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Thinking of selling?

Calabogie and area gathered lots of interest this year. Buyers showed interest in waterfront, golf course, village and rural properties with good sales as a result. I am optimistic for 2018 and look forward to the trend continuing. I currently have buyers looking for a small valley business, and a home in the Village This is my last Highlander ad until the spring, but listings will continue, so please contact me with confidence that I can help you buy or sell. **A SOLD sign is a wonderful thing!**

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The Madawaska
Highlander

**Winter
 2017**

FREE Vol.15 Issue 6
 Next issue May 9, 2018

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

The Old Farmer's Almanac is predicting mild and snowy conditions in the Highlands. Let's have fun in the snow!

Welcome!



Busy Beaver, getting her house in Matawatchan ready for winter.



Drill a big hole if you're ice fishing on Centennial Lake. Mike Milroy's 13lb. 30" walleye went back in..Wow! Pic: Bob Sagrati

...To the Winter issue of the Madawaska Highlander as we approach the wrap up to Ontario150 and Canada150 festivities. We hope you had a chance to experience it to the fullest. What a year!

But it's not over yet. There's plenty to report on and lots to do over the winter and the holidays and our talented volunteer contributors have it covered. Our regional correspondents, Angela and Skippy, unwrap the to-ings and fro-ings of merry-makers in Denbigh-Vennachar and Calabogie as we welcome Anne and John who tag-team to bring us tidings of joyful events in Griffith and Matawatchan.

We have more good tidings to offer as Antonia delves into the mystery of the annunciation in Rural Vignettes. Marcella presents some other mysteries with photos from the Pioneer Museum Archives. Who are those people sitting on that roof?

Pete's Power of Song hits a crescendo as Pete Seeger sings and refuses to sing to Joseph McCarthy's Un American Committee in a frosty standoff. But a little frost doesn't stop our Highlands Hiker from foraging for her favourite fungi. Yes, you can forage in the winter and she'll show you what to look for, but make sure you take Survivor Guy's advice and prepare. Stay safe on foot, snowmobile, vehicle and even at home this winter! Yes, even the best laid plans can go awry, so it's good to read Lesley's Happy Trails account about how our top notch search and rescue teams work with technology and know-how to get you home. Oh to know the land like traditional Algonkin trappers! Noreen gives us the lay of the land in Our Home on Native Land.

Ernie's observes that it's not what you see as you ramble, so much as how you see it and William sees the final resting place of a young soldier's grave at Vimy, so far from Vennachar where his journey began. Howard takes us back to Christmas in the "Good" old days and Susan is mindful of how to stay calm when all is bright this holiday season. Enjoy!

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613-852-2789 Chris, Julie, or Kim

The Madawaska Highlander

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parts of 4 counties in the Highlands.

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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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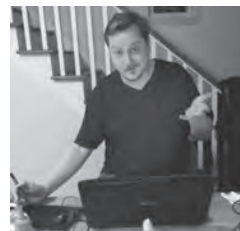
Thank you everyone!

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

- | | | |
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2017 pinrox© walterthecartoon@yahoo.com



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



**Merry Christmas
& Happy New Year
to All!**

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By Anne Dougherty & John Neale



A large group of touring bikers arrived like a parade at the boat launch on Centennial Lake. They like our twisty roads and sights.



The Denbigh-Griffith Lions Club welcomes new members, Carrie, Bev, and Marilyn.



There's nothing like a smoked roast beef dinner to bring folks out to an AGM. Greater Madawaska Seniors Housing Corporation does it up right. Just ask Peter Fischer.



Pete Chess poses with painting by Harold Kauffmann he got in the GMSHC raffle.



The Matawatchan Hall was festive. Christmas Market and Chili Lunch was a great success.



Lions Club Service Awards. Lions all deserve a big pat on the back. Scratch behind the ears?



Nancy and John Reid are everywhere volunteers are needed. Helping here at the GMSHC AGM.



Some of the Tall Boys at Bert's Music Jam, happening Thursday evenings at the Pine Valley.



The Ashdads playing on Halloween at the Matawatchan Hall. They are good!



Lois, "Friends! Family! The band! But it's not my birthday yet!"



Anne, "Where's the composter!?"

Welcome to my first column ever about the happenings in our community! Garry Ferguson was around here for many years and I have only been here (part time) for the last 13 but I'll see if I can make this worth reading.

Our Madawaska Highlands had an unusually warm fall and the boat traffic was way up late into the season as people put aside the memory of the long cool rainy summer we all experienced. Last year's drought was long forgotten. The good news was there was no fire ban this summer. Bad news was the feeding frenzy that folks were subjected to by the lingering black flies and mosquitos that stuck around way too long.

A very large number of motorcycles were spotted soaking up the beauty as they gathered at the Centennial Lake boat launch one day this fall. They love our twisty roads and amazing views.

The "Dump" is missing its household **composting drop off container**. We found this out October 21st when we tried to drop off our kitchen compost. The Township was contacted and said it would be replaced... Hopefully a new system will be in

place shortly.

Back in Matawatchan, the **Matawatchan Hall renovation** work by Pete Fischer has made the Hall much cozier now than in the recent past with insulation and other major winterization work mostly completed.

The **Matawatchan Mashups** idea has spawned groups using the Hall on a regular basis, with no charge for the space. Tai Chi, Aerobics, Asian Cooking, Painting and Drawing classes. Regular Family Sports nights and Saturday morning coffee, tea, and baked goods socials are just a few that happened so far. Aerobics continue every Saturday from 11 - 12 except when the hall is booked for special events. People in the community are developing weight lifting fitness days and Friday evening youth nights. Social events have always been important functions at the Hall, but now they can continue all winter. Watch for potluck suppers and a possible Mid-Winter Dance. **If there is something you would like to see happen at the hall contact the Board at matawatchancentre@gmail.com or 613-333-9399 and check the calendar at**

matawatchan.ca.

One of the events proved that our community CAN keep a secret! Little did Lois Thomson know that a crack team of party planners led by Party Queen Tracy Hunchak were busy setting up the Hall for her surprise 60th birthday party in September. Her husband Mark had sworn all to secrecy and had spirited in relatives and friends from far and wide for the big event! When the guest of honour arrived she was immediately serenaded by a pick up band featuring members of the Tall Boys, the Pickled Chicken String Band and Highway 41. Lois was very surprised and she had no idea there would be such a large gathering in her honour, as her actual birthday is in November. Conveniently, there was a Harvest Dinner right after the party, next door at St Andrew's United Church. The church had the largest turnout they ever had!

October activities continued and the Hall has been well used by many. October 28 marked the now annual **Halloween Party**. The costumes and dancing were outstanding as was the band called **The Ashdads** from around Calabogie. Prizes were won and a

good time was had by all.

The **Fish and Game Club** hosted the Hunter's Dance on Saturday, November 11 at the Matawatchan Hall. The dance was preceded by the **Hunter's Dinner at St Andrew's United Church** featuring delicious beef pie and all the dessert pies you could possibly eat (just ask Pete Fischer!)

Back in Griffith, the **Seniors Housing AGM** was held in the Lions Hall on Sunday October 15 with the best ever Smoked Roast Beef Supper served with amazing salad and desserts. The smoker was provided by the Fish and Game club and considering the torrential rain, a decent crowd paid the \$15 fee which went towards Seniors Housing. The business part of the event happened before the meal and a silent auction was available for all to bid on. Pete Chess won the raffle prize of Reina Coulthart's art work.

A video filmed locally was played in the background featuring Cliff Holleran dramatizing the need for supportive alternative housing for senior's housing. Hopefully a bigger crowd will come out next year and the beef dinner will be repeated.

A **Paint Night** was presented at the

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Lions Hall on Saturday November 25 lead by Reina. The evening was a sellout with funds raised going to good causes which the Lions support.

Thank you all for supporting **The Griffith & Matawatchan Fish & Game Club!** A Big Congratulations goes out to Christine Kirkham, the winner of a new Husqvarna Chainsaw! More Congratulations to Kimberly O'Brien, winner of the Largest Buck of 218 lbs., Gord McIntyre with his 132.7 lb Doe and Glen Trendell took the Mystery Weight with his 124.5 lb Doe!

Also, the **Matawatchan Hall hosted a feastive Chili Lunch and Christmas Craft Market on Saturday, November 25th.** Soon the Matawatchan Hall will be hosting the **Children's Christmas Party potluck and Tree Lighting**, featuring Santa. Festivities start at 5:30pm at the Hall on Saturday December 9th

The **Matawatchan Church hosted a Potluck Supper and games night at 5:30 on Friday, November 24th** followed by games and Advent oriented activities.

Music wise, **Pickled Chickens have moved their Pine Valley 5pm Monday night to Wednesday.** It's good to have Joe back in action! Al Kitching claims that he has been pressed into singing, by Joe in the Highway 41 rehearsals. We can't wait to hear him "play" his newest "wind instrument"!

The **Pine Valley also hosts Bert's music Jam every Thursday** evening and often features some of the Tall Boys, Pat, Dave, and young Vern Rose, who is coming along very well with his guitar playing!

So winter is coming to the Highlands and Christmas will soon be upon us. **Griffith Lions are hosting a Holiday Craft and Bake sale on Saturday December 2nd from 10am to 2pm**, so go out and enjoy!

My apologies if I missed any important events. Feel free to call me at 613 333-1870 if you have anything to contribute.



Anne Dougherty and John Neale found Matawatchan in 2005 and fell in love with the wild beauty of the area. They have a 4-season cottage on Centennial Lake near the bridge.

Anne was born in the Soo, moved to Montreal then settled in Ottawa 36 years ago. John was raised in Dundas, Ontario. They love traveling and spending time in these Highlands but still have a condo in the city (Kanata). Now mostly retired, John & Anne love the friendly people of Griffith/Matawatchan and have made many friends here. John is a member of the Tall Boys music band. Anne and John attend St Andrew's United in Matawatchan when they are here.

Mitten Tree Now Set Up at Greater Madawaska Public Library

By Sharon Shalla

Many of us take for granted being able to reach into our closet for a warm pair of mitts, a scarf, and hat to protect us from the winter elements, but there are children in our community that aren't so fortunate. Once again, our library has partnered with the Calabogie Food Bank to help make it a warmer winter for them. Our Children's Mitten Tree is now set up at the library and we hope you will come in and choose a paper mitten from the tree. Each one bears the gender and age of a child that is in need of warm winter accessories. We ask that you purchase a hat, scarf and/or mittens for the gender and age of the child and return the mitten and gift to the library by December 16th. If you prefer to make a monetary donation, we will make sure it goes towards purchasing an item for the mitten of your choice.

With Christmas less than a month away it's time to turn our thoughts to gift giving and we've got the perfect gift for the reader and historian on your list. Tim Gordon of Burnstown Publishing House has reprinted a limited number of *The Black Donald Story*. We are now taking orders for a second printing which will be done in time for Christmas. Tim will once again donate \$5 back to the library for every copy pre-ordered through us. We have forms available online from our Facebook page, or you can send us an email and we will fill out a form for you over the phone and notify you when the book has arrived. Thanks Tim!

We have lots happening for children at the library on an ongoing basis. Peggy Williams' *Holly Jolly Storytime* is on December 14th from 10:30 - 11:30 a.m. The Renfrew County Public Health Nurse, Jennifer McCuaig, visits the library the second and fourth Thursday of the month from 10:30 - 11:30 a.m. for a one-on-one discussion with you of your child's development. She'll weigh and measure your infant, and provide advice and suggestions on your child's wellbeing. The service is free and is geared for ages infant to preschool. The drop-in runs concurrent with our storytime hour that runs every Thursday from 10:30 - 11:30 a.m. It's a wonderful opportunity for your child(ren) to socialize with other preschoolers and for you to network with their parents and caregivers. Each week a theme is chosen and a story and activity focuses on that theme. We had a spooktacular time at our storytime Halloween costume party. The children were treated to a Halloween story, treats, pumpkin painting, and a scavenger hunt. Special thanks to Evelyn Reddy and Mary Ellen Campbell for donating the pumpkins. Now plans are in the works for a holly jolly Christmas celebration featuring guest entertainer, Peggy Williams.

Have you wondered what the game of Mahjong is all about, or are you looking for



Halloween at the Greater Madawaska Public Library brought out all kinds of characters.

a group to play Mahjong with? Well...good news...a Mahjong group has recently started up at the library on Wednesdays beginning at 11 a.m. For more details, please contact the library. All skill levels including beginners are most welcome to attend.

Did you know that if there's a book you would like and we don't have it that we can request to borrow it from another public library? The Interlibrary Loan service is a valuable source for acquiring books and DVDs that our library doesn't hold in our collection. To find out more about this service please contact the library.

WE DO ALL THIS:

- Passes to Ottawa Museums
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- Ancestry Library Edition database (viewing within the library)
- FREE electronic books to download through OverDrive Recent releases by popular authors such as John Grisham, Stuart Woods, Clive Cussler, Louise Penny, Lisa Scottoline and many more.
- An Adult's Book Club that meets the last Wednesday of every month
- FREE children's programs
- FREE Public access computers within the library
- FREE WiFi inside and outside the library
- Children's and Adult's DVDs
- Mahjong Group
- Photocopying, faxing, laminating, and scanning services
- FREE delivery to the Griffith General Store every Thursday for picking up and dropping library items
- A Tween Book Club
- Large Print books

RECENT ARRIVALS:

- Adult Fiction**
- *In the Midst of Winter* by Isabelle Allende
 - *A Nest of Vipers* by Andrea Camilleri
 - *The Summer that Made Us* by Robyn Carr
- Adult Non-fiction**
- *Life Code* by Dr. Phil McGraw
 - *150 Years of Stats Canada*
 - *Killer: My Life in Hockey* by Doug Gilmour
- Youth and Juvenile**
- *Free to be You and Me* by Marlo Thomas
 - *The Very Sleepy Monster*
 - *Turtles All the Way Down* by John Green

DVDs

- *The Shack*
- *Megan Leavey*
- *Kong: Skull Island*

OCTOBER STATISTICS:

- Items Checked out of the library - 675 (wow - great number! That compares to 483 in October 2016)
- Library Traffic/Visits - 204
- New Patrons - 5
- WiFi/Public Computer usage - 50.5
- Electronic Book Downloads - 140

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Historical artifacts connected to Louis Riel were signed over to the Métis people by the RCMP in a ceremony in Winnipeg representing a shift in how Canadians view Louis Riel's legacy as a great person, a founder of Confederation.

Bookstores pulled a children's educational workbook. A section of the Complete Canadian Curriculum 3 sums up First Nations and settler relations: "When the European settlers arrived, they needed land to live on. The First Nations peoples agreed to move to different areas to make room for the new settlements." And: "The First Nations peoples moved to areas called reserves, where they could live undisturbed by the hustle and bustle of the settlers."

Ontario is supporting teachers to deliver a new curriculum, which has been developed with Indigenous partners, and focuses on residential schools, treaties and Indigenous people's historical and contemporary contributions to Canada.

The federal government will pay hundreds of millions of dollars in compensation to an estimated 20,000 Indigenous children taken from their families and placed in non-Indigenous homes during a dark chapter of Canadian history known as the '60s Scoop'.

The Supreme Court ruled that thousands of sensitive records pertaining to abuses at Indigenous residential schools are confidential and should be destroyed. 38,000 accounts will be retained for a 15-years, during which time survivors can choose to have their records preserved.

The Ottawa River joined the Canadian Heritage Rivers System in a ceremony at Petawawa Point, which hundreds of years ago was a thriving Algonquin village and the location for the designation's plaque. No laws changed, but reports must be done annually and an in-depth review every 10 years to ensure preservation and improvement.

More than 15,000 scientists from 184 countries issue 'warning to humanity'. A similar warning was first issued by scientists in 1992.

The federal government must put its plan to cut greenhouse gases and adapt to climate change into concrete action to mitigate the catastrophic effects of wildfires, floods and extreme weather events, Canada's environment watchdog warns.

TransCanada Corp finally abandoned construction of its controversial Energy East pipeline, taking a \$1 billion blow and handing environmental groups a major victory.

Lower pipeline tolls have producers from Western Canada and the US battling to ship the lowest cost natural gas to Ontario, which should see Ontarians' heating bills fall this year.

After the historic calving at the Larsen C ice shelf in Antarctica in July, scientists are now racing to explore the hidden ecosystem that has been trapped underneath the ice for about 120,000 years. If they get there fast enough, they may just get to see the environment before it changes again.

Snow crab fishermen in Canada mull gear changes to keep right whales from getting tangled and drowning, anxious to fix the problem with or without legislation to do so.

The Ontario government wants to quash a constitutional challenge by National Steel Car Ltd. of its global adjustment fee before the next election. It's a controversial surcharge on power bills that is estimated to have cost electricity customers billions of dollars. "The Ontario Legislature did not vote for the global adjustment," said a press release from Morse Shannon. "It was imposed by the IESO without democratic authority and, consequently, among other reasons, is an unconstitutional tax."

The Ontario Energy Board (OEB) announced Thursday it has permanently banned utility companies in the province from disconnecting residential customers for non-payment between Nov. 15 and April 30 of the following year. Thursday's decision also prohibits companies from installing load limiters during winter months. These devices are used to restrict the flow of electricity to a customer's home in order to reduce overall consumption.

Offshore wind could power the planet. Researchers have found that open ocean wind farms could produce three times as much power as onshore facilities, theoretically generating enough electricity to supply global energy demand.

Terry Sterrenberg & Laurie Simons are showcasing North Frontenac in their documentary, "Our New Economy", highlighting how the small township is implementing a new, never before attempted economic strategy, with the dream of changing the town's economy from austerity to sustainable abundance. View the trailer at <https://ourneweconomy.com> and go to <http://www.northfrontenac.com/ecodev-projects.html> to learn more about the economic development strategy that attracted the film makers.

Ferrero Canada is looking to Frontenac County and the greater Kingston region as a possible hazelnut growing region. It takes at least four years for a tree to mature, so they will be looking for growers to participate in trials to find the best species. contact@ontariohazelnuts.com

M&R Feeds in Renfrew and Dupont Pioneer presented a cheque for \$3,600 to the County of Renfrew's Emergency Services to purchase a public access defibrillator and to provide CPR training and first aid training to the agricultural community in the County of Renfrew.

A survey by the Ontario Beekeepers Association said 57 per cent of Ontario's beekeepers reported honey production for 2017 was down by half or more than half from last year due to abnormally wet weather. Both small and large beekeeping operations were affected.

Ontario regaining status as economic engine for Canada. Province's economy is forecast to lead country in growth, but wages fail to keep pace with inflation.

Ontario passed an omnibus bill that will see minimum wage go to \$15 an hour in a theme of fairness that will likely carry through to the June 2018 election, along with free tuition for low- and middle-income students, more child care spaces and pharmacare for youth.

Study shows a significant cold-preventive effect for sex once or twice a week in long term relationships.

The Hastings County Museum of Agricultural Heritage (officially named Farmtown Park in 2012) has become a major tourist and events destination located at the Stirling Fairgrounds. The museum has grown from one 30-by-40 foot building to nine buildings and 45,000 sq. ft of exhibition space, showcasing thousands of artifacts that tell the story of farm and agricultural life in a rural community — everything from cheese making to education.

Algae blooms have been a growing problem for Lake Erie since the 2000s, mostly because of the extensive use of fertilizer on the region's farmland. The algae blooms contain cyanobacteria, which, under certain conditions, can produce toxins that contaminate drinking water for many towns around the lake.

Scientists have found that washing fruit and vegetables in water with a dash of baking soda is the most effective way to remove pesticide residue.

Ontario will provide an additional \$72.6 million over the next three years for psychotherapy programs expected to help more than 100,000 people. Structured psychotherapy is an evidence-based, life-saving treatment for illnesses such as anxiety and depression. Public funding for this intervention is a major milestone toward ensuring that people with mental illness receive just and equitable access to the health care they deserve.

Norwegian study: Just one hour of any kind of exercise a week may help prevent depression.

A new suture and staple-free method to close incisions proves hopeful for humans. The sealant, based on elastin—a human, resilience-imparting protein present in all elastic tissues can be photochemically tuned to seal incisions in arteries and lungs of rats and to repair wounds in the lungs of pigs.

UBC responds after prof withdraws paper linking element of vaccines to autism. Figures in the paper were allegedly manipulated before publication. In an online post, one doctor called the paper "anti-vaccine pseudoscience." Dr. Michael Gardam, who saw the paper and the accusations, said there seems to be "pretty clear evidence that data has been falsified." The associate professor of medicine at the University of Toronto called the alleged manipulation "appalling."

Slow Internet and 'rush hour' - the peak time when data speeds drop by up to 30% could soon be history, thanks to scientists who have developed new hardware that consistently provides high-speed broadband connectivity.

Canadian Facebook users will be able to select a "View Ads" option to see which ads are being run on a specific Facebook page. This feature will also be rolling out on Instagram and Messenger. Facebook Canada announced the launch of a "Canadian Election Integrity Initiative" going into the 2019 federal election following a report published by the Communications Security Establishment in June that predicted Canada's next vote was a likely target for hackers.

TVO is excited to announce it will introduce two new Ontario Hubs by January 2018 to expand its balanced, in-depth regional journalism across the province. The new Hubs will launch in Sudbury and Kingston to strengthen the voice of Northeastern and Eastern Ontario communities that are increasingly under-represented in current affairs stories and analysis.

A Stanford study has demonstrated that the optical fiber cables underground throughout cities can act as an early earthquake detection system.

Police expect to solve numerous break-and-enter investigations after executing a search warrant in Renfrew. Opp laid charges against Andrew K. MacDonald, 25, Brandon D. Thomson, 29, Jacob N. Thomson, 22 and Alisha Thomson, 20, all of Renfrew. They recovered a large quantity of stolen property on Tuesday, Oct. 17. All have been released pending trials.

A Montreal driver says his passionate rendition of a cheesy 1990s pop hit while driving has netted him a \$149 fine for screaming in public. According to a Montreal bylaw, "to cause disorder by screaming" violates "peace and tranquility" and can be punishable by a fine of \$50 to \$1,000 for a first offence and \$100 to \$2,000 for subsequent infractions. He plans to contest it.

61-year-old John Douglas (Doug) Burwell of Renfrew is facing two counts of breaking and entering, two counts of committing an indictable offence, and six counts of possession of property obtained by crime, after allegations of underwear theft. Police believe this has been going on for "a number of years." If you have information contact the OPP at 1-888-310-1122

Ontario bill recommends significant changes to the police complaints system, granting greater powers to police oversight bodies, defining the core functions of sworn officers, and more.

Snow bikes are not allowed on OFSC trails.

Ontario's new marijuana legislation earlier contains penalties for illegally selling or distributing cannabis, including fines of up to \$250,000 and/or jail of up to two years less a day. For every day those people or businesses continue to sell marijuana after being convicted the first time, they will be subject to further fines of up to \$100,000 and \$500,000, respectively.

Scientists have taken a major step towards understanding why batteries catch fire. They have captured the first atomic-level images of finger-like growths called dendrites that can split the barrier between battery compartments and trigger short circuits or fires.

Twenty years ago, the Cassini space probe launched on a mission to discover the secrets of Saturn and its family of moons. Now, anyone with an Internet connection can venture to the Ringed Planet (among other celestial bodies), thanks to Cassini's high-definition photos. Google added three planets and nine moons to its virtual Maps program, including Saturn moons. Google Sky www.google.com/sky

All is Calm. All is Bright.

By Susan Veale



Humans weren't designed for multi-tasking. People who meditate regularly have different patterns of brain electricity, potentially leading to more efficient attention-paying and learning. Remember, what you practice grows stronger!

These are the words from the timeless Christmas Carol, "Silent Night". Wouldn't it be wonderful if life was full of calm and bright, but the reality is that is not possible, at least not for any length of time, and the Christmas season is no exception. We find ourselves scurrying for gifts and groceries, parties and parades, decorations and dolls. Our minds race from one task to another and our bodies trundle behind exhausted, overfed and undernourished.

What if we could offer ourselves moments of calm in the middle of the Christmas rush? What if we could learn to become aware of each moment, learn to stay in that moment without traveling into the next?



Contrary to popular belief, the human mind/body is not made for multi-tasking, nor is it good at it. The body is designed to be energetic and active, then recover. In our modern, mobile world, people don't have recovery time. There has been a silent, rapid invasion of our space. The result is people are multi-tasking all the time and the more it is done, the worse one gets at it. One University of California research study revealed that people switch activities every three minutes during a typical workday, but it takes them significantly longer to get back to the original task. People check their phones or mobile devices frequently while carrying out conversations, eating, watching TV, and sadly, driving. All this has taken away from our ability to stay on one task and dedicate our full attention and awareness to just that task.

What you practice grows stronger. The more you put your mind and body through multi-tasking, the more you crave to continue it. However, what is not realized is that it leads to higher levels of stress, frustration, mental effort, feeling time pressured and mental overload. A 2014 study in the journal, PLOS One, found that people who spend a lot of time "media multi-tasking" or juggling

lots of different websites, apps, programs or other digital stimuli, tend to have less gray matter in the part of the brain involved with thought and emotional control.

These same structural changes are associated with obsessive-compulsive disorder, depression and anxiety disorders.

In contrast, author Daniel Goleman says, "a relaxed, alert state is the optimum for any performance in any field. Athletes try to get in that state, because that's when the brain processes best and the mind functions at its peak"

No wonder Mindfulness is being called the "New Science to Health and Happiness". Hospitals across the United States are increasingly using meditation, yoga, guided imagery and similar alternative practices as part of the health-care offerings to patients undergoing surgery, pain management, cancer treatments and more. Corporations such as Nike and Google have been jumping on the bandwagon offering Mindfulness training to their staff. Mindfulness apps have millions of downloads worldwide.



Have a stress free holiday.

The benefits of Mindfulness are measurable. The American Psychological Association cites Mindfulness as a hopeful strategy for alleviating depression, anxiety and pain. But the reaches of Mindfulness benefits delve deeper. Another study performed at the University of Wisconsin, found that people who meditate regularly have different patterns of brain electricity, potentially leading to more efficient attention-paying and learning. Remember, what you practice grows stronger!

If you are the type of individual who proudly declares, "My brain just works too fast, I'm way ahead of the crowd. Meditation is not for me," you are exactly the kind of person who needs it most. Philosopher Simone Weil observed decades ago, "Attention is the rarest and purest form of generosity." Giving attention to each moment is a wonderful gift worth giving to ourselves.

Every mind needs Mindfulness, the over worked, overstressed employee, the anxious teen, the chronic pain sufferer, the elastic parent who is pulled in many directions, the dedicated caregiver, the determined athlete or the individual who feels life is passing by way too fast.

Mindfulness Meditation is more than a hippie generation of sitting, it is about finding that calm in our crazy-busy days and discovering the rewards that come with practice. Give yourself the gift of calm this Christmas!

Calabogie Mindfulness Meditation offers many programs to learn the tools of Mindfulness. A new 8-week program will be starting in January. For those who would like a sample, on Saturday November 28th, from 11-1 pm, come and explore, "A Taste of Mindfulness", at the Greater Madawaska Public Library, Calabogie. A donation to the local food bank is appreciated.

For more information contact Susan Veale - Mindfulness Teacher at 613-752-1540 or the Library at 613-752-2222.



Denbigh-Griffith Lions Club
25991 Hwy 41, Griffith, Ontario

Denbigh/Griffith Lions Club would like to thank our members for their gifts and friends for making our 10th Show & Shine Car Show so successful. We would also like to thank the following for their gifts to the Car show:

William McNaught
Griffith General Store
Pembroke Mall
Belleville VW
MY FM
Griffith Bldg. Supplies
Listen Up (Alisdair Cumming)
Canadian Tire (Pembroke)
Reina Coulthart
Bence Ford (Kaladar)
John Yakabuskie, MPP
Cheryl Gallant MP
Eganville Foodland
Napa Auto Parts (Pembroke)
Car Quest (Doreen McDonald)
Giant Tiger (Pembroke)
Snider's Tent & Trailer Park
W.O. Stinson & Son (Kirby Morrison)
Township of Greater Madawaska
Denbigh Recreation Committee
J. Scott MacDonald Contracting
George Jackson Toyota
George's Marine & Sport (Eganville)
Glen's Country Car Sales
www.e-clubhouse.org/sites/denbighgriffithon



Certified
30 Years Experience

DOYLE CARPENTRY

*I can help you with your
home or cottage project
from start to finish!*

FRAMING, DRYWALL, PAINTING - DOORS & TRIM
RENOVATIONS, INTERIOR AND EXTERIOR

Jeff Doyle
Serving Denbigh & Area
doylecarpentry.jd@gmail.com

CHURCH SERVICES & COMMUNITY EVENTS CALENDAR

Also check:

www.matawatchan.ca
www.greatermadawaska.com
www.addingtonhighlands.ca
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
www.hilltopchurch.ca
 Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church
 424 Matawatchan Rd.
 613-333-2318
 Sunday service 10:30am
 Pastor Laurie Lemke 613-479-2673
 Facebook: Vennachar Free Methodist
 Church

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., Father Kerry Brennan
 Sunday Worship 8:30 a.m.

Mount St. Patrick
 St. Patrick's Catholic Church
 Father Holly, Sundays at 10:45 a.m.

Calabogie St. Andrews United Church
 1044 Madawaska Dr. (on the
 waterfront) Sunday Worship 8:30am
 Communion 1st 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

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 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 2nd Monday (If holiday, then
 3rd 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

Learn to Skate 2018, January to
 March, Tuesdays 6:30 - 7:30pm
 Calabogie Rink (weather permitting).
 \$15 per child for the season. All
 ages welcome.
 Register at township office, 19
 Parnell St. Calabogie

Shinny Hockey, January to March,
 Thursdays 6:30 to 7:30 (weather
 permitting) Calabogie Rink 574 Mill
 St. Register at township office, 19
 Parnell St. Calabogie

SPECIAL EVENTS CALABOGIE:

Breakfast and Crafts with Mrs.
 Claus Saturday, Dec. 2, 9 - 11am
 Buffet and Christmas craft making
 with Mrs. Claus at the Calabogie
 Community Centre, 574 Mill St. \$12
 per person, \$7 Under 15, Free - 5

Christmas in Our Town Concert,
 Saturday Dec. 2, 7 - 9pm
 Fundraiser
 St. Joseph School 12629 Calabogie
 Rd. Tickets: \$7, \$20 per family.

Refreshments. Bring non-perishable
 food item for food bank

CJHR Holly Jolly Radiothon for
 Hospice Renfrew, Sat. Dec. 2, 10am
 - 2pm. Live valley entertainers with
 host Art Jamieson.

REGULAR EVENTS

GRIFFITH & MATAWATCHAN:
 Matawatchan Hall Events, 1677
 Frontenac Rd. Check online
 calendar at www.matawatchan.ca
 Matawatchan Walking Club
 Wednesdays April to Oct. 9:00 a.m
 Nov. to Apr. 10:00 am
 Start at Matawatchan Hall
 Info: Brigitte 613-318-8308

Aerobics and Cardio Dance to
 suit all fitness levels led by an
 experienced instructor at the
 Matawatchan Hall. FREE Saturdays
 11:00 - 12:00 except during
 markets and events at the hall

Asian cooking with Maggie Liu,
 last Thursday of the month at
 6:00, subject to change. Contact
 in advance, magonion@yahoo.ca
 \$10 for ingredients, plus extra for
 Maggie appreciated.

Matawatchan Book Exchange at the
 Matawatchan Hall any time the Hall
 is open, sponsored in part by the
 Greater Madawaska Public Library.
 Bring some books and borrow some
 books. Just sign them out and bring
 them back when you can.

Denbigh-Griffith Lions Club
 Events at the Community Hall Hwy
 41 Griffith:
 Bingo every second Tuesday at 7:30

TAI CHI at the LION'S HALL
 Hwy. 41, Griffith 613-333-1423
 Beginner's Class, Mondays @ 12:45
 p.m. Sign-In, Class begins at 1:00
 p.m. sharp. \$10 drop-in fee every
 session, Holiday Mondays, class
 will be on Thursdays @ 9:00 a.m.
 Teacher has 4 years experience to
 help us. All are welcome, men &
 women.

Northern Lights Seniors
 Fellowship Lunch at Noon-Third
 Wednesday of the month at the
 Lions Hall Griffith. 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 - 9:30pm Contact
 John/Nancy Reid (613) 333-9556

The Pickled Chicken String Band
 Wednesdays 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. at the Pine Valley

SPECIAL EVENTS

GRIFFITH & MATAWATCHAN
 December 9 Matawatchan Hall
 Annual Christmas Party. 5:30
 Potluck Dinner at the Hall 7:00
 Tree Lighting Downtown 8:00 Santa
 Arrives at the Hall SANTA is coming
 to Matawatchan. Parents, contact
 Tracy at 333-9589 ASAP, so Santa
 knows you child is attending.

Xmas Craft Sale Saturday Dec. 2,
 10 - 2, Griffith Hall Hwy 41
 Door prizes, raffle draws, baked
 goods, canteen snacks, home
 cooked lunches.

Lions Christmas Bingo, Dec. 5,
 7:30pm 9 regular games, \$25 prizes
 3 special games \$50, 2 jackpots
 \$500 bonanza

Lions Club Caroling all through
 December

NU 2 U Shop Christmas, 10 - 4
 Looking for Christmas gifts at a
 great price? Hwy 41 in Griffith.
 Check matawatchan.ca for winter
 potluck dinners and possible
 Griffith Matawatchan Winter
 Carnival

REGULAR EVENTS:

DENBIGH & VENNACHAR
 FREE weekly "Play to Learn"
 playgroup at MAYO COMMUNITY
 CENTRE in Hermon Tuesdays 10:00
 am to 12:00 pm. snack provided

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
 McKinnon 613-333-2791

DENBIGH SPECIAL EVENTS:

Santa Claus Parade Dec. 2, 6 pm
 Lions candy bags, then Santa and
 snacks in the Denbigh Hall.

DACRE REGULAR EVENTS:

Games Night, 2nd and 4th Fridays
 Open to ideas. Contact Michael at
dacacommunity@gmail.com

DACRE SPECIAL EVENTS:

Deck the Small Halls with "Once",
 Friday December 8 DACA Centre,
 111 Flat Road. Dacre
 tickets and info ontariosmallhalls.com
 613-402-1425

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.

SEND US YOUR EVENTS:
 The Madawaska Highlander
 3784 Matawatchan Rd.
 Griffith, ON, K0J 2R0
info@reelimpact.tv
 613-333-9399

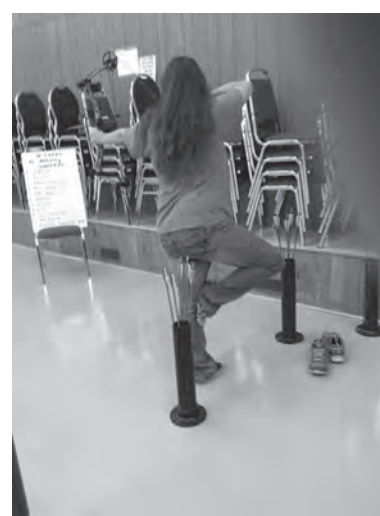
Bogie is a Happenin' Place!

This is your column, so contact me to report on activities before or after events. (613)433-1131 bogiebeat@gmail.com

By Skippy Hale

Have a wonderful Christmas, Chanukah, Solstice or whatever winter celebration is yours and I will be back on this page in May!

Those of us, who love to skate, ski, sled and snowshoe (try saying that quickly) are welcoming the coming winter. I dare say, so are the fisherfolk. If my back behaves I hope to cut a few curves at the rink and make my way up the trail on my snowshoes! Speaking of the rink, do not forget to spend a great evening of music when Marie Buscomb once again presents 'Christmas In Our Town'. She has organized this great show every year in aid of the Raise the Roof Committee. We have a lot of talent here and it is a joy to watch the youngsters as they mature as musicians and singers. It will be held at St. Joseph School, Calabogie, 12629 Lanark Rd. Saturday December 2, from 7-9pm. Contact Marie Buscomb. \$7/person or \$20/family. Please bring a non-perishable food donation for the Food Bank. It is sponsored by the Township of Greater Madawaska. There will be Refreshments. The Christmas Bazaar held at the United Church is always a great event! When I moved here, I was told after the lighting of the trees at Heritage Point, we could turn our house Christmas lights on!



Another activity, which happens Saturday mornings at St. Andrew's Calabogie United Church EC Hall is Archery. People of all ages participate. The instructor is Hans Kolpin. The bows are various sizes to accommodate children to larger adults. They are fairly heavy and Hans is an excellent

Instructor. He is an Olympian and stresses Safety above all. He uses whistle signals and no one is at the end where the targets are of course. I took a few shots and I even got on the edge of the target once. There is a short discussion session, which is bible-based, and archery principles and rules can be analo-

gous to living a good life. At the end there was a competition and one of the young girls won a coupon. If you would like to try, pop down to the United Church Saturday mornings and see what it is all about! They are a nice friendly group.

There is a saying, 'If you want something done, ask a busy person'. In Calabogie, that also refers to the Calabogie Lions Club. Until I was asked to help after the Santa Clause Parade a few years ago, I had no idea how much Community work they do, much of it behind the scenes, such as helping some families in need. 2017 has been particularly busy since they celebrated their 65th Charter Anniversary with activities throughout the year.



Firefighters from Calabogie and Renfrew and family members

On Sunday, October 1, a Pancake Breakfast was held at our Community Centre in support of the Fire Department. They were aided by our Firefighters, as well as those from Renfrew. What a case of Neighbours helping Neighbours! The food was delicious and all we could eat. Where else could you get a hearty breakfast for \$10 (\$5 if you are under 12)? The Lions Club donated funds to the Greater Madawaska Fire Department.

Sometimes it is so busy in the village, that I scramble to make the events. Saturday, October 21, was such a day. I arrived at Shooter's for a Baby Shower only to be told by Annie, that I was an hour and a half early. This was good since I did not wish to miss the Lions' 65th Charter Wine and Cheese Open House at the Community Centre. It was a lovely event and the food was fantastic! I swear if I keep going to their events, they will need to roll me down the hill to my house because the food is always so great. After that I was off to the Shower to ooh and aah over all the neat things for the babe.

Don't forget the Santa Clause Parade on Sunday, December 3 at 1pm in the village. Santa will be at the Community Centre after-

wards and he will have some treats for good boys and girls. There will be hot drinks and goodies for everyone. At 6:30pm on Wednesday, December 13, don't forget the Lions Christmas Bingo. There will be special Ham and Turkey prizes as well as cash for special games.

Finally, to end our 150th Canada Birthday and the Lions' 65th Birthday, there will be a New Years Eve Dance Sunday, December 31 from 8pm to 1am. Refreshments will be served at 11pm with Champagne at midnight. Tickets are \$20/person. The band, Karmacode, will play music from the 50's to the 80's.

There are 50/50 draws at Shooter's every Monday (Euchre) and Thursday (Wing Night) and Bingo every Wednesday at the Community Centre. Proceeds support the Community. A nice, shiny brochure was put in all our mailboxes, but you can pick them up around the village to remind you of events. Thank a Lion when you see them. They are here for us in so many ways... I only touched on a few.



Flippin' Lions at the pancake breakfast. Pics by Laurent Coulibaly



Lions 65th Charter Anniversary Wine and Cheese at Calabogie Centre, October 21



Dave Ripmeister, a Firefighter, presents a cheque to Barry Nichols, a Lion, while other Lions and Firefighters look on.



Calabogie Homeless Cat Caregivers and VARS. At St. Joseph School Craft Sale. LtoR Linda Gervais (VARS), Sharon White (CHCC)



A good crowd and lots of beautiful crafts to choose from at St. Joseph School Craft Sale.

**'They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.
We will remember them.'**

At the eleventh hour of the eleventh day of the eleventh month, our nation pauses to reflect. To many, so much is owed. They left the comforts of home and family to freeze in the mud, rain and snow of Europe or the heat and blowing sands of Afghanistan. As Peacekeepers, they travelled the world from the Middle East to Africa. In earlier conflicts women served as ambulance drivers, nurses, cartographers, cryptographers and in other capacities. Today, women serve in combat and as pilots, mechanics as well as in the tra-

ditional roles. All Canadian Service women and men have and continue to serve. Thank you.

In Calabogie, we have our service at the Cenotaph by the lake on the Sunday before Remembrance Day. It is always a touching service. Over the years, John Watts has organized the event and facilitated the participation of Garrison Petawawa. This year, John was in hospital preparing for surgery, so his wife Marjorie carried out much of the planning while travelling back and forth to



Ottawa. As a former Army wife, she knows how to carry on when John is absent. Thank you both and heal well, John!

There are certain aspects which are ritual, no matter where the event is held, from Ottawa across Canada and around the world: Our National Anthem, Last Post, Gun Salutes, Silence, Act of Remembrance, Lament by a Piper, Reveille, Silver Cross Mother, Laying of Wreaths, Royal Anthem and the March Past. There may be addresses by religious leaders, poems and choral presentations, but it is always solemn and respectful. November 11, 2017 was sunny, but very cold. Sunday, November 5 in Calabogie was blustery and rainy. As we stood in the rain, we commented on the lads in the trenches of Vimy, Passchendaele and elsewhere who really suffered and not just for an hour and so many upon their return. They did not have warm, dry clothing, umbrellas or rainwear.

Health Care - Home Support, New Doctor and New Pharmacy



Sherif Hassan (Left) and Khaled Darwish (Right), Pharmacist/Owners of Calabogie Pharmacy, ready to welcome you to the bright new pharmacy, now open at 1101 Francis St.

Unlike many small municipalities, we have a Medical Centre staffed by 3 doctors. There is a doctor on staff every day, Monday to Friday. Please note, though, it is not a drop-in clinic! I have yet to meet Dr. Blaine, but I understand he is interviewing new patients now. Patients who are in need of a family doctor must be registered with Health Care Connect. The phone number is 1-800-445-1822, or register online at www.health.gov.on.ca/en/ms/healthcareconnect/public or contact Renfrew and Area Health Services Village at 613-432-3328. Aside from his Medical experience and background, he is an athlete who played Lacrosse at the provincial and varsity

level and is part of a provincial Crossfit team. He plays hockey in the Lanark County doctor's hockey team, 'the sons of Lanarky'. Calabogie suits his lifestyle.

The Calabogie Pharmacy is now open at 1101 Francis St. I have met Khaled Darwish and Sherif Hassan, the Pharmacists and have already switched my prescriptions over. It will be handy if any are changed, since it is next door to our Medical Centre. They are open Monday to Friday 9:30 to 5:30. Until November 30, receive a \$5 discount, if you spend \$25 on the front of the shop products. Every Tuesday seniors can save 20% on those items as well. It is open

and bright inside and hard to imagine that it is the same place as the former Township Office. They carry some personal care products as well as over-the-counter items. They may expand into other health care items and Aids to Daily Living. We received a card highlighting their services in our mailboxes, but drop in, say 'Hi' and welcome them to Calabogie. Also, thank the Councillors and Mayor for working hard to bring us this service. By the way, they also have free delivery in the area!

Calabogie and Area Home Support are looking for a few more Board Members and Drivers. I am a new Board Member

and also a client. I do not have a car, so it has been a real help to me. I did not think it was for me since I am in good health. It is a service to drive you, either around the village, or into any of the surrounding towns or cities. There is a slight charge according to the distance. If there is a financial problem, speak to the coordinator. I usually plan to have all my Renfrew stops on one day and the kind drivers take me to all the places and put up with my Chatty Cathy chatter. Home Support also sells healthy frozen foods for \$10 which you can pick up at the office.

Vimy Oaks



During April 9th to 12th, 1917, in Northern France, Canadian soldiers made history and our nation is thought to have come of age. A Canadian soldier, Lieutenant Leslie Miller collected acorns after the battle and planted them on his Scarborough, Ontario farm when he returned to Canada. There are still some standing there today. All of the oaks at Vimy were destroyed by the shelling. A group of volunteers are honouring the legacy of Canadians who fought in the First World War by planting 'Vimy Oak' saplings. They are part of the Vimy Oaks Legacy Corporation, a not-for-profit group. The saplings are descendants of those acorns gathered after the Battle of Vimy Ridge. The corporation wishes to repatriate these English oaks (*Quercus robur*) to Vimy Ridge in 2017 and to disperse them across Canada.

The self-called the Four Amigos, live here in Calabogie. In 2012, they travelled to the battlefields of Belgium and France and visited Vimy Ridge. When they heard about the Vimy Oaks project, they acquired two of these Vimy Oak saplings and planted them at the Cenotaph by the lake on Madawaska Street. A third one was planted by the County. The saplings growing in a nursery in France were grafted from cuttings from Canada and will be planted at Vimy in 2018 to commemorate the Centennial of the end of the First World War. Thank you gentleman. What a thoughtful gesture in the Centennial

The four amigos... L to R: Archie MacMillan, Jeff Agnew, Dennis Fodor, and Tom Coates at the Vimy Ridge Memorial in France.



One of two small Vimy Oaks at the Cenotaph in Calabogie the four amigos planted. year of the Battle of Vimy Ridge and Canada 150! Parents, go to the Cenotaph and tell your children this story. Visit <https://vimyoakslegacy.ca/en/vimy-oaks-soldier/> to learn more about Lieutenant Miller and how his Loyalist family came to Upper Canada and how their devotion to our country influenced this young soldier.

Valley Animal Rescue



In her sunbeam...

Not only are we over-populated with feral cats, but it is a problem throughout the Valley and beyond. Without the active role of tireless volunteers it could be worse. Arnprior or no-kill shelter cannot take any more. They have 150 cats and kittens. Drop in and adopt one or two.

Valley Animal Rescue has helped us here in Calabogie. Right now, they are helping with my fosters who will probably never be tamed. Go to valleyanimalrescue.ca to view adoptable cats and dogs.

OPG Draw Down

I noticed that the river below my hill was very low. I am used to it going up and down according to the weather and subsequent water levels up river. On the Township website, I saw a notice from OPG. "The 'draw down' is done to encourage frogs and turtles to seek over-wintering aquatic habitat deeper in the water column, which is less likely to be disturbed by winter water level changes." It was due to start the week of November 13. This is an initiative supported by the Ministry of Natural Resources and Forestry. Lucky frogs and turtles!



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.

Colton Creek

PROPERTY
MAINTENANCE

613-334-8010

coltoncreekpm@hotmail.com

JOEY ROSENBLATH

Snow Removal · Dock Removal
Fall Cleanup · Pressure Washing
Brushing & Chipping · Cottage Checkup
Tree & Stump Removal · Landscaping
General Household Maintenance & Repair

Fungi Foraging in a Winter Wonderland

By Colleen Hulett This article is for general interest only. Mushroom harvesting can be a dangerous thing, but wonderful if you have the expertise.



Can you see why this Tinder Polypore bracket is also known as a Hoof Mushroom?



This Tinder Polypore can be used as "tinder" to start a fire, something every hiker should know.



Turkey Tail can be harvested frozen and thawed out for later use in a tea or soup. Turkey Tail can be found all over the world. It is a revered medicinal fungus in Asia.



Many mushrooms will take advantage of a winter thaw to stick their heads out of the snow.



Expert foragers will tell you wild Oyster Mushrooms taste much better than store bought and they're much cheaper!



Wood Ear Jellies don't look so tough, but they grow above ground and can handle our cold winters.

As I write this article, it is mid-November and a very balmy 6-degree Celsius outside. Warm temperatures seem to be happening every year now in our region. I could get used to this. Seriously, the grass is green and still growing. My lawn should be dry and yellowish brown by now. Thank goodness, most deciduous trees have finally dropped their leaves to blanket the forest ahead of the winter season. I was getting worried. Everyone up here needs a blanket in the winter! We have had a couple of killing frosts so far and almost all the herbs have disappeared till next year. Herbs, being non-woody tender perennials, unfortunately cannot survive our fall frosts. The exception being if they live in and around urban centers. I usually harvest herbs in September ahead of the rain season. Fortunately, due to a warmer year, mushroom season is still on for hikers. The ground is a foot deep in leaves which make it difficult to forage for toadstools and other fungi on the ground level. But if you rake the leaves away you can probably still find stuff like Maitake mushrooms near the oaks that still have their leaves. At this point in time though, you can readily see fungi that are off the ground and can handle our cold weather. Mushrooms, for example, like the fall oyster, wood ear jellies and several tree brackets.

An important winter hiker's mushroom is the Tinder Polypore bracket (*Fomes fomentarius*). It is also called the hoof mushroom because its shape resembles the hoof of a horse (see picture). Tinder Polypores are very light grey or

beige colour with darker grey and brown concentric bands and brown pores. I see many strikingly beautiful ones on every hike. They grow on dead deciduous trees or in wounds of living deciduous trees. Tinder Polypore bracket is often confused with young Artist's Conk (*Ganoderma applanatum*), but this bracket is flat, saucer shaped and has a white pore surface that permanently discolors when you scratch it (or draw on it). Artist's Conk probably could be used as tinder but please don't do it as this is a perennial mushroom and therefore still living. Let it grow. Each ring resembles how many years it has survived. Have fun counting them to see if that bracket is older than you. Okay? Tinder mushrooms are abundant annuals and there will be more next year.

Stamets states that a long time ago First Nations peoples of North America would grind up tinder mushroom and pack it into a hollowed buffalo horn. They would light it and then use this method to transport their fire from one hunting camp to the next. Tinder Polypore has been used as a fire starter in Europe for centuries too. I find this an indispensable survival knowledge to pass on to hikers, campers and hunters in our highlands who one day may unexpectedly get lost or stranded in the forest. This knowledge is especially important in the stormy winter months in Canada. It is a perfect fire starter. The mushroom is easy to find and to reach. It is woody, curved and hoof-shaped so doesn't absorb rain or much snow on its cap. Its design keeps it dry and ready to burn. It is easy to re-

move off a tree with just a small knife. Even though the tree is dead or dying, please avoid removing any bark from the tree and leave a sliver of the bracket on the tree. The bark is its food. I cut a 1/2 inch away from the bark when removing a bracket. Cutting this way doesn't damage the mycelium under the bark and allows it to live and do its thing. This is a 'wildcrafting' method that contributes to the sustainability of the forest.

How do you start the fire with this mushroom you ask? First thing you do is pick the first three dry decaying hoofs you see on your excursion and store them in your knapsack for safe keeping. Promise? You don't want to be looking for these in the dark. Right? To make an emergency fire from the tinder mushroom you first need to shave off the outside layer and then break the woody inner fungus into smaller flake-like pieces. Make a spark over the fungus flakes and use this newly smoldering fungus to light your firewood tinder. This works very well in the dark if you are carrying a lighter or matches. Forgot the lighter? No worries because on a sunny day one can easily spark flaked tinder fungus with a magnifying glass in less than 2 minutes. My advice is not to forget the matches, so you don't spend your first night without a fire and end up going to sleep with your fingers crossed for a sunny morning.

The Tinder Polypore is an important bracket but not as cool in my opinion as the Turkey Tail Polypore. This bracket is one I consider to be an important natural medicinal during the cold and flu season. It can be harvested

from June to February. Like jelly fungi, Turkey Tail can be harvested frozen and thawed out for later use in a tea or soup. You can find mushrooms under logs during our harsh winters but lately we are seeing more and more pop up. In fact, for the last couple of years this area has begun to have intermittent days of balmy thunder showers in January and February and fungi like tender oyster mushrooms can amazingly appear in cracks of trees, especially in and around urban areas. A 'side-benefit' to global warming? Yes indeed. Turkey Tail can be found all over the world. It is a revered medicinal fungus in Asia with tons of scientific studies to back its worth.

There are many reasons why we should embrace this common mushroom living right here in our back woods. Its value is no secret. It can be purchased easily in

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 Herbology 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. Hulett.Colleen@gmail.com www.calabogiehiker.com Twitter: Highlands Hiker @calabogiehiker



By Angela Bright

health food and Asian stores and can also be ordered online. I say there is no need to buy it as it is abundant in the highlands and easy to identify despite having several seemingly look-alike fungi. No worries as by the end of this article you will be an expert Turkey Tail hunter and forager.

First the science. There are an innumerable amount of scientific studies and articles on the medicinal benefits of Turkey Tail around the globe. This bracket has been in use for thousands of years in Asia. To me, having managed a health food store for many years, the immune modulating (balancing) effects of Turkey Tail is its primary medicinal action. The fact that it has vitamin D also is a bonus for our health. (Google it please, vitamin D is found working in almost every function of the body). Stamets states that in 2012, a modern study found that the immune system of breast cancer survivors using Turkey Tail recovered 400 times quicker after chemo than when using only conventional methods.

Turkey Tail can be easily found anywhere there is dead trees and fallen logs. It can be hard to see because it mimics the bark of the tree. It is thin, velvety and leathery in texture with distinct banding of colours ranging from browns, rusts, greys and blues. No two turkey tails are alike (see photos) but they all have a strikingly flat white underside with tiny pore holes. No other look-alike brackets have a white pore underside. Common brackets mistakenly identified as Turkey tail are the false turkey tail and the violet-toothed polypore with their respectively brown and toothed underside. Other similar brackets have gill-like undersides. Now you are an expert Turkey Tail Polypore hunter. Congratulations. It's time to start foraging for this gem on your next hike so you can make some tea and get your immune system ready for the busy shopping and flu season. To make a tea cut the brackets in ½ - 1-inch pieces. Add one cup of the fresh or sundried Turkey tail pieces to five cups of boiled water and simmer for one hour, adding water as needed during the hour if the liquid is evaporating away too quickly. Strain and store in the fridge for up to three days. Drink a warm cup or two daily with honey, lemon, ginger or turmeric slices as needed for your taste buds.

Please share this article with your children and /or friends. Happy winter hiking and hunting everyone.

Happy hiking everyone!

Book Sources: Field Guide to North American Mushrooms. Gary Lincoff. New York, NY. Revised 1995; The Complete Mushroom Hunter. Gary Lincoff. Beverly, MA. Revised 2017; Mycelium Running: How Mushrooms Can Save the World. Paul Stamets. Berkeley, CA. 2005.

Video sources: Anything by mycologist Paul Stamets and mushroom hunters Adam Hartigan (Learn Your Land series), and Yarrow Willard (Harmonic Arts series). Too many videos to list here.



It was a lot of fun dressing up for the Halloween Party, hosted by Denbigh Recreation.



Healthy food can be fun, too!

*Denbigh Recreation hosted a Halloween Party on Saturday, October 28th, at the hall. The children played games, decorated cookies, and made a craft. A tasty BBQ lunch with fruit & veggies was provided for all. Thank you to all the volunteers for a great time for the kids and their families!

*Looking for a great gift idea? Have someone on your list who is hard to buy for? How about a Good Food Box! The produce is provided at wholesale prices with three price points to choose from. \$6 will buy your choice of a small veggie bag or fruit bag of 3-5 items. \$11 buys a small bag of a mix of fruit & veggies of 7-11 items. \$17 is the large bag of fruit & veggies with 12-15 items. You can place an order at one of two locations: at Vennachar Free Methodist Church from 1-4pm on Wednesday, November 29th; or at Lakelands Family Health Team on Thursday, November 30th. The orders will be delivered on Thursday, December 21st, just in time for Christmas! Remember that where you place your order is where you pick it up. Info Angela 613 333 1901.

*The Denbigh Griffith Lions Club's Christmas Craft Sale will take place Saturday, December 2nd, 10am to 2pm at the Griffith Hall, with door prizes, raffle draws, crafts, baked goods, a canteen, snacks, and a home cooked lunch. Please join us in supporting our local artisans!

*Denbigh Recreation's annual Christmas Parade of Lights will wind its way through the hamlet on Saturday, December 2nd at 6pm. The floats start at the intersection of HWY 41 and Bridge Street, heading down Bridge to HWY 28 and ending at the Denbigh Hall, where Santa himself will meet & greet with the kids! There will be refreshments and music for all to enjoy.

*Hey kids! Time to write your letter to Santa! Grab a pen and piece of paper and tell Santa how super good

you have been this year. You could even draw a picture of Rudolph, or the sleigh or maybe even an elf! Santa's address is: Santa Claus North Pole Canada H0H 0H0. You can bring your letter to the parade on December 2nd and a letter carrier will pick it up for you. If you don't have your letter ready for the parade, you can also mail it at the Denbigh Post Office; and remember, no stamp required!

*The next Kids Program at the Denbigh library is Tuesday, December 12th from 6-7pm. Winter hours for the library are: Mon 4pm-6pm, Tue 10am-2pm, Wed 4pm-7pm, Thu 12pm-3pm, Sat 9am-12pm. Contact the library at 613 333 1426.

*Christmas Eve Services at the three area United Churches are as follows:

St. Andrew's Matawatchan, 4pm (family service), St. Luke's Denbigh 7pm (family service) and Emmanuel Schutt 9pm. Contact Rev. Creelman dmsminister@gmail.com.

*There is a Christmas Eve Candlelight service at Vennachar Free Methodist Church at 7pm. Everyone is welcome. Contact Pastor Laurie 613 333 2318.

*As of December, the Family Time at the Addington Highlands Community Centre gym hosted by the New Apostolic Church, will permanently change to Sunday afternoons from 1-3pm. Info Rev. Robert Sprague robertjprague@gmail.com.

*TOPS meets at the Denbigh Hall in the basement every Tuesday at 8:30 am for weigh in. The meeting starts at 9 am.

We have exercise which is sponsored by the Lake of Lakes Community Services at 9:30 am until 10 am and sometimes we have a snack after. Join in the fun. Call Betty at 613-333-6233 for more information.

***Don't forget, you can visit addington-highlands.ca to keep an eye on what is happening township wide over the winter months.**

***May God bless you with joy, peace and love this Christmas, and through the new year!**

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Remote Area Search and Rescue

By Lesley Cassidy



With so much rugged terrain to cover and so many visitors to the great outdoors, search and rescue teams in the region are leading the way with technology and systems to get you out safely.

We rarely think of safety as a specific item on our checklist when we are planning to play outside, but what happens if someone or multiple people in your party are injured? What happens if someone in your group becomes lost and doesn't show up at a meeting point? In Ontario in 2016, there were 382 callouts for search and rescue and year to date there have been 294. Safety is not just carrying a first aid kit, but includes properly planning the trail adventure, knowing the terrain, weather, and estimated time it will take. As well, having sufficient supplies depending on your recreational

activity is important; this could include additional layers of waterproof or warm clothing, extra spark plugs and gas, and a fire-starting kit.

One of the first challenges when something unexpected happens on a trail in the Ottawa Valley, is the remoteness. Communication devices such as cell phones or small portable laptops rarely work. Unless your group is carrying a satellite phone, it is difficult to contact help. Usually, a member of the group will have to leave and locate a cottage or hunt camp with access to a landline or cell phone service.

Once a 911 call is made, first responders mobilize to address the situation based on information obtained. In remote environments, there may be multiple organizations involved including the police, paramedics, search and rescue volunteers, and firefighters. The Ontario Provincial Police (OPP) are the police of jurisdiction in rural and many smaller urban areas in the Province. They have ERTs (Emergency Response Teams) that respond to many different types of situations, however, search and rescue activities are a major part of their mandate. Approximately 250 uniformed patrol officers located in detachments across Ontario are trained to be part of these response teams. The OPP have the lead role in responding to these types of calls, however all first responders work together to coordinate the response on the ground. As Constable MacInnis from the OPP states, "it is one big team environment". This integrated team approach is based on lessons learned over the years.

Urgency and size of the initial OPP response to the call depend on the situation. As an example, a lost hunter who is well equipped and prepared for the bush and weather, and does not have medical issues, will most likely have a different number of resources initially deployed than a lost child or a senior with dementia.

An important component of

search and rescue response these days is technology. Advancements have helped searches become more effective. The OPP have navigation systems, onsite laptops and UAS (Unmanned Aerial Systems) that are all part of the tools they can deploy to assist in searches, in addition to a helicopter and canine units.

If an ambulance is required, a 911 operator dispatches the closest available ambulance. If this accident occurred on a trail or in a difficult to access environment in Renfrew County, a specialized team is dispatched as well.

The SIERRA paramedic team can respond and transport medical equipment to the patient(s) in all kinds of rural terrain and weather across the County. These team members assess the situation, travel to the patient and treat them. The Renfrew County Paramedics have portable equipment such as ultrasounds and fluid warmers, which in particular are very beneficial in treating hypothermic patients. Paramedics may use an off-road vehicle (Polaris UTV) to access the site and transport the patient out to a less isolated location. At times, Ontario's air ambulance service (ORNGE) or Trenton's Search and Rescue Helicopter may be required. This highly specialized team is also trained in reading maps, using navigation systems and are fully prepared to spend the night camping if required.

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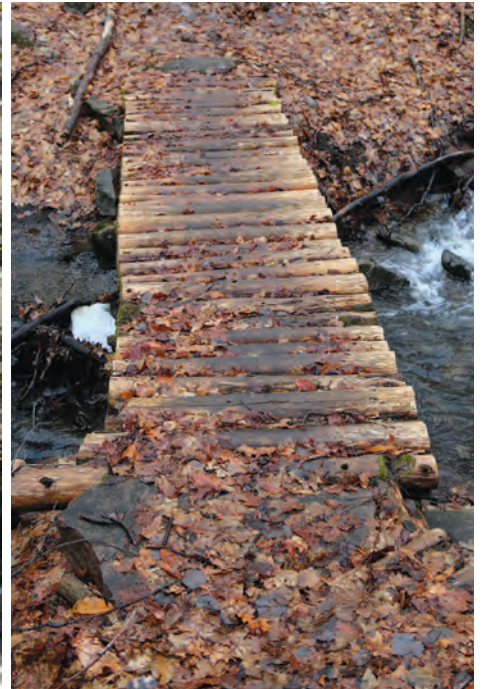
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How often when we are heading out on a trail do we think of the unexpected happening? Whether you are a hiker, all-terrain vehicle (ATV) rider, snowmobile enthusiast or cyclist, we head out focused on enjoying the day and arriving at our destination. Your preparation checklist might sound something like this: Do we have enough water? Check. Food and snacks? Check. Extra layer or raingear? Check. Helmet? Check. Does someone back home know what the group's planned route is? Possibly. First aid kits? Maybe. So what happens if we do get into trouble?



It's nice to know we have great search and rescue teams, but not needing them makes a much better adventure. One slip or a sudden change in weather and you'll be glad you brought your backpack with you.

Part of the response team may also involve search and rescue volunteers, particularly if a person(s) is missing or lost. The police will decide if they require additional people to help, particularly for a multi-day search, and contact the local search and rescue team. Search and Rescue organizations in Canada number over 300 and have over 12,000 volunteers. These organizations complete over 1500 searches across Canada every year. Closer to home, the Sauvetage Bénévole Outaouais - Ottawa Volunteer Search and Rescue (SBO-OVSAR) has been serving the Eastern Ontario and Western Quebec region since 1996. It has over 100 members that are trained in navigation, search techniques, wilderness first aid, survival skills and removing a patient(s) from a remote environment.

Volunteer search and rescue teams also use advanced technology to support their work. As Michael Christensen, the President of the SBO-OVSAR indicates "a search is an emergency". They use both Geographic Information Systems (GIS) online mapping technology and GPS technology. If the volunteer team is searching for a missing person, a handheld GPS allows searchers to download the search patterns created by the teams onto a map using the computer. This allows the searchers to clearly iden-

tify any locations they may have missed. The team has several computers onsite when they are called in to assist.

Aerial devices that are similar to drones, known as UAS, are new technology that support first responders' work. Both the OPP and the Renfrew Paramedic team have these tools that aid in searches for people or help paramedics deliver equipment, such as a defibrillator, to the scene prior to arriving.

As much as technology to support search and rescue has improved over the past 15 years, the terrain is still a significant challenge. As an example, mapping software, remote sensing imagery and Google Earth maps may show a field the first responders need to cross to access the scene, but the reality when they arrive on the ground to search is that the field is now overgrown and a tangle of vegetation, which slows progress.

Numerous websites and programs exist that share sound safety advice for those who enjoy trail adventures. Both the Ontario Federation of Snowmobile Clubs (OFSC) and Ontario Federation of ATV Clubs (OFATV) have detailed information on safety. For example, the OFSC has a section on what items should be in your emergency kit and the OFATV has numerous safety videos. A popular program in Canada,

the Hug-a-tree program, helps children who become lost know what to do. Survive Outside is another program offered in Canada for all ages that provides education on trip preparation for outdoor activities.

Unexpected weather, dehydration, water and ice crossings, navigation issues, or a minor accident can quickly change what might seem like a small problem into an emergency. The Ottawa Valley is well known for its numerous

trails, its bush and rocky terrain, lakes and its remoteness. That is part of the reason we enjoy its trails so much!

So next time you head out to enjoy your favorite trail, include safety on your checklist. Remember to let people know what your destination is, when you will return and carry a little extra gear and first aid in case the unexpected happens. Safe travels!

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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.

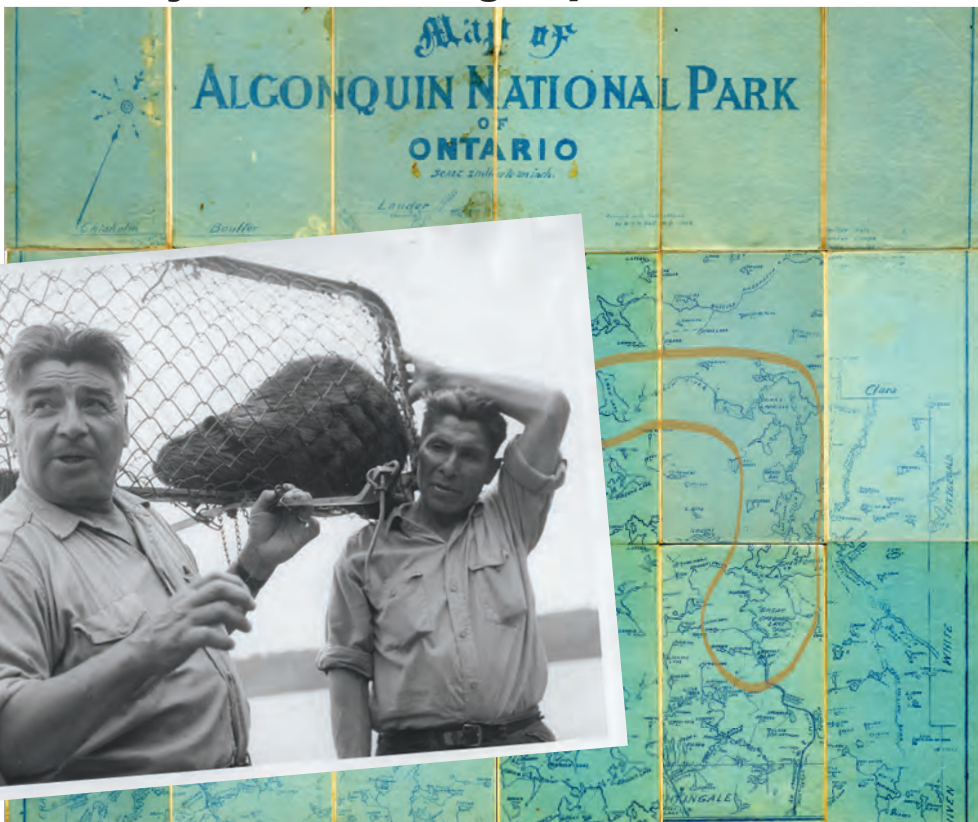
Traditional Lands, Ottawa Valley & Much of Algonquin Park

By Noreen Kruzich

Stretches of land, now encompassed inside Algonquin Provincial Park, were old Algonkin family hunting and trapping grounds. But although that way of life continued after colonization and after the establishment of the park in 1893, the hunt became limited for the Algonkin and deemed illegal by the Province. The Friends of the Park website says, “the Ontario government of the day acted upon a recommendation of the Royal Commission on Forest Reservation and National Parks in “reserving a portion of the ungranted Crown domain to be set apart as a Forest Reservation and National Park.” But the remark is problematic in that one, the Algonkin never received a treaty or compensation for all the land settled underneath their feet, thus it honestly wasn’t “ungranted Crown domain” nor was anything in a far stretch around it. But it was unceded Algonkin Territory. Traditional Algonkin land includes the Ottawa Valley down to Ottawa and extends across the Ottawa River into Quebec. In fact, it includes much of Algonquin Provincial Park.

Peter Thomson, the first chief ranger of Algonquin Park was responsible for establishing park boundaries, constructing buildings, and posting notices to warn hunters and trappers against trespassing. He liaised with timber operators, oversaw the removal of settlers and their homes, and notified local Algonkin natives that they could no longer hunt or trap in the area.

Trapping and hunting and gathering was their sustenance. Very early on they feared their descendants would not have the life of sustenance off the land. ...What will become of those of us who have lands near



Trapping Beaver, Left is Daniel Sarazin (Algonquin of Pikwakanagan Golden Lake) and his son in law Len Kohoko. Daniel Sarazin was born in 1901.

settlements? Without doubt they will be exposed to die of hunger, and unable to satisfy the debts which they contract with our merchants. Although we can prove no title that those lands belong to us—have we not always been the quiet possessor—were words from a 1791 Algonkin petition to the Crown. And again in 1798... And we place the map of our lands in your hands.... Because my Father, since the world is the world, it is the master of Life who gave us these lands to make our families live and survive... Our lands are in-

fertile, we have almost no more hunting, the animals have become distant; we find only very little to make our families live.

Many petitions, years after that, would sound the same fate; yet with no government action. It’s only been since 1958, the Algonkins of Golden Lake have been able to hold trapping licenses on 19 registered trappelines in the eastern and central parts of the Park. Hunting is also permitted in the east half of the Park, subject to Ontario hunting regulations. But what of the trappers, hunt-

er and gatherers and fisherman before that time?

“The Algonkin peoples left no trail, made no sound,” smiles Craig MacDonald a long-time Recreational Specialist with the park, who says he has sat down with a few of the old-timers, who trapped and hunted.

MacDonald, who knows the park like the back of his hand, loves history, especially when it pertains to Algonquin park. He relates that in the early 1900’s game wardens knew, but that there was a quiet truce of sorts for the traditional Algonkin hunters. “Trapping or hunting, they would hide their equipment,” points out MacDonald. “When the park was formed, they would hop a ride on the train at Golden Lake up to traditional territory and off the beaten path. They included families such as the Lavalley’s and the Sarazin’s, whose zone was up around Lavieille Lake, on the eastern side of the park. “And they practiced to stay out of trouble,” cites MacDonald spilling the beans on the many tricks they used. He relates that instead of walking out onto lakes, they went around to remain out of sight.

In late 1976 former Park Naturalist Ron Pittaway visited Matt Lavalley at his cabin on Rapid Lake, just outside the park. Matt, who was born in 1895 would have been about 81 years of age at the time and recalling vividly he and his brother Joe’s many hunting and trapping trips into the park. “They grew up trapping – some twenty plus years,” notes Bob Lavalley, one of Joe’s grandsons who now lives on his grandfather’s old farm outside of Whitney, Ontario. In fact, Joe Lavalley passed away in 1945, inside the park during a trapping outing with his brother. Matt carried his body out on that November day and into the town of Whitney. Joe’s death certificate states him as a “Guide and Trapper” with total years in the occupation as 40! Born in 1898, Joseph Francis Lavalley was 47 when he died.

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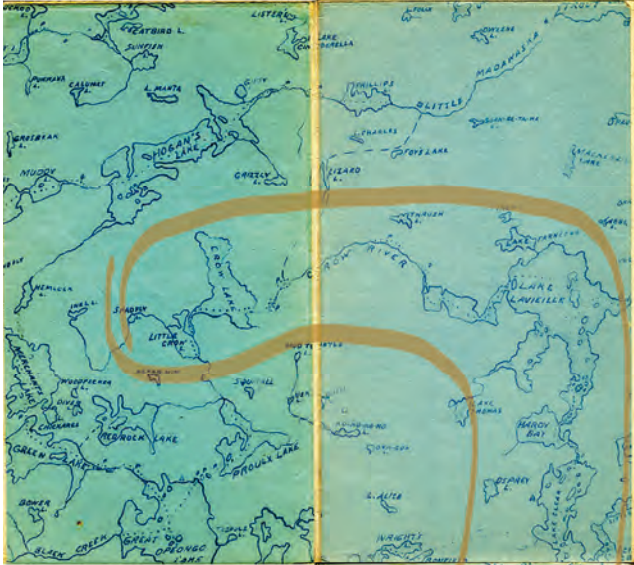


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"Trapping started in November," Matt LaValley had told Pittaway reminiscing about his times with his brother. They would trap for Beaver, mink, fisher and otter, and stay in for weeks at a time.

Lavalley told Pittaway, they would construct a lean-to, with sides on it from what they found in the bush. Snow would be dug away from the floor and green balsam brush topped with cut marsh hay and finally a Hudson blanket made for sleeping quarters. "There were no sleeping bags in those days," he reminded Pittaway. "We built a big fire in front of the lean-to." And to get there, Lavalley said, they carried their wares in a packsack



Daniel Sarazin's father Lamabe's trapline zone ran from Lake Lavielle, Crow River to Crow Lake to Opeongo Lake, as shown in this map inset.

and used a sleigh with runners placing a rope under their shoulders and arms to pull it along. He indicated a sleigh was preferable over a toboggan, which tends to slide off sideways on hills. A good mackinaw coat, cap with ear flaps and fleece-lined underwear for warmth and moccasins in snowshoes made for ease of walking. "If the food froze, you just thaw it out over the fire, if you fell in through the ice, you make a fire of dry pine and cedar quick as you can." He also related that they had fashioned a certain type of moccasin that wouldn't freeze, ones with rubber between the soles.

And he did admit, he got caught a few times and paid a small fine. Adding that there were rangers at that time who also poached, smuggled the furs out and made deals with others who would sell the furs for them.

Two weeks later that narrative of a few dishonest rangers was confirmed again when Pittaway stopped in on Joe Lavalley, known as "Hay Lake Joe" - a Lavalley of another family. "Other rangers knew of it, but it was hard to catch them," in the act he said. They would pack up old wooden trunks, and put them on a freight train down to Killaloe," said Hay Lake Joe. As for himself and others, he told Pittaway, they did have their tricks to avoid rangers and keep warm. Putting snowshoes on backwards was one way of confusing them! As for the cold, Hay Lake Joe told Pittaway that he froze to a maple tree one night wearing his horsehide wind breaker as he sat up against the maple to take a rest and it took him a half-hour to get the wind breaker thawed out.

"Shovel down to the ground

with snowshoes, build a fire up against a rock, throws heat out," was Hay Lake Joe Lavalley's answer to beating the cold, that is if you weren't stuck to a tree!

Pittaway traveled to Pembroke the following month, in January of 1977, to converse with Daniel Condit Sarazin. Sarazin, who married one of Matt's daughters, had revealed that he had trapped on his traditional territory since 14 years of age. That I tallied would be since 1914, being that Sarazin was born in 1901. The elder Sarazin had also relayed to Pittaway that his father, Lamabe Sarazin 1864-1938, was trapping and hunting in the same area ten to fifteen years before that and had established a zone for himself with his trapline surrounding a mountain that took two days to get around. That zone consisted of Lake Lavielle, Crow River and Moose Bay up to Crow Lake and down to Lake Opeongo. "We stayed in for two months," said Sarazin making a living entirely on furs. For shelter, he had a tent without a floor, but covered it in a bed of balsam branches and the flaps to the tent were opened to the fire to keep warm. Sarazin pointed out that trapping was going on as far as North Bay all the way to Whitney and east, and that most of those trappers were indigenous.

When ask if rangers were ever on his tail, He said they never bothered him whether they knew he was in there or not. "They never came near me."

Merv Sarazin, of Pikwakangan Algonquin First Nation in Golden Lake, and one of Daniel's sons, points out that his father trapped up until

he was into his 70's and all the boys learned trapping skills. "We knew the territory," said Daniel Sarazin to Pittaway as they talked in 1977, "because we were there so long, we knew the lay of the hills." And referencing the 1791 petition from the Algonkin, he may as well have added, have we not been the quiet possessor...



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



Brendan Hewitt sent in this photo of a Turtle Rock he knows in Algonquin Park. It's not the same one as mentioned in Noreen's article from Sept - Oct. Erratic rocks left behind after the ice age create unusual formations, many known as Turtle Rock or Turtle Island. Thanks!



Merry Christmas!

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Mystery Photos from the Archives

By Marcella Neely



This building and men are a mystery to us. It is a part of the CDHS Archives and is on our flickr website. Unknown contributor, location and date. We would appreciate any information about where, when or who some of these men are.

No women are visible so we might guess this to be a day off at a lumber camp or an exclusive men's club celebrating at a wilderness resort. The cook on the verandah as well as the healthy

men show the meals to have been substantial. The building is larger than a private dwelling would have been. By the structure and materials it could have been built in the early 1930s or before. There once was a generation that dressed in their Sunday best whenever not working, even just sitting around at home relaxing so the clothes don't give up any clues. No smiles but it was not fashionable to smile for a photo in bygone days.

Home in Vennachar, circa 1900.

The photo below appeared in an earlier Highlander and many people were curious about where it is, or was. Our information shows that it was destroyed by fire in 1903, but it is commonly held that no homes were destroyed in that fire. Do you know? This is what we have recorded for it on our Flickr website...

This is the home of George Wilkinson Sweetnam and Elizabeth Armilda Sweetnam-nee-Maynard (Melissa Sweetnam's parents). Circa 1900, in Vennachar, Abinger Township. The home was built in 1876-1877 on Property Lot 14, Conc 16 deeded by letter patent to Jas ? April 28/1873. It was sold to G.W. Sweetnam for the amount of \$20.00 on August 12, 1876 and later lost to fire in the Vennachar Fire of 1903. Original photo by: Alice Mieske of Ardoch, Ontario.

Many photos such as these, with just as many questions exist in family collections. Many more have been discarded.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link.

We invite our local residents as well as everyone with a connection to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com.

CDHS Archives can be reached at pioneer@mazinaw.on.ca



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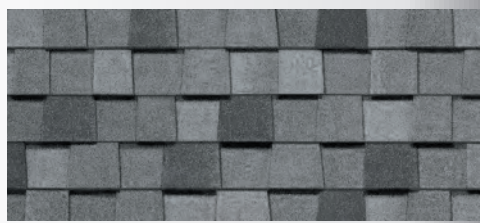
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Rambling Observations By Ernie Jukes of Camp J

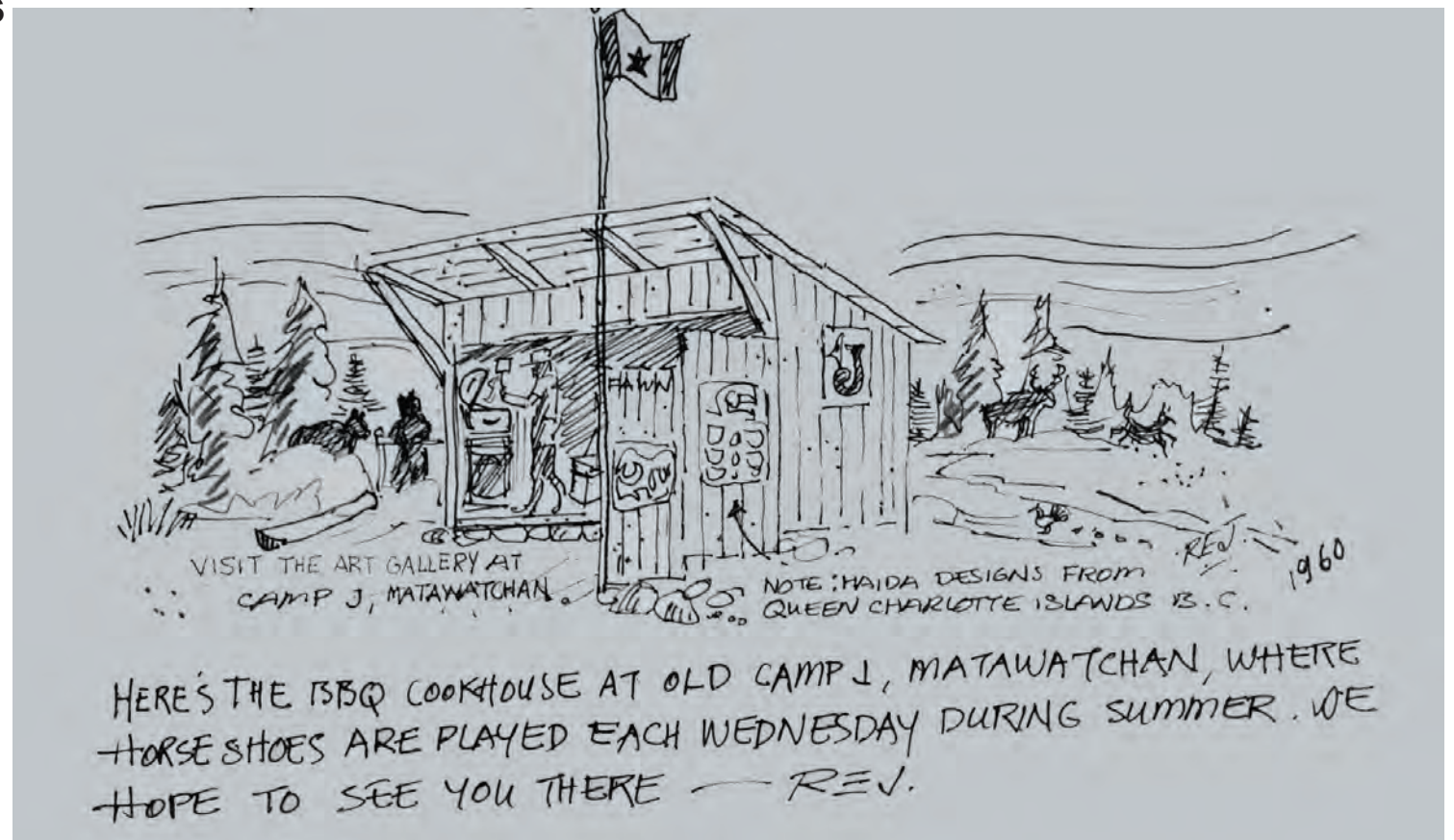
During recent art lessons at the Matawatchan Community Hall and Camp J, I taught my students how to use a variety of special pencils to present the grey scale in their drawings. Besides the basic forms, light and shade, or negative or positive shapes, they will find that everything they do will leave a mark. Yes, even with the softness of a stomp I explained. However, you can always correct the mistakes you make with a kneaded eraser I went on. What is most important is not only what you see, but how you see it!

These points may well apply to life as well. Some of your sharpening's may be difficult, which will only make you better. We all can use some sharpening from time to time and doing so will encourage you to know that you are special with a variety of talents and abilities. So never allow yourself to get discouraged and think that your life is insignificant and can't be changed. And like the pencil, always remember that the most important part of who you are – is what's inside of you!

While we may not fully realize it, in this modern world we are surrounded by art. Granted much of it is decorative and lacking real creativity. Never the less, it may come in the form of drawings and paintings, photography, music, books, even this Highlander, or TV, facebook and videos, they all have a huge impact on our emotions, hopefully in a positive way. But they certainly affect how we look at things. As a person coming out of yesterday, I can tell you that the atmosphere "made for the masses" of today, seriously affects us all and in a very personable way.

For example, "Money sure doesn't buy class or even happiness." Spending a lot of money did not answer most problems, nor do shouting matches about politics, or nasty comments about politicians or policies on social media. Another longstanding and important phrase is "Health is Wealth" and much is gained here from Mother Nature, which certainly fits into the backyards or campgrounds of most of our readers. While we older folk may not hike or ski on our childhood trails or even hunt or canoe anymore we certainly respect the benefits of nature. The clink of horseshoes under the giant hemlocks, the flowers Audrey's garden, One of Greg's sunsets, Diane's hollyhocks, Maggie's Tai-Chi or the curious wail of a loon, seeing a pair of pileated woodpeckers or calling out a moose... All provide a spiritual experience in their own way. All add to the quality of life that we fortunately share in our woodsy Madawaska Highlands and our generous land of lakes.

A kindred spirit said "Nature is cheaper than therapy" and we totally agree as it sure has helped many of us "Keep it together" along the trail. There are so many conditions that are slipping away that have helped make Canadians one of the best educated, politest, and



longest living people on the planet, perhaps not so co-incidentally with the one of the greatest outdoors. Bigger, safer, cleaner. It may simply be in part to an old custom of paying attention to those talking to you. There's an app for that and its called respect. Or of knowing that being kind is much more important than being right. Or that everyone you meet deserves to be greeted with a smile. And we say "Merry Christmas" or "Happy Hanukah", "Happy Days" or even "You're Welcome" (instead of "no problem") when we wish, without any governmental guidance. Just be kind with your words.

Someone else said "Don't worry about who doesn't like you. Stay active loving the folks whom you know care a lot about you". You will know who they are. They often are not related to you, as your kids are anxious to live their own lives and simply do not have time... so they say. Of course never underestimate that sweetheart you married. A friend on the other hand, is someone who may also know everything and even more about you, but is still your friend. Ha! And surprisingly, he or she may stick with you the rest of your life and share many of the same interests or hobbies. But like most things in life you both have to work at it.

OK. It's autumn and yep, we do have guns but we don't shoot people! In our neck o the woods we enjoy a part of nature that is traditionally one of the most exciting parts of the year. We simply call it "The Hunt." My gosh it stirs great memories! We still enjoy the sound of the hounds on the hill and the distant shots being fired. And the bragging boys in orange on their return each day, which we have written so much about. By the way if you would like to review any early "Highlanders" on this or any other local subject like logging or the fire tower you will find them in The Wall in the Hall info centre at The Matawatchan Community Hall.

Also, while you are there, please

buy some remaining tickets for the community raffle to support the hall which includes one of Audrey's beautiful Quilts and one of Brian's handsome cupboards, plus others... to be drawn on December 9. You can buy them at the Christmas Market and Chili Lunch at the Hall on November 25. I must also remind you that Fall never tasted so good and if you attended "The Hunter's Supper" in the Matawatchan Church, you will know what I mean.

And suddenly it's winter in more ways than just weather. Some of our good friends will leave their old, and loved log cabin never to return. The winter of our life strikes us by surprise as it seems just yesterday that we could do almost anything we desired. Athletics, learning, work, guiding, hunting, fishing, teaching, exploring, travel, family and international business ...all easy then but gone so quickly now. Today is the oldest you have ever been, yet the youngest you'll ever be as well... go figger. So, enjoy each day and laugh a lot while looking ahead. Try and accomplish the things you really want to do... big or small...here or there... sooner... rather than later.

Time passes – life goes on. The way you live your life is your gift to those that come after. When we started this grand journey we sure didn't know the incredible joys or sorrows ahead. So, take pleasure in every moment as best you can without jeopardising your home or community. Remember your friends, true amigos are always there, no matter the miles apart. Remember too that he who laughs – lasts, and that in spite of how we feel about successive governments... we sure are lucky to be Canucks.

On to Springtime and the best Maple Syrup in the world... yep I'm say-in world here!

See you then...stay well ...old Ern of Camp J



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.

Merry Christmas
from Gail and Terry!

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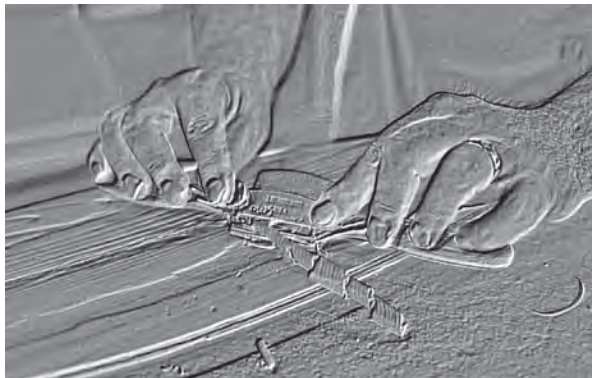
Joseph's Justification By Antonia Chatson

I was the youngest of three sons. We lived with my parents in the main street of Nazareth. My father's carpentry shop bordered onto the street and our family lived in the quarters behind it. It was usual for the eldest son to take over the trade of his father, but neither of my elder brothers showed any interest in the carpentry trade. They had gone to the synagogue from an early age where they had learned to read and write. Eventually they took up the profession of scribes at the temple. This left the way open for me to become an apprentice to my father. I suppose there would have been opportunity for all of us, but it would have been a mite crowded, so I was just as relieved when my brothers showed no interest in taking over the family trade.

I guess it was a love that I was born with - working with wood. I loved the feel of the soft porous sycamore, the wavy, contouring lines of the olive wood and the straighter grain of the rarer oak. Sometimes my father got orders from a few of the wealthier people in town or sometimes from the Roman governors who resided in Nazareth. These orders would be for pieces of furniture and it was then that they would bring into our shop, fine pieces of cedar and cypress from Phoenicia from which we would craft tables and chairs. But more often than not, the orders would be for travelling boxes for the governors who never stayed in one place for any length of time. I loved the feel and look of these woods and loved cutting into them. It would be like opening a surprise package to see what grain was under the bark or was seen cross-wise when I had to cut a piece of wood to a given length. I loved using the spoke, then chiselling a piece of wood into a decorative spindle. Those were our artistic dreams. Most of the time my father and I were occupied with the more mundane tasks of producing farm equipment such as threshing boards, winnowing forks, yokes, cart-wheels and handles for ploughs. That was our bread and butter. I guess someone had to do it. I really didn't mind. I loved working with wood of any kind, in any way, but it always gave me such pleasure to create something a little more artistic and something that would last a little longer than the first kick of the donkey!

I officially apprenticed to my father when I was 15 years of age and I worked alongside of him for the next ten years. My brothers had left home by this time. My father and I got along well and life chugged happily along. My mother, of course, would have liked me to get married and so provide them with some grandchildren. In spurts of eagerness, she would try to get me interested in some girl she thought would be suitable, in a manner that she thought was subtle! I could see through her every ploy, but none of her choices appealed to me. I was more interested in my work.

Then, shortly after my twenty-fifth birthday a new family moved into town, which included the most beautiful young lady that I could have ever imagined. This time, I did not need my mother's wiles to get myself introduced to the beautiful Mary. She seemed to return my



affections and we saw more and more of each other until the inevitable happened and I asked her to marry me. I was honoured that she accepted my proposal and both of our families seemed happy about the arrangement.

We had been blissfully engaged for three months. We were making preparations for our wedding, which would be a simple and joyful occasion. Then, just when I thought everything was going so smoothly, Mary told me that she was going to have a baby. You could have knocked me over with a level. Here I thought she was so perfect, as only a bridegroom could think, and then she does this to me. All I knew about it, was that it was not my baby. Then, to add insult to injury, she tried telling me that an angel had visited her and that the baby was the result of the Holy Spirit coming upon her. Now I ask you, what man worth his salt is going to believe that one? I was so upset that I couldn't think clearly. She was so much in earnest when she was telling me this and when my anger came to the surface, she cried tears of frustration and tried to convince me of the truth of what she was saying. I turned my back on her and stormed out of her house, being so upset I could hardly see where I was going.

Right then, I didn't want to see her ever again. I busied myself in the carpentry shop for the next two weeks, mulling all of this over in my mind. I discussed the situation with my father who always looked at everything with a level head and sound judgement. We thought it would probably be best if I divorced Mary. That would be the most expedient thing to do and it would save face on both sides. That night, I wrote out my letter of divorce and arranged that on the following day, I would have two of my friends witness it. Then one of them could take it to Mary. That would be that - no embarrassment, no recriminations.

Somehow I couldn't sleep that night. Mary's earnest, pleading face kept

coming to my mind. But how was I to believe her explanation? Despite what she had done to me, I still loved her very much. I knew that divorcing her was the only thing to do under the circumstances. But my love for Mary kept coming between what I knew I should do and what I really didn't want to do. I tossed and turned on my mat, everything spinning around in my head. I guess I must have dozed off and slept fitfully. I knew I was not fully conscious, but I also knew that I was not in a restful sleep either.

It was then that I felt rather than saw my entire room light up and a heavenly presence filled the room. Then the angel said to me, "Joseph, son of David, do not be afraid to take Mary home as your wife because what is conceived in her is from the Holy Spirit. She will give birth to a son and you are to give Him the name Jesus, because He will save the people from their sins." The words were seared into my mind so that I was not likely to forget them. Mary was right after all. Slowly the angel and the light that filled my room, merged into one, then dimmed, then were no more. I slowly awoke with a great joy in my heart. I did not have to go through with that wretched divorce because Mary had told me the truth. The fact that I had been visited by an angel and that my Mary was to give birth to a baby boy who would deliver the people from their sins, was secondary at that moment to my love for Mary.

I could hardly wait until the first break of day to rush over to Mary's house to compare notes on our heavenly visitations. Having run the entire distance, I arrived breathless and stood panting at the kitchen door. Mary was grinding grain before she made the bread for the day. She did not hear me straight away, and I paused briefly before gently calling her name. I could not help but notice a serenity about her countenance, before she turned and rushed into my open arms. She said she had missed me terribly, but was not worried about the

outcome of events for she knew that God was in control. She had prayed unceasingly that God would somehow enlighten my understanding. She admitted that she had heard of my intentions to divorce her but that made her pray all the harder. What a wonderful woman my Mary was, an inspiration to me!

Well, I think I've talked enough. You all know the rest of the story - the great news about Mary's cousin Elizabeth having a baby boy, my Mary's visit with her before the baby arrived, our five day journey to be registered by the Romans in Bethlehem just as Mary was nearly due, our lodging in the stable behind the inn and the birth of our precious little baby boy. Then there were all the visitors that we had that night, the lovely gifts that they brought for our Jesus and then our hasty flight to Egypt to avoid that miserable Herod.

But I'll tell you this. We would have been mighty worried if we'd been ordinary folk. But being able to put our trust in God, we knew that He would care for us and protect us. And I'll tell you another things. I wouldn't mind being visited by an angel again some day.



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.

When you flip through the pages of rural newspapers, you'll see smiling faces, fall fairs, charity events, town council ups and downs, and the occasional house fire, flood, or car accident. Everyone knows everyone in our small communities and we know and support each other through volunteer organizations and neighbourly kindness. The murders of Anastasia Kuzyk, Nathalie Warmerdam and Carol Culleton and the string of break-ins are an exception and shook us deeply.

Basil Borutski's sentencing for the murders is scheduled for Dec. 5-6 in Pembroke. At that time, victim impact statements will give the families of the victims a chance to tell Borutski how they will suffer for the rest of their lives because of his heinous self-justified crimes. Justice Robert Maranger who presided in the case, recognizes that the impact of these crimes echoes beyond close family members, leaving an "indelible mark" on Renfrew County and the Crown is hoping to deliver a community impact statement. Borutski is going to jail, but for how long?

The Justice in the first bail hearing for four young adults accused of break-ins didn't have a sense of the impact their "petty" crimes had here. In the city it's unlikely any or their victims would know the accused, but in the country you can bump into them at the grocery store. Perhaps we need a different system for rural areas than for cities.

Compounding this, as of November 14, Ontario Crown attorneys must make the bail system "faster and fairer," shifting from

protection of the public to the rights of the accused. This could lead to far more people released without a surety, pending trial. The intent is to make things fairer for disadvantaged people and innocent people who can spend up to a year in jail pending trial. That is fine, but it makes it really tough in rural areas. There is no requirement to inform victims of releases, putting spousal abuse victims particularly vulnerable to chance meetings in small towns with one grocery store.

In a letter to the Editor published in the Eganville Leader, John Windle Sr., a former OPP officer living in Renfrew stated, "...four suspects who were being charged in relation to previously unsolved occurrences were identified as Andrew K. MacDonald, 25, Brandon D. Thomson, 29, Jacob N. Thomson, 22 and Alisha Thomson, 20. If the Thomson surname is not jumping out at you lets go back in time to refresh your memory. 2005 - 5601 Centennial Lake Rd., Griffith. 2007 - 730 Tom's Road Admaston Township. 2011- 1767 Silver Lake Road Bonnechere Valley. During these times Brandon, Jacob and Alisha Thomson lived at these locations along with their mother Carol Thomson and Carol's then common law partner Jerry South.

Your eyes should be opening up wide now. These are the same persons who have been terrorizing neighbours, landlords, police, social agencies, schools and churches in Renfrew County for in excess of 12 years. Justice of the Peace Julie Lauzon released the three suspects, three days after their ar-

rests. What about the victims being advised of their releases prior to returning to our communities? What about the police needing more time to identify stolen property and follow up leads without interference from the suspects? What about our communities in Renfrew County?" He also stated, "The suspects (allegedly) break and enter a community centre run by community volunteers. Then they vandalise a community run building to over \$20,000 in damage." "The entire Dacre and Area Community are victims here and there is no hope of restitution from these people."

Windle advised community members to send their messages to Justice Lauzon and a few others to try to get his point across - a form of community impact statement. After the four were released pending trial, police solved 12 more break-ins that they attribute to the four and continue to collect evidence on 30 more. They were arrested again on November 24. I don't know if community letters can influence the outcome of their second bail hearing or if they will be released again. The bigger question is will a couple of years in jail change these people for the better or make them worse, the way it seemed to affect Basil Borutski? Is their fate already sealed to become career criminals?

Rural communities have a resource that doesn't exist in cities - many know the accused and they would have a sense if the accused would benefit from restorative justice. This is now being practiced in Indigenous communities and it works. It takes

the whole person into account, their age and history. In her study of sentencing circles in a thesis submitted to the University of Windsor, Melanie Spiteri states, "While judges retain the power over sentencing they often accept the recommendations for sentence given by community members. The community members' suggestions are often reflected in the conditions of probation.

Many of the sentences given did further the idea of Aboriginal justice by ensuring that offenders follow a rehabilitative plan, with the help of their fellow community members. These plans include aspects of restoration (and counseling), reconciliation, restitution, and reimbursement. The Support Group's long-standing knowledge of the offender who has lived most of his life in the community... adds considerable weight to their unqualified endorsement of the offender for rehabilitation. The formal, professional justice system must acquire greater confidence and trust in community knowledge, judgment and instincts."

When the convicted accept they have done wrong and know that their actions have hurt their community, it makes it harder for them to blame the victim and retaliate. And if the convicted agrees to providing restitution, it is more likely they will become part of the community. Community sentencing circles could be worth pursuing, but only if solid support programs are put in place to make it work. For now we will have to trust that agencies will work together to ensure people who mean us harm are stopped.

UP THE LINE TO THE FRONT LINE

Christmas in the "Good Old Days"

By Howard Popkie

We lived in a log house during the depression, between the Great War and World War II. In the winter our well froze solid to the bottom and we had to haul water from a lake on a sleigh pulled by my brother Rueben and Dan. To wash clothes in the winter we melted snow on the wood stove. We didn't have a car or horse and buggy. To go to the town of Black Donald we walked on a path through the bush for three miles. Our garden would only grow potatoes because of the red sand. Other vegetables were small and most were eaten by rabbits as they sprouted.

The only phone out of Black Donald was at Jack Wilson's Store. We didn't have a radio until the war years and then, with no electricity in the bush, we used a battery powered radio we were given by a friend. When the battery wore out and you could no longer hear it, we



were so poor it would be months before we could afford the two dollars it took to replace it with a new one.

When the pig we killed each fall was all gone, sometimes we had bacon from Jack Wilson's store or an egg from our chickens. We always had a milk cow.

In the 1930s there was no work to get money for toys at Christmas time, but my mother's sister Aggie Skriptchuik always made Christmas cake that was a

dark fruit cake with white icing in three layers, so I always got to eat Christmas cake when I went there.

My mother decorated our tree with her mother's trimmings from the 1800s and told me stories that Santa Claus would come in the sky with his sleigh and reindeer. She said he would land on our roof and come down the chimney into our house.

I would go to bed very early and

look out at the stars to see if I could spot Santa. I was only five years old and my mother also told me that there were little fairies about four inches tall and that they slept under toad stools. So, when I walked through the bush I always had an eye out for them.

All through my childhood I always slept all through Christmas Eve night and missed seeing Santa Claus, and to this day I am yet to see the fairies that that woman talked about.

When the wars were on and there was no way for recruiters to check how old we were, the big boys joined the army as young as sixteen years old. I was one of those kids and went to war "after the wars" with the Princess Patricia's Canadian Light Infantry, the PPCLI in Korea.

I would like the children of today to stop and think how good they have it compared to my time when we had no electricity, found our own toys, and used an outdoor toilet.

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BOTTLE RETURN DEPOT

Pete Seeger and the Power of Song - Part 14, Taking a Stand

By Peter Chess

On Aug 18 1955 Pete Seeger was called to testify before HUAC, The House Un American Activities Committee, the witch hunt tribunal that sought to ferret out information on what it deemed to be subversive activities. If they received information they could interpret as such, a person could be blacklisted and thus deprived of their livelihood and future career opportunities by basically blackmailing prospective employers into not hiring such persons and this action could be taken on the basis of rumour or association.

Persons who appeared before the tribunal had two options to implement. They could invoke the 5th constitutional amendment, which by law, protects them from self incrimination. This stance was not without its perils however, since it could in itself be used to put one on a blacklist. It could, on the other hand, keep one out of jail, by avoiding a contempt of court charge. As well, although one could refuse to testify against ones self, you could not refuse to testify against others, which some people did in their own best interests. The other tact used was to invoke the 1st amendment, which Seeger did, on the basis that the 1st amendment protected the freedom of speech for an individual. Unfortunately, there had already been a decision in the Su-

preme Court that held in the case of the previously mentioned "Hollywood Ten" that the 1st amendment did not protect those who refused to testify before HUAC and still, this was the more principled stance. As Seeger himself later explained, "The 5th means they can't ask me, the 1st means they can't ask anybody". He was to pay a big price for doing so.

In a display of unparalleled fortitude he not only refused to answer any questions regarding his associations, beliefs or politics but he did so with great panache. When asked to name names his refusal came with a counter offer, he would sing them songs instead, much to the consternation of the Committee Chair, Congressman Francis E Walter, from Pennsylvania, a major coal mining state and a hotbed of union activism. Seeger took it one step further by directing a more personal offer to Walter. "I know many beautiful songs from your home county, Carbon and Monroe, and I hitchhiked through there and stayed in the homes of many miners". Seeger turned the question period into a circus of the absurd.

Following are some tidbits from the actual transcript, which display Seeger's steely countenance, enlivened by a mannered and witty sense of humour...



Pete Seeger with his banjo, and his wife Toshi Aline Seeger on the courthouse steps.

Q. Mr. Seeger, prior to your entry in the service in 1942, were you engaged in your profession in the area of New York?

A. It is hard to call it a profession, I kind of drifted into it and I never intended to be a musician. I am glad I am one now. It is a very honorable profession, but I started out I actually wanted to be a newspaperman and when I left school....

Q Will you answer the question please?

A. I have to explain that it's really my profession, I picked up a little change on it.

Q. Did you practice your profession?

A. I sang for people, yes, before WW2 and I also did as early as 1925.

Q. And on your return from service in 1945, you continued your profession?

A. I continued singing and I expect I always will.

Q. I have before me a June 20 1947 copy of the Daily Worker (Communist paper). In a column entitled "What's On", appears this ad. "Tonight-Pete Seeger and his guitar at Allerton Station housewarming". May I ask you whether or not Allerton Station was a section of the communist party?

A. Sir, I refuse to answer that question, whether it was a quote from the New York Times or The Vegetarian Journal!

Q. Answer the question please.

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The House Un American Committee (HUAC) must have been an intimidating thing...



...but Pete stuck to his convictions and gave up nothing in this McCarthy era witch hunt.

May Day Parade in New York City taken in 1952. It shows a man in uniform with military cap and insignia carrying a placard that reads "CENSORED". Will you examine it and state whether this is a photo of you?

A. It is like Jesus Christ when asked by Pontius Pilate "Are you King of the Jews?"

Q. Stop that!

It continued in this bizarre fashion for the duration of the hearing with Seeger never giving an inch in his refusal to be intimidated or coerced, all the while suspecting there would be a price to pay for his actions...

To be continued

Stay tuned...

A. I am not going to answer any questions as to my associations, my philosophical or religious beliefs or my political beliefs or how I voted in any election, or any of these private affairs. I think these are very improper questions for any American to be asked, especially under such compulsion as this. I would be very glad to tell you my life story if you want to hear it.

else. I love my country very deeply sir.

Q. What is your answer?

Q. Why don't you make a little contribution toward preserving its institutions?

A. I feel in my whole life I have never done anything of any conspiratorial nature and I resent very much the implication of being called before this committee that in some way, because my opinions may be different from yours, that I am any less of an American than anybody

A. I feel my whole life is a contribution. That is why I would like to tell you about it.

Q. I don't want to hear it!

Q. Did you sing the song "Now Is The Time" at Wingate Lodge on July 4th?

A. I don't know any song by that name but I know a song with a similar name. It is called "Wasn't That A Time". Is that the song?

Q. Did you sing that song?

A. I can sing it. I don't know how well I can do it without my banjo.

Q. I want to know whether or not you were engaged in a similar type of service to the Communist Party in entertaining at these features.

A. I have sung for Americans of every political persuasion and I am proud that I never refused to sing to an audience, no matter what color their skin or religion or situation in life. I have sung in hobo jungles and I have sung for the Rockefellers. I am proud that I have never refused to sing for anybody. That is the only answer that I can give along that line.

Q. I show you a photograph taken at the



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.

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Prepare to Enjoy Winter Safely

By David Arama

Now that winter has arrived, many of us will embrace the season, and head outdoors to experience winter activities, enjoying the snow scenery, while snowshoeing, skiing, snowboarding, and snowmobiling. And with the holiday season, we will travel to visit family and friends, or book a stay at a four seasons lodge, or maybe head up to the cottage.

People tend to think that problems won't happen to them, but last winter in Ontario, several snowmobilers lost their lives going through unsafe ice, leading to drowning. In one nasty snowstorm near Montreal, two guys died in their vehicle, buried in a snowdrift. Nearby,

over a hundred vehicles were stranded in a blizzard due to a transport trailer that became stuck, resulting in an overnight survival ordeal, with many cases of hypothermia and frostbite.

Increasingly, Climate Change is producing severe winter ice storms, windstorm, and polar vortexes. Basic risk and hazard management protocols utilized by outdoor leaders can be adopted by anyone who is interested in their own safety.

It's simple: ask yourself a basic question, are you prepared to deal with potential dangers in winter sub zero snowy icy conditions?

I look forward to the winter season, however, with the snow and ice comes potential dangers! Here are some important Survival and Safety Tips that could prevent disaster:



In Your Vehicle

It's easy to forget that we are out in the weather when we're inside our windproof, heated vehicle, but it's not so comfortable when you are out of gas in a snowdrift. At minimum, have minus 30 Celsius rated mummy sleeping bags, eg. Thinsulate or Polarguard composite fill ideally, and 100% wool blankets. Also, some woollen and fleece clothing, flashlights and candles, roadside emergency flares, a high energy food supply, eg granola bars and trail mix, and a supply of water, and/or a portable camp stove and pot to melt snow.

Additionally, a tire inflation pump, a backup battery booster, a bag of sand and a shovel, and really important, I would strongly

ly recommend a Wilson's Sleek cell phone booster amplifier, and a Automobile Roadside Assistance membership. A bonus is the On-Star, All information system.

Always keep the car window open a touch when running the heater while stranded, and get out and shovel the exterior, especially around the tailpipe, to allow for proper ventilation. A blocked tailpipe in a closed car can kill you.

Many winter vehicle fatalities involve alcohol, distracted driving, and speeding. Lack of snow tires is a big one also. A short trip can end up with a lifetime of regrets



Snowmobiling

When we are on a snowmobile we know full well we are out in the cold, but the relative simplicity of operation and the off road nature of the sport makes it tempting to sled your way home after a drink or two. Sled sober, avoid alcohol or illicit drug use, it's the law, and it's your life at stake! A large percentage of sledding deaths involve alcohol, sledding on unsafe ice, and aggressive driving.

Whenever sledding across frozen bodies of water i.e. lakes, swamps, creeks, make sure that you are wearing flotation gear, wear a set of ice picks, and have a throw bag rope handy. Without flotation and ice picks, if you go through the ice, you're likely going to perish. I would also recommend a tracking device such as a SPOT or In-Reach satellite lo-

cator, and a survival-safety kit as noted for the outdoors. Having a portable battery booster kit, and a portable winch, are also recommended. And if you get stuck a long ways from civilization, a pair of lightweight aluminium or abs plastic snowshoes, would give you a chance to get out on foot, alive!

There's really no such thing as 100% safe ice. Many factors, including how the ice was formed, types of ice, snowpack, current, running water, swampy water, and ice thickness, contribute to ice safety. If the OFSC'S local club has the trails closed, it's for a reason! I prefer at minimum, 6 - 8 inches thickness to snowshoe or ski, and 8 - 12+ inches for snowmobiling. Going faster over iffy ice doesn't keep you from breaking through!



At Home and Cottage

It's natural to feel safe in your home as snow or freezing rain piles up outside, but we are only as good as the systems we have, usually powered by electricity. When they fail, we are no longer in a comfortable environment. We need some basics to take over: A high efficiency wood or pellet stove, a digital sinewave backup generator, preferably with an inlet installed outside of the dwelling, to directly trickle charge your furnace and keep it running, safe jarred candles, flashlights, high energy foods, a supply of bottled water, a working propane barbecue, and a portable chemical RV toilet are all good things to have!

Never use a camp stove or barbecue indoors, or a portable generator on a garage that's connected directly to your house or cottage and make sure your chimney flue isn't plugged. That can kill you, too.

It's a bonus, to have a portable solar system, or backup battery bank for emergency power.

For all situations, get up to date weather warnings and forecasts, from Environment Canada, AccuWeather, and the Weather Network.

Get outside, enjoy the winter wonderland, but do it safely Be prepared!

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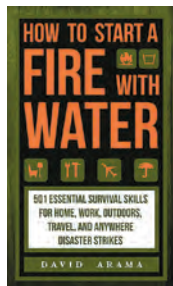
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In the Outdoors

An afternoon walk in the bush can end up as an overnight stay. What you wear and carry with you can save your life.

Dress for the winter wonderland, using the following concepts:

- Layering: wicking, warmth, water and wind proof
- Loose and breathable
- Lid that's warm
- Winter footwear with wool or Thin-sulate liners, waterproof and with good ice traction
- Carry a survival kit, based on staying put, shelter/fire/water/signalling and visibility, and always have a compass, topo map, and a reliable hand held GPS with plenty of extra batteries and portable heat packs, eg Garmin-64 or Montana models. I would highly recommend a cell phone booster, and a tracking device.
- In addition, carry the following:
- Back country first aid kit, eg. Adventure Medical Kit
- Lighrweight tarp, eg Woods, SOL, MEC
- Storm proof matches and butane lighter , flint and magnesium stick
- Purification tablets and tin can for boiling
- Knife and a saw
- Signal flares
- High energy foods with carbs and oil, eg granola bars



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David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive

This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps.
www.marblelodelodge.com
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Return to Vimy Ridge, 100 Years Later**Part 5 of 5 April 12, 2017 - Quatre Vents Cemetery, Estree Cauchy**

By William (Bill) McNaught



Bill McNaught at Quatre Vents. "In Memory of our dear brave family member. Buried on April 12, 1917 with the love of his family." The day they measured their loss...

April 12, 2017 was the day we measured our loss. We drove again through countryside and small villages, again in brilliant sunshine, to Quatre Vents Cemetery, south of Estree-Cauchee. These names on documents from so long ago were now brought to life.

There was room for only one car on the gravel side of the road. As we exited the car, the wind from the north picked up and there was a slight chill in the air. We found the narrow grass pathway, well-manicured, that leads from the road to the gate. Past the gate are 6 rows of white markers, surrounded by a low stone fence. The low fence separates the cemetery from the farmer's fields. In the distance, the farmer operated his tractor, pulling a plow, small puffs of dust rising from the ground.

We opened the gate. The solemnity of the rows, dominated by the white cross at the north end, filled us. The grave of Private J. L. Ball is the first in the first row. It is marked by the familiar white stone with the maple leaf engraved at the top. His serial number and the date of his death, April 12, 1917 are engraved below the maple leaf. At the bottom we found the words chosen by his Mother in 1923, "In Memory of my Dear Brave Son". These words, so carefully selected, denote that this soldier was a member of a loving family, a family that would not forget the joy he brought into their lives. His name has been added to his parents' grave in the Vennachar Cemetery so that flowers can be placed to preserve the memory not of his death but of his life at home. The message we brought was a reminder

of his family and home.

We placed flowers at the foot of his grave and planted the small cross, emblazoned with a red poppy which a teacher from London gave me the day before at the Memorial. We wandered past each neighbouring grave, reading the individual names. Many were Canadian. At one grave, someone had placed a pair of boots. The boots reminded us that we knew the location of Private Ball's boots--in his grave, along with his blood-soaked uniform.

After pausing at each grave, we had returned to his grave. We stood silently to touch our fingers to our lips and place our fingers on the stone. We had measured our loss.

Returning to the gate, we opened the metal compartment to obtain the Reg-



istry. We wrote beside our names, "In Memory of our dear brave family member. Buried on April 12, 1917 with the love of his family."

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