the Madawaska River. Madawaska could have originated from the name of the band. Perhaps the village of Matawatchan was born out of this Algonkin band's name. Historian Peter Hessel notes the home territory of this band as being between Norcan Lake to Calabogie and extending to Matawatchan.

Two Algonkin Grand Chiefs, father and son, lived and traveled throughout our local area. And their story is one that would garner a good campfire conversation.

Jean Baptist Kigonz Constant Pinesi (1793-1879), spent his elder years on the shores of the Madawaska River between Springtown and Calabogie. Kigonz and his father, Pierre Louis Constant Pinesi (1768-1834), are little known in our history books, but are recorded numerous times in archival documents. Kigonz translates in Algonquin as fish, while Pinesi is the largest bird and Constant, locally was pronounced Constaw.

Constant Lake (north of Dacre) and Constant Creek, which runs from the Lake all the way to Calabogie Lake, are named after this family of Algonkins. Simon Constant (1824-1899), a nephew of the elder Constant lived along the Constant Creek near Mount St. Patrick. Simon had married Mary Murphy, a local Irish lass. Simon would have been a cousin to Kigonz.

**Kigonz smiled at his grandson. It was an old smile now. Andrew grinned back and dug his paddle into the Madawaska.**

**Well up in age, Kigonz still continued the hunt. He taught his grandson well, all the many skills it took to hunt and fish. Back home, the recent fish catch filled a barrel. And an 1871 census taker took note of it. Here at the place where Kigonz made his home, there were no carriages, no wagons, no ploughs, and no livestock, and by Canadian law regarding natives, there wasn't legal ownership of the land either. The Government called it a half-acre occupied and improved. Besides the account of the people who were living there, one dwelling, one canoe, some cordwood, one mink fur to trade for goods, and that one barrel of fish personified life at this dwelling in the government's tally. But the report could not possibly reveal the family's struggle to mix old traditions surrounded by a new approach, nor could it show the inferiority and disadvantages they met with in this new world.**

Margaret Constant, Kigonz grown daughter, traded her hand-made items such as mitts and moccasins she and her young daughter, Mary and mother, Anastasie had sewn during the long winter months for

goods at McCrae's Hotel in Springtown. Owned by Edward McCrae, the well-known stopping place was a store, lodge and stables where Kigonz grandson, Andrew, worked as a hired-hand. McCrae's recordings penned in his ledger book reveal life as it was with the comings and goings of this busy village in the logging era along the river.

Kigonz' family dealt with what at that time locals called ruffians. And in one instance, Kigonz' shanty was ransacked and the roof torn off, and in another, a drunken rafts-man killed his wife, Anastasie, with a blow to the head.

**Kigonz probably sensed that no matter how much he taught his grandchildren of the old ways, it wouldn't be enough to protect them from the prejudice and challenges that would come with colonization.**

Kigonz had walked in his father's footsteps, not only as a Grand Algonkin Chief but also in petitioning the government to set aside a fraction of their traditional lands, in hopes that settlement would not take everything from their people. Over a near century, he and his father spoke of their wishes to a translator and each time their words were put down with quill and inked into history. And although there were talks of setting aside this piece or that in the Greater Ottawa Valley, nothing became of it. And along with that, no treaty was signed with the Algonquin, no colonized, legalized agreement was etched out. To this day, the petitions sit in the national archives overlooking the shore of the Ottawa River. There may one day be an agreement. A modern-day claim begun twenty-five years ago is still without its flaws and doesn't recognize that traditional Algonquin territory includes both sides of the river Ottawa. The river is not a boundary in Algonkin terms only in Colonization terms.

Although no legal papers were drawn up to secure land for the Algonkin, both Kigonz and his father received a certificate from the government proclaiming them to be Grand Chiefs of the Algonkin, but further to that what the certificate underscored was that they would bear allegiance to the British Government. Kigonz nor his father needed a certificate to tell them who they were in their own nation. And let me not fail to add, that Kigonz and two of his brothers fought alongside the British in the War of 1812, so that the British could secure their Canada.

One of the last petitions to the government in this family's regard was not a land petition at all but a pension request by the Indian Affairs Agent, George Rochester of Burnstown, who in 1876 wrote that the old Grand Algonkin Chief was in destitute

condition and concluded the government provide for him a yearly allowance for the short time he may live. Rochester was the son of John Rochester an industrial Bytown (Ottawa) pioneer. George too was quite adept, holding several positions along with owning the local grist mill, sawmill and brewery. Alas, in the end, one petition was answered for Kigonz and within two months time.

The story of Kigonz and Pinesi, I reveal in my book *The Ancestors are Arranging Things...* a journey on the Algonkin Trail, published in 2011 by Borealis Press in Ottawa. But I often dream of a fitting historical marker in Greater Madawaska Township acknowledging Kigonz, his father, their tribe and traditional homeland.

The Cherry Point Picnic Area (3km east of Calabogie) on Calabogie Road would be an appropriate location, since Kigonz, by historical accounts, lived right along that portion of the river, if not right there. After all, it is our local history which should not only be made known to locals, but to those visiting our area. Truth and acknowledgement of that truth is essential in this our country's sesquicentennial anniversary.

**Stories, history, and nations shouldn't be lost in time. As I said in my book, history is knowledge that can become wisdom—knowledge can be like a big dark abyss, but when wisdom comes of it, its like a starlit sky. This is Our Home on Native Land.**

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Noreen Kruzich is the author of *The Ancestors are Arranging Things...* a journey on the Algonkin Trail (Borealis Press/Ottawa/2010) nominated by the publisher for that year's Governor General's award.

Kruzich was recently awarded the Prix Gemeaux for Best Research on the documentary *Trick or Treaty* written and produced by award winning filmmaker Alanis Obomsawin. Kruzich specializes in First Nation and Metis family genealogy and social history.

[www.noreenkruzich.com](http://www.noreenkruzich.com)

By Angela Bright



Ladies Spring Banquet May 6th at the Vennachar Parsonage

\*The Denbigh Recreation Committee is looking for new ideas and new members to help us improve serving our community. Our Committee does a lot of great things together with our community such as Kids parties(Easter, Halloween and Christmas), Canada Day celebrations and Fireworks, the Countryfest weekend, the Christmas Parade of Lights, and other activities such as the Murder Mystery and Concerts. We also have a community social time with Coffee and Breakfast every Friday morning at the Rink building. We look forward to more people taking interest in helping our community and working with us to make these things possible. If you have ideas and or would like to get involved and help, please call Susan at 613 333 9462 or Gail at 613 333 2224.

\*A Ladies Spring Banquet was held on May 6th at the Vennachar parsonage. A lovely potluck dinner was enjoyed, followed by games, music and a message from Pastor Laurie. A White Elephant Table raised funds for the Samaritan's Purse Field Hospital in Iraq.

\*Sunday morning services at Vennachar Free Methodist Church, 424 Matawatchan Road, are 10am for the remainder of the summer.

\*The Parent Council at North Addington Education Centre did an amazing job organizing and pulling off an great night for families at the first annual Fun Fair on May 18th. The kids enjoyed the bouncy mazes and pirate ship, the games (especially the toilet paper toss), the slithery and furry friends courtesy of Little Ray's Reptile's, a yummy BBQ, face painting, and the three friends that Funtastical Costumes brought. There were lots of great items at the Silent Auction, and lots of baked goodies to bid on. Thank you to everyone who contributed to the evening to raise money that directly benefits the students.

\*St. Paul's Lutheran Church invites you to the Annual Memorial Service on Sunday, June 25th, at 2pm, with lunch to follow.



Fun times at the North Addington Educational Centre Fun Fair on May 18th.

\*Canada's 150th birthday will be celebrated in Denbigh with a party at Heritage Park, beginning at 5pm on Saturday, July 1st hosted by the Rec. Club. Bring along your favourite salad to share potluck style, with hamburgers and hotdogs for sale. There will be music, kids games, and a fireworks show at dusk. Prizes will be given for the Best Costume for kids and adults.

\*The Denbigh Library is now on summer hours; Mon 4-6pm, Tues 10am -2pm, Wed 4-7pm, Thurs 12-6pm, Sat 9am -12pm. Contact denbighl@hotmail.com, 613 333 1426. You can get the kids involved with the 2017 TD Summer Reading Program that will run every Tuesday from 6pm-7pm, starting July 4th. This year's theme is "Canada". Drop by the library and sign up! Also, another shipment of Vimy: Letters From the Front by William McNaught has arrived at the library. Buy a copy and help support the Denbigh-Griffith Lions Club.

\*Here are the dates to know if you would like to place an order for a Good Food Box(fruit and veg at wholesale prices), over the summer months. The July order day is Wednesday the 5th, with the boxes arriving on Thursday, July 20th. For August, order day is Wednesday the 2nd, arriving on the 17th. Here are the order options: a Large Box is a mix of fruit & veg(12-15 items) for \$17; a Small Box is a mix of fruit & veg(7-10 items) for \$11; a fruit or veg basket(3 to 5 items) is \$6. You are always welcome to place & pay for orders on pick up days for the following months delivery if you so choose, saving you the trip just to place the order. Info Angela 613 333 1901.

\*The Denbigh Library Annual Book Sale happens on Saturday, July 8th, 9am to noon. This is a great opportunity to pick up some summer reading while helping support the library.



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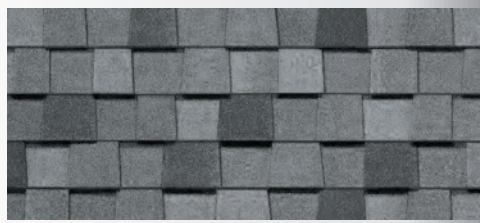
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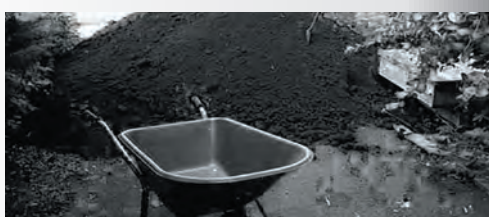
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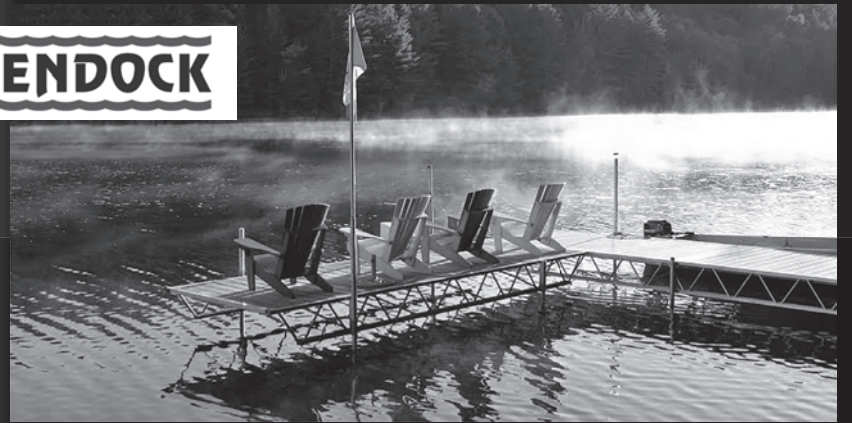


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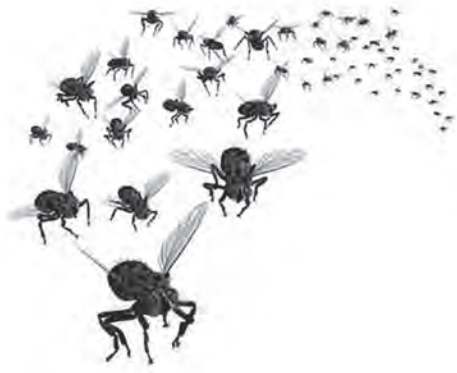
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# Competitive Berry Picking

By Antonia Chatson



I guess Francis and I were always pickers at heart. But there was not too much around the house to pick. And after a day of chores, planting and haying, we were only looking for an hour's picking at the most before we crashed for the night.

One evening in late June, my husband told us to get in the half ton and he would take us to the back place to pick wild strawberries, the "back place" consisted of four bush lots that we owned. On one of them there was what we called the sand flat, covering about 10 acres. One could have landed a plane on it. Francis said there were always

good berry picking there because strawberries seemed to like the sandy area, and there were no trees around to shade this area. Also, the grass being thinner and finer, it did not choke out the berry plants. We struggled over the rough road to get there, and up a very steep rocky road to get to the flat.

When we reached the top of the hill, and drove across it, we were thrilled with the sea of red that greeted our eyes. We were not expecting quite so many berries and we regretted that we had only brought one container each. My husband stopped the truck and as we bailed out and glanced around, we

could not believe how large the berries were.

I did notice that he stayed in the truck. Oh, well, maybe his forte was eating them! We frantically began picking. However, I am not sure that any of us had even picked upwards of ten berries, when of one accord, we took a nose dive back into the truck, swatting vigorously at what must have been enough black flies to equal the national debt. Yes, there were lots of berries, but the conditions were not to our liking. We let the birds and chipmunks get them that year, and every subsequent year for that matter.

Since it was over an hour's drive to go picking at a berry farm, which also would mean a hay day lost, I decided to grow some in one of our gardens here. Two years after I had planted them, we harvested 175 quarts of berries. In fact, that summer seemed to suit them, being very hot and humid. We would go and pick the berries and as we were carrying them to the house, they would start to turn to mush, even before I could freeze them. As the plants and runners became worn out, so our crops lessened. I tried different expedients but never reached that high point of 175 quarts again. I shall have to try new runners.

But what we did notice on our way to the back place, were numerous wild raspberry bushes. Surely in a couple of weeks when they would be ready, the black flies would not be so bad. Francis's Mum used to pick lot of wild raspberries that proliferated along the stone fences in years gone by. Then, there were no cattle on the farm here, they just took the hay off the fields and sold it. However, as soon as cattle came on the scene, out went the raspberries. So there were few bushes on the farm. And yes, as it was a wet year, it looked to be a good crop as we perused the scene. So, in three week's time, we returned to the back place and sure enough there was an abundant crop of them. This time however, we came during the day and with a goodly wind blowing, the bugs were at a minimum. This time we went to an old gravel pit, and around the outside rim of that there were berries in profusion. We all picked diligently and in a couple of hours we had filled 3 four-quart baskets and three separate quart boxes. We were most pleased with ourselves.

But, by the time we reached home, made supper, did the chores and had our baths we were exhausted. Since there was no room for all these raspberries in the fridge, I decided to put them in the cellar and I would deal with them in the morning. Down there they would be cool and keep fresh. Next morning when I went to retrieve them, imag-

ine my horror, when I noticed large dents in the baskets where the raspberries had been removed. Who on earth would have stolen our raspberries? I didn't recall an intruder during the night. The light was not good, so I had to bend in closer to check for clues. Over the surface of the depleted raspberries were copious quantities of little black something-or-others. I looked up to see if a rotten beam had flaked off during the night. But that would not explain the notable absence of berries. No, not a rotten beam. I looked closer and realized that all the little black something-or-others were mouse turds! And judging by the presence of all those turds and the absence of so many berries, there must have been an army of them at work during the night. Needless to say, we had to throw them all out. What a waste of berries and time!

Another time after a day of haying, I decided to take Irene and she and I would pick some raspberries in a nice damp area where the berries were almost as big as tame ones. Reenie and I arrived at the patch and hurriedly got out and started picking. The berries were marvelous. I mainly stayed in one area, but Reenie was on the move and kept calling back that there were better ones ahead, she was moving farther and farther away from the truck. I had just moved a few meters ahead to another patch, when I was stopped in my tracks by the most awful smell. I moved ahead some more but the smell did not go away. But as I moved forward, my eye caught sight of a patch of raspberry bushes that were completely flattened to the ground. "That's funny," I thought, "I don't recall a heavy rain or wind lately that would have caused that." In a flash, I twigged. "Reenie, get back to the truck, right now!" I yelled. "Please Lord," I prayed, "don't let him attack us. He can have the berries." We scrambled into the truck at a gallop. Then we waited for a while, but saw nothing. But I am sure that Mr Bear must have been pretty close by - watching us!

There were some good raspberry bushes behind the welding shop near the house. They were protected on one side by the building and a few trees also gave them protection from the elements. I would pick berries there every three days or so. The bushes were quite tall. One day, when I was picking there, I was so intent on reaching for the berries that I didn't notice I was in the presence of company. As I reached for a particularly large berry, I came eyeball to eyeball with a three foot long garter snake, that was draped across the tops of the bushes sunning

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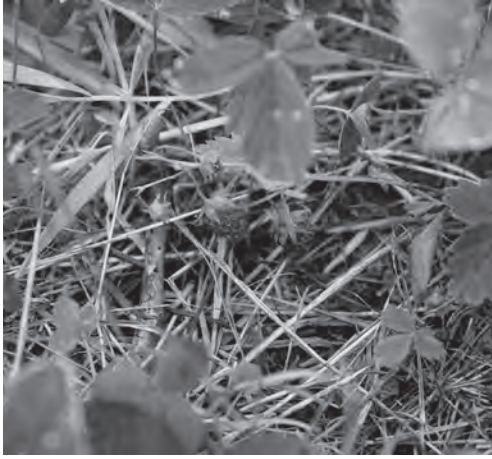
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himself (or herself - how do you tell?). He (or she) never moved, nor did he (or she) so much as bat an eyelash (if they have them). He (or she) may not have moved, but I did, and surprisingly rather slowly, for I had no wish for him (or her) to beat a hasty retreat across either my shoulders or drop onto my feet. I would never harm a snake, but I certainly drew the line at close contact with one.

But the ultimate picking experience came in the year 2000. Francis had often told me about blackberries and how they made such wonderful pies. He had found the occasional bush and had picked a few berries for me to try.. Raw, I was not impressed, but there were never enough to make a pie. Blackberries are a very touchy bush. They like to grow along logging roads that have at some time been ripped up. But, by the same token they are often ripped up during road renovations. So you sort of have to get them between rip-ups. If the winter is harsh, the cold weather will kill the canes. They require a lot of water throughout the season up to and during their production. And if it is too hot, they are not impressed regardless of how much rain they get. The year 2000 contained just the right ingredients - no fresh rip-ups, a mild winter previously, rain nearly every day and even temperatures, and little humidity.

Now there are two basic rules that apply to blackberry picking. Rule number one. If a city person asks you what you should wear while picking blackberries, it is imperative that you tell them, short sleeved shirt, shorts and sandals! Rule number two. Never divulge to anyone, even a close family member or bosom friend where your best picking spots are. I remember I used to walk a half mile on our property to come to a good patch on Pumpkin Street, in order to approach the patch from the backside. And that way, there would be no tell tale vehicle on the road. And if a car went by, I would duck down so they would not see me.

We had gone picking in the Tower Road behind Vennachar several times, but this one time we went, when I rolled the window down, I heard voices of people and children talking and laughing. As we drove

on, there was one, then another, then another vehicle parked by the side of the road and whole families were noisily picking blackberries. We must have passed twenty vehicles, mostly half tons, before we found a spot where no one else was picking. Obviously a lot of people were flaunting rule number two. As we were doing our thing, I heard a vehicle coming from the opposite direction. I took a double take when I realized it was a police cruiser. She stopped beside me and we had a little chat. I thought perhaps she was there to break up fights over picking areas! After all, wars were waged over roses, so it would just be a wink and a nod to fight over blackberries. Not so - I think she was there out of curiosity. She told me that most of the people there were from Eganville and Pembroke area. Their husbands were loggers and they had brought their families here as they realized the picking was so good. That year I put down 42 quarts of blackberries - and yes, a blackberry pie was to die for. If, as Francis said, it was an acquired taste, I acquired it mighty fast.



Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private lessons in music. Her passion is the land. She loved her experiences growing up on the farm in Shelburne and twenty-two years of farming in Denbigh with her husband, Francis. She plays the piano at the services at the Vennachar Free Methodist Church, and lives on the homestead with her daughter Irene.

## The Importance of Protein

By Susan Veale

**Meat, poultry or fish**

**(1 oz.) = 7 grams**

**Beans, dried peas, lentils**

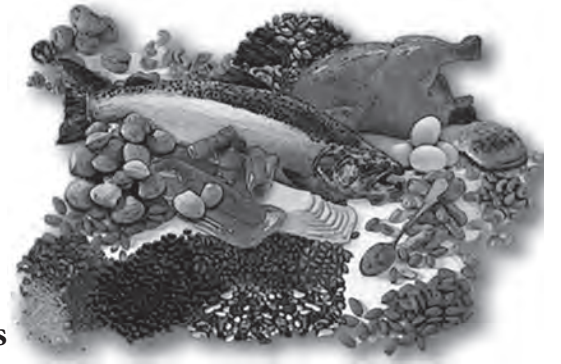
**(1/2 c. cooked) = 7 grams**

**One large egg**

**1 = 7 grams**

**Almonds**

**(1 oz./23 almonds) = 5.8 grams**



Protein is a "building block" nutrient. It is used in the body to build tissue such as white and red blood cells, other cells in the immune system, skin, hair, and particularly muscle.

As a guideline, the Recommended Daily Allowance (RDA) for protein is about 0.4 grams per day for each pound of body weight. For example, a 220-pound person would need 80 grams of protein; however, as no two individuals regardless of age or gender metabolize nutrients the same, protein needs vary.

Protein is consumed as a food group. Once the protein rich foods enter the small intestine, where they are metabolized, they are broken down into amino acids. Amino acids are the "building blocks" of our cells. Little "couriers" pass by the small intestine and being very specific they will identify and bind an amino acid and then transport it to a particular cell. Once the amino acid is inside the cell, through the cellular process, the amino acid is turned back into a protein to help build the cell.

Unlike carbohydrates, which are a necessary fuel, protein is not stored in the body. Protein must be continuously replaced as it is used; otherwise, our bodies may draw upon muscle mass for the amino acids it needs for important organ function. This is especially true when the body is ill.

Disease and disease treatments such as cancer protocols often create more stress on the body thus a person may need more protein.

If about to receive or recovering from surgery, the body is under stress and the body may need extra protein to heal properly.

Overtime, lost muscle leads to a weakness in the muscle and activities such as climbing stairs or even carrying groceries become an effort.

Protein is particularly important in exercise recovery. Specifically, protein aids in the repair of exercise-induced damage to muscle fibers, it promotes training-induced adaptation in muscle fibers and it facilitates the replenishment of depleted energy stores. Protein goes hand in hand with calories. If a person is not receiving enough calories to maintain their weight, extra protein will not help very much.

If weight loss occurs during illness or any medical treatment, the body is telling that more protein and more calories may be needed.

As we age, calorie needs diminish; protein needs do not; so be careful not to cut protein from your diet.

Studies show that if you eat 25 to 30 percent of calories from lean protein in moderate servings - like chicken, fish, low-fat dairy, beans, and soy it can help the body retain lean tissue while losing weight.

Some examples of typical sources of protein include:

However, as with all things, too much protein can be a negative as well. Some diseases and conditions such as kidney disease, kidney failure, or liver disease can make it harder for the body to process and use protein. On the other hand, normal kidney function can metabolize extra protein.

Watch your protein intake and if it is difficult to get through the foods you eat regularly, consider supplementing with a protein drink or a protein bar.

For more information on types of supplements or protein requirements, please contact:

Susan Veale BSc. KIN  
www.wellnessnaturalhealthcentre.com  
613-752-1540

Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more:

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**Pete Seeger and the Power of Song - Part 10, Changes**

By Peter Chess

The formation of the Weavers brought together four formidable musical talents, each with an extraordinary pedigree of social activism. More so than any performing group in the history of folk music, or for that matter, in the history of popular music. However, their origins, the level of their success, the political forces that cut short that success while still in their prime, and the allure that even today keeps their music selling are all difficult to explain. In all probability it was as much a mystery to the group when they were at the peak of their popularity. Indeed, how could anyone, even one of the righteous bureaucrats and law enforcement officials of the U.S. government believe that such a pleasant, tuneful song such as "Kisses Sweeter Than Wine" could be subversive?

The quartet went from being embraced and adored by the public and selling over 4 million records, to being reviled and rejected over the political beliefs of its members, only to disband after 4 years together. Yet, despite the controversy that surrounded them and the fact their career was cut short at its peak, the Weavers managed to alter popular culture in about as profound a manner as Frank Sinatra or Bob Dylan when they burst onto the musical scene. The Weavers set stage for the folk revival of the late '50s, indirectly fostering the careers of the Kingston Trio, among others. While bridging the gap between folk and popular music, and folk and the topical song, they helped pave the way for Bob Dylan's eventual emergence from coffee house troubadour, to superstar, to Nobel Prize winner.

The songs they wrote or popularized, including "Kisses Sweeter Than Wine", "A-weema-weh (The Lion Sleeps Tonight)", "Goodnight Irene", "Wreck of the John B", "On Top of Old Smoky", continued to get recorded, even occasionally to chart, decades after the group's demise. The group bore a striking resemblance to "The Almanac Singers" of which Hays and Seeger were founding members, which had limited success on radio and records, singing topical songs in the folk idiom, until their leftist position became an issue.

As communist sympathizers, they found themselves in a very uncomfortable position. Having pushed for pacifism and American neutrality in 1940 and 1941, they reversed their position when Germany invaded the Soviet Union. They had to abandon their idealistic stance, which overnight had been tossed on its head.

During the post war peace, the same core of social activists focused on helping bolster the labour unions and committed themselves to social activism to correct perceived injustices done to the workingman by big business.

What started with a great deal of promise, faltered along with the left in general, after the 1948 presidential election, in which the leftist/socialist candidate, Henry Wallace, for whom Seeger's "People's Songs" collective had campaigned, was soundly defeated, coming in last on a four way ticket.

It was shortly after the election that the group was informally created, known for a few months as the "No Name Quartet" before, as mentioned in the previous chapter, Fred Hellerman suggested the name "The Weavers". They got a few gigs around New York City, and appeared once on radio, compliments of their old folk singing pal, Oscar Brand. But mostly they were staving off starvation, since even dedicated musicians have to eat.

1948 had been a disaster for the political left but 1949 was a catastrophe. Their intention was to help support union sponsored events and other socially progressive causes, but they soon discovered that in the



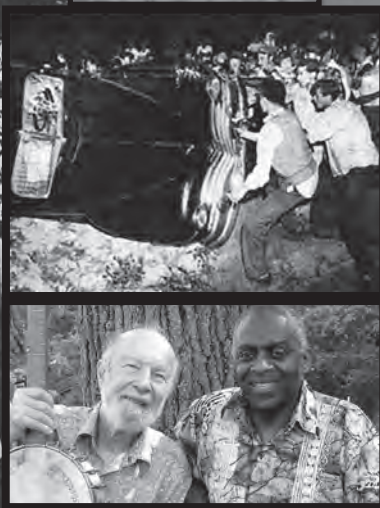
The Peekskill riots were anti-communist riots with anti-black and anti-Semitic undertones that took place just north of Peekskill, NY, in 1949. The catalyst was an announced concert by black singer Paul Robeson, who was well known for his strong pro-trade union stance, civil rights activism, communist affiliations, anti-colonialism and was vocally against the KKK.



One car carried Woody Guthrie, Lee Hays, Pete Seeger, Seeger's wife Toshi, and his infant children. Guthrie pinned a shirt to the inside of the window to stop it shattering. "Wouldn't you know it, Woody pinned up a red shirt," Hays was to remember. Seeger used some of the thrown rocks to build the chimney of his cabin in the Town of Fishkill, New York, to stand as a reminder of that incident.



The platform for the 1949 concert was sheltered under a tree. The men standing behind Paul Robeson took their places with the full knowledge that they were providing a barrier of human flesh between him and the potential snipers. Peekskill NY is a much different place today than it was back then. That's the power of song.



Pete Seeger and Paul Robeson a few years ago in happier times they helped create.



In his blacklist years Pete sang to any small groups that would have him, especially the young, earning him a new red label: "the Karl Marx of the teenagers." As his friend Moe Asch, whose Folkways Records issued Seeger's solo albums recalled, "Pete kept joking that all these kids would be adults some day, then he'd be popular — and that's just what happened." (Pete & Toshi with their 2 daughters)

wake of the failure that befell the Wallace campaign, there were very few events they were welcome at or which would pay them anything.

The forces of reaction, emboldened by Wallace's defeat and an angry Republican minority in congress, went on the attack. In some instances these attacks were literal. During the summer of 1949, rioting broke out at a concert in Peekskill NY at which hundreds were injured by irate members of the American Legion and other Veterans associations. They were infuriated by the appearance of Paul Robeson, a noted singer and a black man who had been a leftist political activist and already the victim of a failed assassination attempt. They stormed the stage armed with baseball bats and whatever weapons they had at hand while the local police turned a blind eye to the proceedings. As the crowd dispersed, they were forced to run a gauntlet of bat wielding, stone throwing thugs.

The Seeger family was in attendance and Charles, Pete's father, navigated his way in the family sedan out of the parking lot under a hailstorm of bricks and rocks while the children cowered in the back seat. Such was the fervour of the extreme right wing sympathizers that it became commonplace to challenge the loyalties of any visible folk singers with a topical, political edge to their music, or to anyone who would dare to hire them or record them.

Seeger himself, the best known of the quartet, was able to eke out a living, making \$15 for the rare appearances he could get. There were still a few schools that would hire him to sing for the children, which he loved to do. Even with the other members of the group, the \$15 was as good as he could get. They did make a handful of recordings, arranged somewhat in the dark, for a small company, "Chapter Records", owned by a supporter of the "People's Songs" collective in the fall of '49. Most of them were never released and the struggling company was out of business by the end of the year.

In a last ditch effort to keep going, the group arranged an audition for a spot during Christmas week of '49 at the Village Vanguard, a downtown club owned by Max Gordon. It seemed an unlikely place to play since the club was primarily a jazz club and hosted the avant-garde of the jazz world. None the less, they got the gig which went over so well that their stay was extended through the winter and into the spring. They were being paid the heady sum of \$250 per week, shared amongst the four members. Though the club was mostly empty during the week, it was packed on the weekends.

People seemed to love their unaffected enthusiasm, which was in stark contrast to the cerebral, self-absorbed and sometimes completely strange soloing that had become the cutting edge of jazz as the swing era was coming to a close. In some strange way, folk singing had

somehow become relegated to an "art form" good only for elitists, academics and scholars to listen to and search for hidden meanings and such. The Weavers, of course, were just the opposite - energetic, guileless and honest; just four hayseeds, in bumpkin outfits, with no experience in the tawdry world of NY City nightclubs. Their overall presentation, their inclusiveness with the audience and growing popularity, coupled with the visibility of the Vanguard, soon led to reviews in newspapers and trade journals, most of which were positive. It seemed that almost overnight, sophisticated and debonair Manhattan club people had discovered "American Folk Music"

Stay tuned...



Peter Chess immigrated to Canada from Leeds, England at the age of 9 weeks. The family settled into a converted barracks at the local airport near St. Catharines for a couple of years before moving into a wartime house. After serving in the Canadian Army Signal Corps, Peter restored antique furniture in St. Catharines, which is where he met his wife Gitte, her daughters Sheri and Belinda. They now live in Matawatchan and have two granddaughters, Emma and Natalie. Peter is a member of The Pickled Chickens String Band.



Faced with common needs and common problems, the Mayors and Reeves of 13 small rural municipalities have joined forces, creating a Rural Mayor's Forum of Eastern Ontario. RMFEO membership represents the Counties of Hastings, Lennox and Addington, Renfrew, Frontenac and Lanark.

The seeds of this forum originated in the summer of 2015 when Mayor Glenda McKay of Greater Madawaska and Mayor Ron Higgins of North Frontenac met to discuss shared services, common issues and the need to work together. Within months, that meeting led to the formation of the Rural Mayor's Forum of Eastern Ontario (RMFEO).

Members of the Forum — 14 small rural municipalities in Eastern Ontario — have committed to work together to address common issues and identify opportunities for cost reductions, thereby forging a unified voice.

Small rural municipalities have a very limited tax base and are fiscally strapped to support infrastructure or to fund downloaded services by the provincial government. To address this, RMFEO will be working towards the implementation of provincial policies and funding opportunities that speak to the needs and challenges of small rural municipalities in a collaborative and transparent manner.

RMFEO felt that the small rural voice has not been well represented or fully involved in the development and implementation of major federal or provincial policies and funding opportunities. RMFEO will be seeking out other partners throughout Ontario to initiate collaborative discussions aimed at ensuring that small rural communities in Eastern Ontario and elsewhere have favourable and equitable representation.

[www.facebook.com/rmfefo](http://www.facebook.com/rmfefo)  
<https://twitter.com/ruralmfefo>

## Update - Report to North Frontenac Township Council, May 19

By North Frontenac Mayor Ron Higgins



### BACKGROUND

As per Council resolution the Mayor is to provide quarterly updates to Council for the RMFEO. This is this first report and another report will be presented in July to align with annual monthly quarters. The following is a summary of the activities of the RMFEO since January of this year.

### Completed Actions

- Developed a communications plan for RMFEO. Used North Frontenac's plan as the template
- Addressed the building code changes related to mandatory septic inspections and home owner inspection logs. Pleased to see that this item will not be brought forward to the building code as per a Minister announcement on May 4'th.

### Open Actions

- Plan to meet with OPP and MPAC in June to further address billing issues and costing formula
- Develop an RMFEO procedural document
- Planning on a reed based septic filter presentation in June (Phragmites are deemed to work best)
- Plan to meet with Minister and/or senior policy advisor related to Waste Management (a priority) to lobby for an incinerator in Eastern Ontario. In the process of conducting research
- Added the Municipality of South Algonquin to the RMFEO. They are a small rural, single tier northern classed community.
- Putting together a chronologically ordered report on communications with Ministry of Municipal Affairs and Housing on the mandatory septic pumping issue and lack of response from the Ministry. Will submit to the Ministry shortly.

- Plan on having a rural transportation presentation at the May meeting
- Lanark Highlands just completed as study related to integrity commissioners and will be getting a presentation in May.
- Developing a complaints process policy.
- Putting together a report that will go to three Ontario Provincial parties that will identify issues and recommendations that can be used by the Parties when they set their policies and platforms for the next election. This may also be supported by the Ontario Multi Municipal Group in western Ontario. The key issues are;

### The key issues are:

#### Policing

Billing/Funding Model  
Police Act  
Ability to audit Calls for Service  
Contract negotiations

#### Electricity

Rates  
Green Energy Act  
Billing Statement

#### Municipal Funding

Regulatory Downloads  
OCIF  
Infrastructure funding

#### Health Care

Doctor recruitment  
Patient selection (by Dr.'s)

#### Building Code

Septage as an example  
Residency Tenancies Act  
Public Consultation (transparency)

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# Surviving Bugs and Critters

By David Arama

Now that the multitudes of tourists are heading to the great outdoors, escaping from urban life. They should be prepared to deal with hordes of biting insects and hungry critters. Mosquitoes don't care about your enjoyment of nature, and raccoons could care less about your fun campout. The key to Survival is to be prepared! In addition to carrying a survival and safety kit with you at all times when venturing into the wilds, it's important to understand how insects and other Critters live, and to have the means to deter them.



## Insect Repellents and Bite Medications:

There are many excellent insect repellents available today. Some are chemical based, e.g. DEET (Muskol, Deep Woods Off, Bens) or Permethrin (Bug-Tek), while some are organic based, contain oils and extracts of Eucalyptus, Cedar, Lemongrass, Citronella Peppermint and Wintergreen.

My experiences of more than 35 years leading Wilderness training programs, camps, and reality TV shows, has led me to some conclusions. For severe insect conditions, I prefer a DEET-based product, with the highest concentration possible (49% is the maximum allowed in Canada). I like wipes, like Ben's Wipes, since you can control where the repellent is applied, and Ben's insect repellents are alcohol free, and don't sting. Organic repellents generally have to be applied more often. Permethrin is 100 times more potent than DEET, and should not be applied to skin ever, only to clothing and tents. Permethrin is excellent for RV and Cottage windows and exterior, and it totally repels Asian Ladybugs and Cluster fly problems!

Some folks claim that bathing in Avon Skin So Soft works, others like using Garlic, some use Bounce fabric sheets, and there is some evidence that Vicks Vapo-Rub works.

Avoid eating Bananas, and don't wear perfumes or fragrances. Tip: to get rid of your bugs, stand next to someone who smells of perfumes, and wears bright colours.

## Medications for insect bites

- I use the following:
- Afterbite, and also Kids Afterbite
- Calamine Lotion
- Benadryl Analgesic and also Anti-Biotic Spray and Creams
- Aloe Vera
- Cortisone Cream for severe situations

## Kids:

Children under 10 years old should avoid chemical insect repellents, and stick to organic types, like Natrapel Brand.

## Bug Proofing your Clothing:

Wear loose fitting, light coloured clothing. Avoid colour contrasts, and dark colours, eg blue jeans. Wearing a bug headset or bug suit can be the answer when bugs are really bad. Don't wash your Clothing in highly fragrant detergents. Avoid wearing shorts; I prefer long sleeved shirts and full pants, with high socks and hiking footwear.

## Mosquitoes, Black Flies, Deer Flies, Sand Flies:

Many insects are attracted to carbon dioxide, sweating and panic, bright or dark colours and movement.

Mosquitoes breed in standing water, work 24 hours a day, and usually disappear when temperatures go below 12 degrees Celsius. They are worst at dusk and dawn, and in warm humid conditions. Mosquitoes can spread West Nile Virus. Blackflies breed in running water, go away come nightfall, prefer temps of 12 degrees plus, burn off if plus 30 Celsius, and they don't like being indoors. Simply covering yourself in evergreen boughs, or going inside to a tent or RV, solves the issue. Deer Flies like sunny, open areas, and are really attracted to movement. Sand Flies like beaches and open areas.

Keep all of this in mind when hiking and selecting a campsite. A windy site is always preferred for fewer bugs.

## What the Pioneers and Indigenous Peoples Did?

Back in the day, when you couldn't just go and buy insect repellents and bug netting, people used to use smudge fires made of punky wood, moss, and tree fungus, and also utilized mud to cover up exposed skin. Also, they made insect repellents from oils of Cedar etc., and likely were more immune to the effects of insect bites.

## Ticks and Lyme Disease:

Deer Ticks and several other Tick species (and rats) are becoming more common throughout Southern Ontario, perhaps due to climate change. When a Tick burrows and gorges on your blood, if not taken out within a few hours, it can spread Lyme Disease, a potentially fatal disease. If you can, remove the Tick, place into a sandwich bag, and bring to a local medical centre for testing.

To avoid Ticks, be careful in grassy fields, wear long pants and high socks with high ankle hiking boots, and spray lower part legs with DEET or Permethrin. Have a tick remover tool handy, or use tweezers to remove a tick.

Watch for your pets, they will bring ticks indoors with them! Do a full body tick inspection each day, and look for moles that shouldn't be there.

## Pets:

Keep pets indoors when bugs are bad, or in a screened-in tent or gazebo. A regular check-up with a vet is recommended.

## Bears, Squirrels and Raccoons:

The Bear population in Ontario has been increasing over the past several years, as have human interactions. Raccoons and squirrels can be a real nuisance breaking into tents and coolers and garbage cans, and doing property damage to RVs and cottages. Keep a clean campsite, clean your BBQ, don't leave garbage or coolers outside or in your tent. Hang food up in a tree, at least 5 metres off the ground, and at least 3 metres from the tree trunk or branches. Or put in the trunk of your vehicle, or inside the RV or cabin. Be careful around fishing holes, a favourite of bears. Don't get too close to swans or geese, especially if they're nesting. Increasingly across Canada, fatalities occur when people hit or swerve to avoid an animal or bird on the highway. Adhere to the speed limits, especially at night. Avoid swerving, a natural instinct that can lead to a serious accident.

**Tip: Camp with someone who you can outrun. You don't have to outrun a Bear, just your partner!**

## Snakes:

The only poisonous snake in Ontario is the Massasauga Rattlesnake, not found in this region, usually lives in the Georgian Bay region. We have a number of snake species, mostly harmless, although some are pesky and can bite, e.g. Water snake.

*All creatures have some importance in the circle of nature. Mosquitos are food for Bats, Dragon Flies, and some Bird species. Blackflies pollinate blueberries, one of our favourite anti-oxidant foods. Possums eat thousands of Ticks. Bears and Raccoons are important omnivores in the food chain. When we invade their territory, we have to adapt to the realities of how nature works, and remember, you are biodegradable. Don't become one with nature, live within nature.*

David Arama  
www.wscsurvivalschool.com

My book, "501 Survival Tips that Could Save your Life", is available at major bookstores and Amazon.com. (\$21.95)



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive a Variety of training courses and camps. www.marblelakelodge.com www.wscsurvivalschool.com



Brown Recluse spiders have a violin pattern and like to hide in shoes, clothes, beds...

## Dealing with Hornets, Wasps, Bees:

Watch where you hike, be aware of ground nests, and paper nests in trees. Be careful when you open the BBQ or turn over the boat in the spring or enter a shed. If you hit a nest, run at least one to two hundred metres away into a competing nest's territory, or head into the lake.

When eradicating an unwanted nest, use a hornets spray only at night, or during a heavy rainstorm.

Avoid ground and nests, especially red ants. Same with spiders, we have one very poisonous spider in Ontario the brown recluse, usually found in older homes or cottages. Most spiders will bite if they are threatened, especially the pesky wolf spider found near water.



Jewelweed is common and the juice is easy to make and store, just in case.

## Plants that Work for Insect Bites:

My favourite plant remedies for treatment of insect bites and stings includes Plantain Leaf Poultice and Jewelweed Juice for curing hives and itching, and sphagnum moss for cooking down.

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## We are All Connected



Bottom to Top: 1 - Chaudière Falls, by David Mullholland  
2 - CALABOGIE Timber, Trains, and Tourists, by Irene Robillard  
3 - Vimy - Letters from the Front, by William McNaught  
4 - Promised Land, by Peter Kunstadt  
5 - The Ancestors are Arranging things, by Noreen Krusich

This May I had the pleasure of meeting five local authors who came to the Paradise Showcase in Calabogie. They are just a few of the countless authors who write primarily about the history of the people who live in the Ottawa Valley watershed, the unceded lands of the Algonquin people.

All of the five books I picked up are well researched, interesting, and well written. Each one covers a different aspect of our history and it hit me that if we were all to read only these five books, we would know what it means to be Canadian, not just for us in the greater Ottawa Valley, but Canada-wide.

Book 1 (as listed above) - The founding of the nation's capital on the Ottawa River. Book 2 - 200 years around Calabogie Lake on the Madawaska River. Book 3 - Young men who fought for freedom in France in WWI. Book 4 - Escape to Canada in 1968 when Soviet Bloc Forces occupied Chechoslovakia.

The 5th ties all of the stories together from the viewpoint of the ever-patient Algonquin people.

The five books combined, describe empire-building forces that uprooted our ancestors in Europe and here. They tell of struggles endured by those whose lands were taken, or who had to flee, toiling to make a new home in an unfamiliar land.

They speak of how quickly freedom can be lost and how important it is to protect

it, with war as the last and most terrible option. They also show us how much work we still need to do to make Canada a truly free, transparent, and representative democracy.

In 1968, Peter Kunstadt saw his country go from a democracy to a communist dictatorship overnight. The people voted for a Communist government, believing in the ideals of equality for all. Within days the people lost all of their rights and all information was controlled by the Soviets.

We think that could never happen here, but it did. As relayed in The Ancestors are Arranging Things, it happened when the British came to harvest resources on "unoccupied" land in the Americas and sent, among others, the already displaced Irish and Scottish "tribes" to till & toil and build their empire. If a foreign power tried that today NATO would send in troupes.

We can't undo history, but we can affect the future. We have an obligation to

learn about the past so we can properly assess where we are in order to move forward with understanding and perhaps, wisdom.

We have to make and keep governments accountable, transparent - fair representatives of us all. No more empire-building on our backs. Canada 150 is the time to celebrate what we have created and a time to consider a plan for the next 15,000 years. What will your role be in the unwritten 6th book?

### More about the books:

"Chaudière Falls" is an engaging dramatization of the founding of Canada's Capital, which was not without political maneuvering, condescension by Westminster toward the Colonies and, "...the tribal mix of Scots, Brits, Canadiens, and Irish explodes into ethnic and religious violence".

"Calabogie" focuses on settlement around Calabogie Lake, on the Madawaska River. It's a fascinating story about great hardship by Irish, Scottish, and UEL settlers, all of whom had been pushed from their homelands through war, or colonization, with the lure of free or cheap land. From the 1851 census, "The land in this township is not fit for cultivation and the people live mostly by the lumber trade." No mention is given about the Algonquin inhabitants. The Imperialist view was that if the land wasn't cultivated and "owned", it was unproductive

and unoccupied.

"Vimy" is about two of the author's relatives from the Madawaska Valley who left to fight for democracy and freedom in WWI. This battle is said to have "created Canada", as it was a victory orchestrated for the first time by Canadians of all backgrounds, from all regions. The family resisted efforts to call their deaths heroic. There is no glory in war. (Story page 12)

"Promised Land" describes a sudden, perilous, personal journey of escape from Soviet Chechoslovakia to a successful life in Canada. A cross-Canada tour paints a picture of a wonderful Canada, as seen from the eyes of a newcomer who heralds the landscape and our many Canadian accomplishments. The author urges newcomers to accept, not change Canada. Perhaps if all newcomers read these five books, too, they will understand who we are and help us change Canada together, for the better.

"The Ancestors are Arranging Things" stirred me deeply. It follows a group of people who, like so many others, are trying to piece together their Algonquin roots to re-discover some of the language, history, spirit, and defining character of The Algonquin and Nipissing People. (Story page 20)

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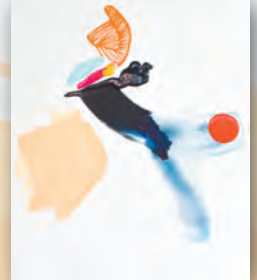


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