

The Madawaska Highlander

Volume 7 Issue 6

Free

October/November 2010

Pioneer Voices: Peter Kelly 1887 - 1976

As told to Elmer Strong:

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

This conversation with Mr. Peter Kelly is one of several recorded during the Summer of 1965. This particular recording was made in July 1965 while we sat on a grassy knoll along the driveway leading in to his house at Matawatchan. Mr. Kelly began the recorded portion of the conversation by describing the first permanent settlers to arrive in Matawatchan.

The McLellans and Frasers were among the first settlers in Matawatchan. Old Man Fraser and his son Jim lived on the Billie McLaren place and the McLeod place. Jim was only a little boy at the time. They came up to Matawatchan via the Madawaska River and the Colton Creek. They camped the first night beside a huge cedar tree at a spot on the Colton Creek where it crossed the line between the William Strong and the Hunter places. The cedar tree was reputed to be the largest cedar tree in Ontario.

The date that the Frasers arrived in the Matawatchan area is unknown, however they had already moved away by the time Peter's grandfather, Alexander MacPherson, arrived in 1859. A man by the name of Dawson kept the store at the McLeod place after the Frasers had

left. The Frasers came to Matawatchan to farm and find work in the timber business. They were not lumbermen. It was this same reason that brought Peter's grandfather to Matawatchan. Both families had left Glengarry County after becoming discouraged that the railroad would not reach their communities. They came from the township of Lochiel.

Peter's grandparents on his mother's side, Alexander MacPherson and Christina McMillan, received their land in Glengarry as a free grant from the old country. They were not allowed to sell the property and ownership succession was to pass to the oldest son. Peter's maternal grandfather came from Edinburgh, Scotland. The free land grants in Glengarry were intended to encourage settlers to come to Canada. The MacPersons left Glengarry to come to Matawatchan when they heard about the timber in that area and the activity of the large lumber companies. They came looking for work. When they left the Glengarry farm, they understood that the title would fall to Peter's uncle Angus, the oldest son, in three years time. Angus and his brother Dan went back to Glengarry in three years time but could not find any information on the property title. Apparently the farm had been sold for back taxes. In the interim a railroad had been constructed right through their old orchard. They never recovered anything from it.

The Kellys came from Northern Ireland. Peter's grandfather, on his father's side, immigrated to Canada. Peter is not aware that any other family members also came to Canada. His grandfather had one brother that went to Australia. Peter's grandmother on his father's side came from Dublin in the south of Ireland. One sister and five brothers came with her. The Kellys settled at Mt. St Patrick. Peter's grandfather later moved to Griffith where "Tommy Haley lived later. Peter's father and the rest of the family were born there. His grandfather's name was Edward and

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2010 Municipal Election in Greater Madawaska

By Bill Graham, Editor

Signs by the side of the road and brochures in the mail signal the approach of the province-wide Municipal Election Day on October 25, 2010. There are contests in every ward and many new faces in contention. Regardless of the outcome the next council will be very different from the previous one. Don Mercer from Ward 1 and Tom Ryan from Ward 2 will not be running. Karin Lehnhardt from Ward 3 will be running but she has to defend her position from two contenders, while in the race for Reeve Ward 1 Councillor John Pratt is running against incumbent Reeve Peter Emon and candidate J.R. Easton.

In Ward 1 there are five new candidates vying for two councillor positions. They are: Marie Buscomb, Brian Hunt, Vincent Graham Johnston, Donna Marie Kennedy and Glenda McKay.

In Ward 2 there are two candidates: Bruno Kierczak and Michael McGarry.

In Ward 3 incumbent Karin Lehnhardt, who was acclaimed in the 2006 municipal

elections, will be running against Allan Pennock and J.P. DeGrandmont.

As we did in 2006, the Madawaska Highlander offered all candidates running in the Township of Greater Madawaska participation in a forum where they were given 650 words for their election message. Since this is a public service to our readers, there was no charge for this but we did happily accept their paid advertising if they wished to expand their exposure.

The Township has characterized the election process in the following way:

- There will be No Proxy Voting for the 2010 Municipal Election in the Township of Greater Madawaska.

- There will be no Advanced Polls for the 2010 Municipal Election in the Township of Greater Madawaska.

- Mail Ballots will be distributed to eligible voters during the week of September 28th, 2010. Ballots may be returned by Postage Pre-Paid Mail or may be hand delivered to the Municipal Office, 1101

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**Re-elect Peter Emon:
experience counts**

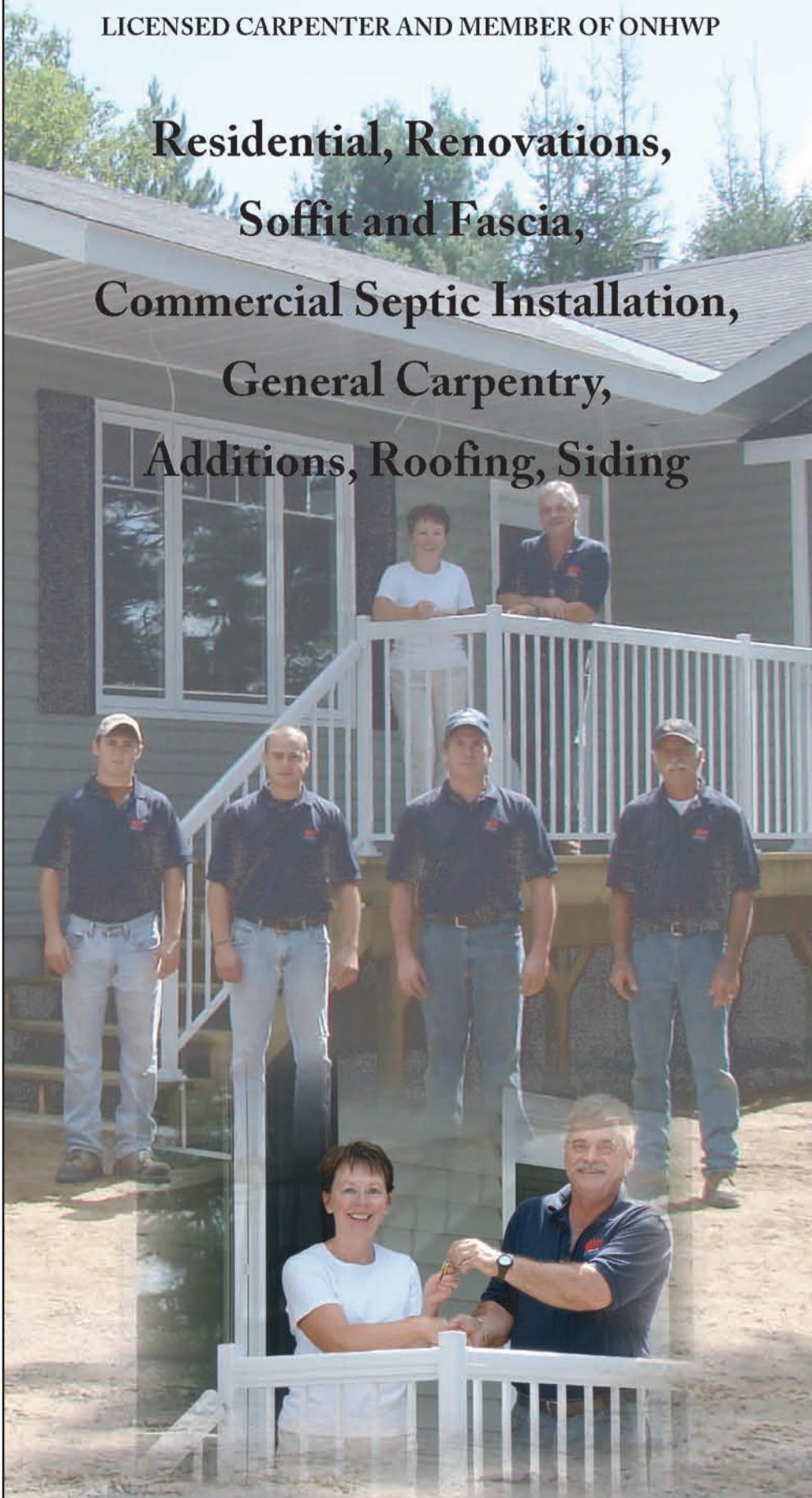
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Elections (Cont)

Francis Street, Calabogie during regular business hours.

- Mailed Ballots must be placed in the mail no later than Saturday October 16th, 2010 to guarantee receipt of your ballot prior to 8:00 PM Monday October 25th, 2010.

- On Election Day, Monday October 25th, 2010 a Polling Station will be available between the hours of 10:00 AM and 8:00 PM at the Calabogie Community Hall for all Wards.

The October 16th mail-back date has created some confusion. The date is a suggested mail-back date to ensure the ballot reaches the township office by Election Day on October 16th. There is no post-mark timing like there is for income tax returns.

In addition to signs, brochures and newspaper articles, candidates will have an opportunity to meet the electorate at two all-candidates meetings. The meeting in Calabogie is hosted by the Calabogie and Area Business Association (CABA) and will be located at the Calabogie community Centre on October 16th in the afternoon between 3 and 5 p.m.. This meeting is convenient for Ward 1 residents since they can simply drop off their completed ballot at the Municipal Office.

For residents of Ward 2 and 3 it is less convenient. Due to the long travel distance (100 km round-trip from Matawatchan) it is unlikely many would make the journey. Consequently another all-candidates meeting has been arranged

for this end of the township on an earlier date: October 7.

The October 7th all-candidates meeting will be held in Griffith at the Lion's Hall in the evening between 7 and 9 p.m. Candidates from all wards will be present.

During the 2006 municipal election in Greater Madawaska 300 ballots were spoiled because those voters had not signed the declaration form that accompanies the mail-in ballot. Sign the declaration and make your vote count. That form and the ballot are treated completely separately and your vote is secret.

No matter who you vote for, be sure to vote!

Breaking news: Griffith is getting a polling station. The envelope containing the ballot and declaration statement can be left at the municipal office in Griffith between 10 a.m. and 8:00 p.m. on Monday October 25, 2010

End

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Published in Matawatchan

Kay Kelly



1920 – 2010
She will be missed

Pioneer voices (Cont)

his grandmother's name was Margaret Ann (Maggie Ann) O'Hare. The year that Peter's grandfather (Alexander McPherson) came to Matawatchan was the year that Dave McLennan drowned on Mackie Creek, i.e., 1859. Dave McLennan was the first person buried in the Matawatchan cemetery. He was buried beside a big elm tree. It was generally understood that The McLennans had a little money when they came here and were better fixed than the rest." Other settlers tended to be quite poor, living in little shanties. The McLennans however put up a very nice house.

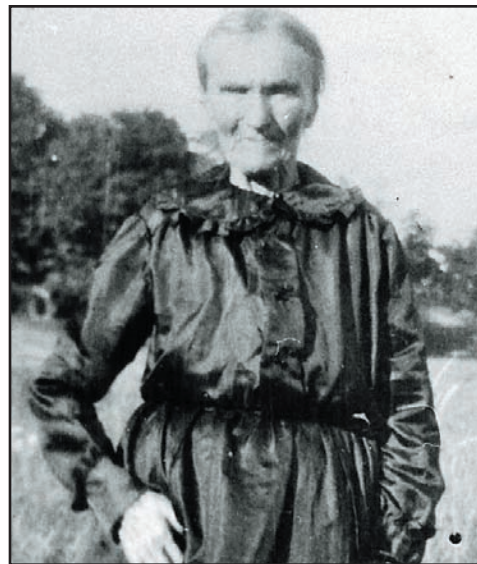
There were only a few Roman Catholics in the Matawatchan community and a priest used to come around about once a month and hold services in the school or settlers' houses. None of the Catholics had a place big enough to keep the priests overnight. Because of their bigger house, the priest used to stay at the McLennans. The priest wanted to pay but Mrs. McLennan would not take anything and used to say, "Never take money from travellers."

One time later when the priest persisted in wanting to pay and she wouldn't accept, the priest said, "You are a fine woman, Mrs. McLennan. Since we are talking, what do you think of us people?"

Well she says (she was very broad), "Since you asked me I will tell you. If

there is one place in hell hotter than another, that's where youse will be." Peter remembered the old lady. She was Adam McLennan's mother and Hester McLennan's grandmother. Hester was Adam's oldest daughter but she always stayed with her grandmother.

McLennans had a sawmill on the Colton Creek where you cross the bridge at what is now the Bill Carswell place. It is probably the same mill that William Strong purchased and moved to Aird's Lake Creek. McLennan's cut logs back of McDonalds and drove them down the Colton Creek. They had a dam on the creek and "all that mash was flooded." There are still logs today mired in the mud back of Jack McDonald's. There were some they couldn't get down the creek. The McLennans came from Scotland. Long after Old Man McLennan had died and there was only Hester there with her mother, Mrs. McLennan used to get Peter and his brother Hughie to hoe the corn and potatoes. Up from the house, in the corner of the fence, was a big pine stump. About 9 or 10 in the morning, the old lady would get up and she would have her staff and she would go up past them up to the stump. She would talk in Gaelic and pound at the stump with her staff and she would start, "Down with the witches—down with the witches,"



Mrs. James McGregor (née Katie Graham)

while pounding the stump. This frightened the life out of Peter and Hughie and they wouldn't stay there at night. Right after supper they would beat it up to the McLeod place to be with Matt and Abe. Most of the old people who came from Scotland were superstitious. Old Mrs. McDonald was the same. They would be wondering away and talking to the witches. This was Mrs. Bill McDonald—there was Archie and Bill McDonald. Bill Thomson came from Scotland. Mrs. Bill Thomson and Mrs. McGregor were sisters [Grahams]. They came from Scotland too. Peter's Uncle John Thompson also came from Scotland. He was not related to Bill Thomson. One family was

from highland Scotland and the other from lowland Scotland. One spelled Thomson and the other Thompson.

They used to make the potash in Matawatchan. Burnt the maple. The corner where Ronny McPherson built his house was known as the "Potash Works." That was one of the places where they used to make potash. They would burn the maple, leach the ashes and make potash, barrel it up and ship it. Nearly every farmer had one of the big round potash kettles. Peter's mother recalled that they often stayed up all night burning maple for potash. This was a cash crop for the settlers. Also they had no coal at that time so used to make charcoal, also to sell. There were two charcoal pits in the community. One was near Peter Kelly's old place. It was just like a great big pit. They would burn the maple until it was all in coals and then take it out and bag and ship it. That's all they had for blacksmiths shops. The charcoal was shipped in jute bags and the potash in wooden barrels.

Matawatchan was known as an area where square timber was harvested. The companies who took the square timber out in Matawatchan included McKay, Batson and Caldwell lumber companies.

End



Vote for Change

J.P. DeGrandmont

Councillor

Griffith/Matawatchan Ward 3

JP DeGrandmont

X

**A strong Voice
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Out on the First Concession

McCULLOCH'S SWAMP

By Wes Bomhower

There was a huge swamp down the road from where we farmed when I was quite young, and though the local Scots and Irish with their boghdran and banshee spooks probably embellished its history, there certainly were some unexplained things that occurred from time to time in and around that low lying area. The first story I recall hearing about the swamp was told by my own father and he was the main character in the tale.

Long ago when Dad was about twenty years old and courting my mother, his route to the village where she lived took him through McCulloch's swamp. It was winter and with his horse 'Belle' hitched to the cutter, (an open sleigh with a comfortable seat,) a big warm buffalo robe wrapped snugly around him, Dad was returning at midnight by himself. The horse jogged smartly along, sleigh bells jingling in the frosty night air and Dad dozed off to sleep about the time they entered the swamp. He was wakened abruptly to find himself lying on the road, the buffalo robe all askew and the cutter almost upside down beside him. Belle, an extremely intelligent animal by all accounts, stood perfectly still, patiently waiting for orders from my father. In the cold moonlight, everything was as deathly quiet as a graveyard.

Dad said his first thought was that some prankster had been waiting for him and upset the sleigh purposely, but there were no tracks in the snow to indicate such a thing and in fact his own and Belle's tracks were the only ones visible in the fresh snow which had fallen earlier in the evening. Dad scratched his head in wonder, righted the sleigh, clucked to Belle and continued on home, none

the worse from the strange episode.

That same winter, a trapper staggered into the village tavern one night and collapsed on the floor trying desperately to get enough breath into his lungs. Other patrons revived him with whiskey and when the man regained his composure, he told a strange tale. He was afoot that very dark night after attending his trap line, said the trapper and half-way through McCulloch's swamp when something appeared from the trees bordering the road, and though the snow illuminated everything somewhat, the man could not tell whether the apparition was two legged or four legged, man or beast. He didn't spend a lot of time trying to figure out its pedigree because the thing seemed to have a keen interest in getting a lot closer to him. The trapper took off on the run toward the village some two miles distant and never stopped running until reaching the tavern door.

"Did you look back at all to see if it was following you?" asked the bartender dubiously. "Once, and only once did Ah look back", said the trapper taking a chaw of tobacco and giving a little shiver as he relived the moment. "The danged thing was follering me alright and it had to be either a kie-yooter or a banshee I'm thinking". Someone asked why he was of that opinion. "Wal, that critter had eyes like saucers and teeth like cow's horns", he recalled and shivered again. "And I was puttin' on some extra speed after seeing those turrrible eyes, I tell you".

To this day, no one has ever come up with a plausible explanation for such goings on, so the legend of McCulloch's swamp lives on. In later years, new roads were put through and the forest pushed back somewhat but the swamp remains a challenge to anyone brave enough to enter in the dark of night. Some things never change.

End

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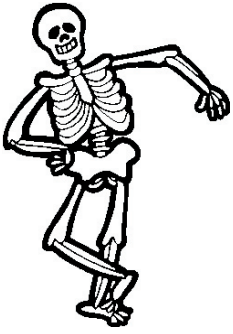
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Back Pain



By Susan Veale BSc.

Check your posture right now, are your shoulders rounded, do you feel stress in your neck, is your tummy slumping, is your low back tired or achy? If you answered "yes" to any one of these questions or more, you are not alone.

According to Stats Canada, four out of five Canadians will experience back pain in their lives. Although some back pain is as a result of a direct injury to the neck such as whiplash, or to the low back through lifting injuries, 85 to 90 percent of individuals experiencing back pain have had no identifiable cause. Often low back pain is reported as, "*just being there, a dull ache in the small of the back, nothing precipitates it, some days are worse than others but it's always there*". These described types of low back pain are usually a result of a weakened posture of the soft tissue supporting the

spine; muscles, ligaments and connective tissue. The weakened tissues over time, cause changes in the spinal posture including the pelvis and shoulder blades. In turn, this causes the core of the body to cave inwards putting excessive stress on the muscles and ligaments of the back as well as the spinal vertebra and discs. Because most of the movement of the spine occurs at the neck and low back, these are the areas that receive the most stress and cry out for help.

One of most common types of treatment for this type of back pain is rehabilitative exercise therapy. Often the exercises given for low back pain are designed to build the strength in the abdominal muscles. Although these exercises may be beneficial, there is another piece of the muscular puzzle that needs to come together to really strengthen, support and stabilize the spine.

This piece is found in the deep core muscles of the body, both in the front and the back of the spine. These include the pelvic floor muscles as well as the deep abdominals and deep spinal muscles. One extremely effective fitness program that directs exercises right to this area is "*Pilates*."

Pilates was founded by Joseph Pilate in the early 1900's. His early work was designed as rehabilitation exercises for

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Election 2010

Peter Emon: Candidate for Reeve

I have taken this opportunity to offer some ideas to build on the successes and lessons learned from the past four years. If you re-elect me I will maintain my commitment to equal and fair representation of all ratepayers and residents in the Township of Greater Madawaska. Throughout my life both private and public I have continually strived to be approachable, available, open and hardworking for my community. I have 22 years of experience in local municipal affairs, as a township councillor and reeve. I believe a question asked is a question to be answered. Sometimes the answer isn't what the person wants to hear but you will be told what I am thinking on any given topic.

As part of my duties as reeve I have been an active member of Renfrew County Council representing our community. At the County level I have sat on the county Finance Committee twice. I am a member of the Social Service Committee, and currently serve on the Operations Committee. This committee appointment has allowed me to continue to present reasonable and convincing discussion points, which in turn has produced ongoing construction on The Norton and Matawatchan Roads—two significant roads in our community that had previously been ignored. I presently sit, for my third year, as a member of the Ottawa Valley Tourist Association.

During the next four years I will work to complete Ferguson Lake Rd reconstruction, reconstruct Campground Side-road and continue to upgrade the remainder of Pucker Street, a 1.4 kilometre stretch of the Barryvale Road, the Frontenac and Flat Road. The last two will be multi-year projects as we do not have the financial capacity to take on completing the total project at once.

The equipment purchases I will be pursuing are a tandem plough-truck and two tankers in the fire department fleet. All of these vehicles will replace existing older models.

I support the Affordable Housing initiative for seniors in Calabogie and in Griffith. I will continue to use my

knowledge and contacts to move this project forward and developed outside of our municipal financial envelope.

We are compiling planning and zoning issues, which will be submitted as needed amendments to reviews of the Official Plan(2011)andtheZoningbylaw(2012).

Broadband expansion continues to be a priority for me. The suppliers will not move into our area without financial assistance. I intend to continue to press the province and federal governments to recognize alternative technology and to provide seed funding and to access the Deferral Account.

Our municipality took a lead role in joining with neighbouring municipalities to aggressively recruit medical personnel. This is not a municipal responsibility but it is a community priority. Our community needs doctors.

I wish to re-locate the Municipal Office and council chambers to a newly purchased building. The present space is too small and unable to be expanded. Our municipality can't afford a mega-project. My plan is affordable and will allow for an upgrade in the technology and tools necessary to run the office.

I also wish to stabilize the library situation and establish youth groups in all of the wards and an enhanced recreation program, which may involve a part time position depending on interest and finance.

I will continue to utilize and manage the reserves to ensure they do not catch the greedy eye of the province. They may move to reduce our OMPF allocation of a little over \$400,000. The municipal reserves have increased to \$1.5 million at the end of 2009. This is nearly double what they were in 2006 and I hope to increase them by \$300,000 by the end of 2014.

With at a minimum of three new councillors coming on board I believe our community will more than ever require an experienced reeve. I am that person.

Please check out my website peter4reeve.ca or contact me for more details. It has been a pleasure to serve you.

Denbigh-Griffith Lions Club

The Denbigh-Griffith Lions Club would like to acknowledge and express their gratitude to the donors of prizes for the Denbigh-Griffith Lions Club sponsored Show & Shine Classic Car show held August 28th in Griffith.

The following are the generous contributors to the Denbigh-Griffith Lions Club fund raising event. The funds received will go to the last \$5000.00 installment of a \$25,000.00 pledge to Renfrew Hospice.

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The Madawaska HIGHLANDER

“Read cover to cover”

The Greater Madawaska Seniors' Housing Corporation

By Bill Graham, Editor

The Senior Housing Committee is now a not for profit corporation, not relying on the township for funds.. This change in status is just part of the progress made by this committee since their formation in July 2009. They were incorporated in May 2010. During public meetings in Calabogie and Griffith in September interested residents learned just how much progress has been accomplished.

In the time since their formation the committee has accomplished a lot. They have conducted a township-wide survey, they have sponsored four successful public meetings, township council has confirmed a site for the seniors' residence in Calabogie and the committee has located a few possible sites in Griffith. With the \$20,000 in seed money from the Canadian Mortgage and Housing Corporation (CMHC) they are developing a business plan that will open the door to the funds necessary to build a seniors' residence at both ends of the township.

This is not necessarily assisted housing but it is planned to be affordable. The idea as stated in their mandate is to “strive toward the well being of the senior citizens of the township of Greater Madawaska by providing accessible, safe and worry-free housing.” An important addition to this is that the housing would be within their community. As people get older maintaining a household with all the attendant chores can become difficult. Currently if coping is difficult then the only option is to move to town (Renfrew or Arnprior) and move into an apartment or to move into a ‘Long Term Care Home’. However, even this latter option is difficult due to the very long waiting lists.

The business plan that will be developed with the help of the seed money includes such elements as architectural drawings, engineering studies, site assessments, etc. The architectural plans have been drawn up but the remaining elements cannot be determined until both sites (Calabogie and Griffith) have been identified. An additional wrinkle is that the plans that were generously donated by Ottawa architect Jane Thompson may be too expensive to build. Modifications are likely.

While some of the more concrete planning awaits site selection, the committee is proceeding with a membership drive. This is essential because it shows

the upper tier government agencies that will be providing funds to actually build the residences that there is serious interest. There is a membership fee to become a member of the Corporation and this fee shows that people are putting their money where their mouth is.

The fees are not onerous—\$10 for one year; \$20 for three years and \$100 for a lifetime membership. The advantages of being a member are:

- Members will have the privilege of giving their input in the development plans for senior housing.
- Members can be elected to sit on the Board of Directors.
- Members can contribute their ideas to, or sit on committees.
- Members will receive periodical updates on the progress and operations of the corporation.
- Members only will vote at the Annual General Meeting of the Corporation.
- Members will support a worthy initiative to keep seniors' in their community.

Memberships were sold at the two recent meetings but to be successful many more members will need to be enrolled. Remember Greater Madawaska will be competing with other communities for the same funds.

Copies of the membership application are available at the municipal office or from any member of the committee. The principal committee members are Bill Beacham, Bill Griffith, Ann Merla, Pat Holleran and Juliette LeGal. and Peter Emon as the township representative.

Another important indicator of interest in seniors' housing is the number of residents who think they might want to take advantage of this housing in either Calabogie or Griffith. If you think that you might want to take advantage of it in the next five years, you should call the municipal office and be put on the list. Need is also an important indicator that funding agencies will look at.

An important federal / provincial housing initiative is coming within the next few months and the Greater Madawaska Seniors' Housing Corporation wants to be well positioned to quickly respond to this initiative.

End

Looking back...



Floyd MacPherson with Horse Rake

*Floyd MacPherson with horse rake
Photo taken about 1965*

CABA Corner

Call for 2010 CABA Award Nominations

The categories for award nominations are: customer service, community service, ambiance and store-front presentation. The business, individual or organization nominated does not need to be a CABA member. In the past, the following awards have been given.

Award for Excellence in Customer Service

- 2005 - Steve & Gayle Main, Eagle's Rest, 5373 Centennial Lake Road
- 2006 - Corrine Sullivan, Calabogie Pizzeria, 4983 Calabogie Road
- 2007 - Jim & Ruth Weatherall, Jim's Bait & Tackle, 12600 Lanark Road
- 2008 - Carol & Bert Kauffeldt, Pine Valley Restaurant, 26047 Highway 41, Griffith
- 2009 - Calabogie Motorsports Park, 462 Wilson Farm Road, Calabogie

Award for Excellence in Community Service

- 2005 - Bill Graham & Richard Copeland, The Madawaska Highlander
- 2006 - Wes Bomhower, Calabogie
- 2007 - Mary-Joan Hale, Librarian, Township of Greater Madawaska

- 2008 - John & Marjorie Watts, Calabogie
- 2008 - Gilles Aucoin, Aucoin's Electric, Calabogie
- 2009 - Peter Emon, Calabogie

Award for Excellence in Ambiance - Home-based Business

This ambiance award takes into consideration the first impression a client or customer receives upon entering the location. Design, decoration, use of space, charm, and an inviting and friendly atmosphere may be considered.

- 2006 - Kim Carnegie, The Hair Port & Kimzart, 9 Carnegie Cres.
- 2007 - Laura Bevington, Journey of the Spirit, 284 Tatty Hill Road
- 2008 - Hank & Hennie Schaly, Schaly's Greenhouse, 1197 Lower Spruce Hedge Rd. Burnstown

- 2009 - Catherine Reynolds, The Fans of Calabogie B&B, 5174 Calabogie Rd. Calabogie

Award for Excellence in Ambiance - Commercial Property

- 2007 - Calabogie Lodge Resort, 729 Mill St., Calabogie

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Helping farmers transition to organic

By Lynn Jones

All over the world, more people are starting to farm organically but not in sufficient numbers to keep up with the rapid growth in demand for organic food. According to a 2009 report by the United States Department of Agriculture, organic food sales in the U.S. have increased more than five-fold since the late 1990s, while organic production has only slightly more than doubled in that time.

The disconnect between organic food demand and supply has also been growing in Canada. The organic food sector is the fastest growing agricultural sector in Canada and is growing 20 per cent per year while the number of organic producers and acreage in organic crops are growing at slower rates.

At present, up to 80 per cent of organic food sold in Canada is imported. This represents a significant opportunity for environmentally-sustainable economic development. A shift to greater production of organic food in Canada will provide jobs and reduce fossil fuel consumption and greenhouse gas emissions related to importing food from far away.

Partly in response to organic supply shortages, in 2008 the United States Congress enacted legislation to provide funds to help farmers transition to organic certification and a payment program for conservation practices related to organic production. Many other countries around the world provide a variety of incentives including financial assistance to farmers adopting organic farming practices.

Despite many obvious advantages to doing so, the federal government in Canada has not yet got on board with offers of financial support for farmers who are making the transition to organic agriculture. There are however, a number of non-governmental organizations providing excellent information, networking and educational opportunities to help farmers who want to make the transition.

One such organization is the Ecological Farmers Association of Ontario (www.efao.ca) which has been helping farmers make the transition to ecological farming since 1979. "Ecological farming" is a type of organic farming that goes a step beyond finding alternatives to chemical pesticides and synthetic fertilizers to viewing the farm as a living organism. EFAO members share information and experiences through farm tours, kitchen table meetings, farm consulting, advisory services, a quarterly newsletter, workshops and courses.

In January 2009 the EFAO presented a 2-day course, "Introduction to Ecological Agriculture" to a full house of 30 Renfrew County farmers. Participants of

this course were introduced to the principles of organic farming. Topics covered included soil biology and fertility, basic field crop rotation and weed control, livestock husbandry, manure management, economics and organic certification. The course was sponsored by the Ottawa Valley Food Co-operative, the National Farmers Union (Renfrew County Chapter) and the Ottawa River Institute. It was so popular that it may be offered again in the winter of 2011. Contact ORI project co-ordinator Cheryl Keetch at 613-756-3884 or through the ORI website www.ottawariverinstitute.ca) if you would like to be notified when the course runs again.

Another organization that provides a wealth of information and support to organic, conventional and transitional farmers is Canadian Organic Growers (www.cog.ca). For over 30 years, COG has been working toward a vision for a sustainable, bioregionally-based, organic food system. The organization maintains an organic lending library with over 1500 titles that are accessible to the public. It also offers farm and garden tours and produces a quarterly magazine "The Canadian Organic Grower". In addition, COG publishes books such as "The Organic Field Crop Handbook", an excellent resource used in university courses around the world and "The Organic Livestock Handbook". These and many other excellent resources (some of them free-of-charge) are available through the COG website.

COG has recently produced a handbook called "Gaining Ground: Making a Successful Transition to Organic Farming". The book is based on interviews with over 80 of Canada's organic or transitional farmers across the country. It provides practical advice and connects readers to

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a national network of organic farmers, "the next best thing to having an organic farmer next door". Farmer wisdom is supplemented with a wealth of scientific information from around the globe. A copy of this book has been ordered for the Ottawa River Institute's sustainable

living book collection at the Eganville Public Library, and is available via inter-library loan to Ottawa Valley residents. Copies can also be purchased from COG.

End

**STAY
CLEAR
STAY
SAFE**

Recreational activities near hydro stations and dams are dangerous

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

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PEOPLE HELPING PEOPLE

SENIORS HOME SUPPORT

By Judy Ewart, Acting Executive Director

October is Community Support Month – our opportunity to let you know about the different community supports that allow seniors and adults with disabilities to age well in their own homes, in their own communities. According to the Ontario Community Support Association, over one million Ontarians of all ages receive home care and community support services each year. Community Supports encompass a broad range of services that assist clients in their homes: adult/Alzheimer day programs; attendant services for persons with physical disabilities; meal programs (Meals on Wheels, frozen meals, congregate dining); personal care/support and home support/homemaking; transportation to medical appointments; supportive housing programs; caregiver support and education; client intervention and assistance; foot care; home maintenance and repair; respite services; security checks, telephone assurance and friendly visiting; social, recreational and intergenerational programs and end-of-life/palliative care.

The primary benefit of community supports is that they keep seniors and adults with disabilities at home where they prefer to be. With 93-95% of the senior population remaining in their homes, community supports help individuals and families care for themselves and maintain their independence. Social programs help promote physical and mental well-being while preventing isolation and loneliness.

Research studies have shown that community support services can help prevent/reduce visits to emergency rooms and admissions to hospital. Meal services help to ensure that seniors are receiving proper nutrition which helps to prevent deterioration in health that can lead to hospitalizations or institutionalization. With their many volunteer roles, community supports provide seniors with the opportunity to stay active in their communities.

While the funding models vary between the kinds of service providers, Seniors' Home Supports receive approximately 60% of their funding from the Local Health Integration Networks (LHIN) and raise the other 40% of their funds through donations, client co-payments, grants and fundraising events.

So this October celebrate with us the many services that community supports provide in our communities. For more information about the services that we provide at Renfrew & Area Seniors' Home Support, please give us a call at 613-432-7691.

Upcoming event: Wednesday October 13, 2010 Benefit night at Rocky Mountain House from 4:30 p.m. to 9:00 p.m. Come on out for supper, bring a friend and a portion (20%) of your bill will be donated back to us.

End

Election 2010

Allan Pennock: Candidate

With the upcoming election it, is everyone's duty to get out and vote. Changes to the system in whole can't be changed until a change is made in the standing Council.

This election is based on community, which we have lost to Council, has to be re-established. And how to do it? Have someone elected that was and is a very big part of Griffith and Matawatchan. I have stood on almost every board we have had in Griffith and Matawatchan, as well as on Council. I could give a list of what I did when I worked but who wants to know about that. Look at what has been done in Griffith and Matawatchan over the years as a resident here, not as a resi-

dent some place else. Some issues I would like to work on if elected are simple: roads, cell service, recreation department set up, changes to ATV by-law in Greater Madawaska and make Griffith-Matawatchan equal partner in this township.

Please vote Al Pennock on October 25th for a louder voice on Council.

If there are any questions, please feel free to call 613-333-2390 or alj01@hughes.net.

Thank you

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Calabogie 6th Annual Christmas Craft Show

October 23, 2010

Calabogie Community Hall

10am - 3pm



Variety of Crafters,

St. Josephs School Annual Fundraising

Bake Sale

Tea Room Luncheon

Helping Hands Christmas

Food Bank Drive- Drop off your donations

at the hall during the Craft Show



Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

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

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

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

DENBIGH AND VENNACHAR

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

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

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

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

CALABOGIE

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

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

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

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

COMMUNITY EVENTS

Calabogie

Lions' Club Pancake Breakfast,
Oct. 10, 8 to 12 at Calabogie Community
Centre Most delicious pancake breakfast in
the Valley!

All Candidates Meeting, Oct. 16, 3 pm, at
Calabogie Community Centre, for candi-
dates for Greater Madawaska Township
Reeve and councilor candidates from Wards
1, 2 and 3. Hosted by Calabogie & Area
Business Association. Everyone welcome.

**St. Andrew's United Church 118th Anni-
versary Service**
1:30 pm on Oct. 17. Refreshments after
service with special music and guest speaker
Joel Hardy

Christmas Craft Show Oct. 23, 10 am – 3
pm at Calabogie Community Hall. Variety of

crafters and bake sale. Donations welcome
for Calabogie & Area Food Bank. Lunch
provided by Calabogie Arts & Crafts Assoc.

Stretch & Pilates new classes
start Thursday, Nov. 4, 10-11 am and
11:15 to 12:15 offered by Susan Veale,
certified Pilates instructor. Held at St. An-
drew's United Church Hall. Call 613-752-
1540 to register by Oct. 22.

St. Andrew's United Church
Roast Beef Dinner, 4:00 to 6:00, Sat.
Nov. 6. All welcome. \$12.00 for adults.
Under 5, free. Under 12, \$6.00.

Remembrance Day Service
at Calabogie Cenotaph, 2 pm on Nov. 7.
Join the march from the Community Hall
to the Cenotaph at 1:45 pm. Refreshments
afterwards served by the Women's Institute
at the Community Hall.

**St. Andrew's United Church Craft Sale &
Tea,** Sat. Nov. 27, 10 to 2

Lions' Club Santa Claus Parade
in the village of Calabogie, Dec. 5 starting at
1:30 pm. Afterwards, Santa meets the chil-
dren at the Calabogie Community Centre.

Calabogie Seniors' Club Bogie Lights,
Nov. 4 at Heritage Point, Calabogie, at dusk.
Everyone welcome for hot dogs,
cookies, hot chocolate and sing along.

Pre-school Program, Thursdays, 10 – 11
am, as of Sept. 9, year round, Ages 0-5 at
township library

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

Calabogie Women's Institute meets usu-

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

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

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

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

Griffith & Matawatchan

**Matawatchan Community Market
Christmas Sale** Nov. 20, 10am-2pm
community appreciation potluck lunch
Potluck call Joanne 333-5534
Vendor Table Call Sandy 333-1931

All Candidates Meeting
October 7 from 7 to 9 p.m.
Lion's Hall in Griffith

Matawatchan Community Market
Thanksgiving Market
Saturday Oct 9 - 9 am to 1 pm
Fresh vegetables, baking, preserves, etc.
Lunch served after 11 am

**Lion's Club
Bingo every two weeks**
Oct. 12th and 26th
Nov. 9th, and 23rd
Dec. 7, Monster Bingo
Fellowship Luncheons every third
Wednesday
Oct. 20; Nov. 17 & Dec. 15

Euchre at Griffith Lion's Hall
Oct., 15th Oct., 29th Oct., 15th Nov.,
and 19th Nov., 2010.

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

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

Denbigh

Denbigh Ontario Early Years Playgroup
(up to age 6) Every Tuesday

continued on page 21

Elect
Michael McGarry
Councillor Ward 2
Twp. of Greater
Madawaska
613-432-9693

Priorities

- *Highspeed Internet*
- *Cell service*
- *Maintain and improve roads*
- *Provide good communication
with ratepayers*
- *Help with land ownership
protection*
- *Keep taxes under control with
proper decision making*

Griffith/Matawatchan News

By Garry Ferguson

During past municipal elections, mornings were a bit frostier when we charged out to put an "X" next to the name of someone who, we fervently hoped, would carry out his or her duties as an elected representative in strict accordance with our own ideas regarding the manner in which the world should be governed. Since Election Day, this time 'round, is in October – the 25th to be exact – we probably will be in shirt sleeves when we *mail* in our ballots. That "mail-in" part should ensure a good turnout, since we don't *really* have to turn out.

These days, voting in our township tends to be pretty tame and sedate: not as in the days of my youth when the tradition, for much of the local gentry, was to consume a bottle of porch-climber before arriving at the polling station to voice displeasure with those of differing persuasions. It was not exactly quick wit and *repartee* but it was fodder for some good anecdotes that remained in vogue until Christmas when the same local gentry rendered them obsolete by generating new yarning material with a series of Goodwill Yuletide Brawls. But enough pleasant reminiscing about the bad old days! It's time to focus on the upcoming selection of a councillor for Ward Three. Incumbent Karin Lehnhardt along with J.P. DeGrandmont

and Al Pennock have tendered their names to make this a three-way contest.

Between September 27 and October 01, Greater Madawaska Township mailed out voter kits to everyone on the voters' list. Included in the kit are instructions, a declaration and a return envelope. If, by some chance, you have not received a kit, contact the Township office (1 800 347 7224) before October 16. All returns should be mailed by October 17 to ensure that they will reach the Township office before Election Day. If this is not possible, ballots may be dropped off, until 8 p.m. on Election Day, at the Municipal office either during the business day or into a mail slot after hours. If all else fails, voters may go to the polling station, open from 10 a.m. to 8 p.m., at the Community Centre on Mill St. in Calabogie.

Since no meeting to assess the candidates was scheduled for Griffith/Matawatchan, members of the Matawatchan Hall Board decided to take the bit in their teeth and organize one. On Thursday October 07, 2010, there will be an all-candidates meeting at 7 p.m. in the Griffith Lions Hall. All candidates for Reeve and for Councillors in Wards One, Two and Three will, hopefully, participate. Ken Birkett will be the moderator and Richard Copeland the timekeeper. Happy Election Day!!

continued on page 25

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	Sun. - 8am - 7pm	
Post Office		

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Hunter's Food Supply

Back pain (Cont)

World War One soldiers recovering from injuries. His later work influenced many professional dancers and the first Pilates Studio was opened in New York City in 1923. Joseph Pilate believed that using movement consciously, smoothly and with precision rather than reflexively, the movement would allow a connection between the mind and the body. He felt that this increased awareness in concentration and muscular engagement would lead to improved posture, stamina and graceful movements.

The basis for the Pilates fitness program is strengthening the core muscles and emphasizing the breath. Joseph Pilate had originally designed his program for rehabilitation, so exercises are safe and in fact, recommended by physiotherapists, kinesiologists and doctors for re-

storing chronic back pain. It is also a fitness program that can be extremely beneficial in maintaining flexibility and strength at any age or stage in life as the exercises are designed to increase mobility and strength to the tissues that support the spine.

If you are in this 85 to 90 percent of individuals experiencing chronic back pain; neck, mid back or low back, Pilates may offer you some strength, support and stability resulting in a decrease of pain. A Pilates program is offered in Calabogie by a Certified Pilates Instructor, the next session beginning in November.

If you are interested in a one-on-one assessment and program development, or registering for the group classes, please contact Susan Veale, Kinesiologist and Certified Pilates Instructor, Wellness Natural Health Centre at 613-752-1540.

End

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 Reflexology & Reiki - Jennifer Johnston
 Reiki - April

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Election 2010

J.R. Easton: Candidate for Reeve

Taxes just keep on going up.

In Griffith-Matawatchan have they been treated fairly in this process called Amalgamation? Somehow I do not believe this has taken place. Griffith-Matawatchan needs its own office.

The elected person for the area needs to have a much larger say to their area's

needs. We are, in my opinion, a tourist area. The area roads need to have more attention and the brushing needs being done.

You are an equal partner

I am not a friend of amalgamation and will do my best to revoke this that should never have taken place.

It's a sell out job.

Greater Madawaska Literary Matters

By Mary-Joan Hale

Summer is over and the sun drops over the horizon earlier every night. However, you can still get a warm welcome at your library. It seems that more and more folks are finding out about the place since I am adding new patrons several times a week. Many are amazed that we can offer so much on a shoestring. I explain that we are privileged to have access to a grant for High-speed and another to keep computers state-of-the-art and in good repair. Many folks ask why the library is not open Saturday afternoon and more evenings. If it were staffed properly, it could be open more hours especially in the evenings. This would accommodate day workers and teens. Think of the possibilities! There could be more programs for all ages. Now is your opportunity to ask for more 'Open Hours'. This costs money and the library needs to be funded and staffed as well as libraries in municipalities of comparable size and population. Go to the **All Candidates Meetings** in your ward and ask them to profess what they will do and follow up after the election. After all literacy is everybody's business!

The children's **Pre-school Storytyme** has moved to Thursday mornings from 10:30 – 11:30 a.m. It used to be on Tuesday afternoons, but morning sessions will allow afternoon naptime for the tiniest ones and enable the families to visit the Drop-in Play Group at St. Andrew's United Church in Calabogie. Two young moms started this fun time experience last spring and are continuing it this year as well. Please call Natascha (613-752-1735) or Marnie (613-752-1647) for more details. The first day is October 5, 2010. Children in JK & SK are off on Tuesday and Thursday, so families may plan two outings each week for their children. It is interesting to note that these ladies met each other when they brought

their children to Storytyme at the library. The library is not just about books. So many friendships have started here! As the Premier has said, "The library is the cultural hub of the community".

Gary, our favourite courier, brings books to Eagle's Rest and Lacourse's (Ward 3) every Wednesday. Eagle's Rest will soon close down for the winter, but the Lacourse's Depot will remain open. Today's load was very heavy with books and audio books for patrons in Ward 3 and I hope that this can continue. I will be working out a venue in Ward 2 as well. Please call/email the library for requests if you live in these wards. Also, there is a binder with a hard copy of the collection at each store. The website is under reconstruction at this time, but shortly you will be able to search and order both from our collection and Interlibrary Loan again.

The volunteers have added many books to the shelves. These are not new this year, but a backlog from years past. It is hoped that the budget in 2011 will put the library budget back in line with where we should be. It is not possible to keep a current collection, when all of the costs for electricity, insurance, heating, and telephone are constantly rising. Sadly, as these costs rose, the book budget has shrunk. It would be comparable to having trucks, but no money for gas or oil to run them. Fortunately, I have been blessed with a good sense of humour, a belief in the future and wonderful people from here and around the world to brighten every day (especially the children!)

The Early Learning Centre is back and I just loved hearing the giggles from a girl visiting today. The Kids' Zone is full of interesting things to make and do: crafts, books, videos, books and more books! Drop in for a moment, stay for hours.

continued on page 17

CABA (Cont)

- 2008 – Cheryl Babineau & Richard Gill, Bittersweet Fine Craft and Art Gallery & Fog Run Studio, 5 Leckie Lane, Burnstown
- 2009 – Kim & Adam McKinty, Neat Coffee Shop, 1715 Calabogie Rd., Burnstown

Store-front Presentation

- 2009 – Valerie & Sean Popkie, The White Pines Resort, 641 Popkie Rd., Calabogie

How to nominate a local business, individual or organization –

CABA is asking the community and also CABA members to assist in selecting recipients, in the Township of Greater Madawaska and Burnstown area, for the awards to be presented November 29, 2010, at a CABA general meeting to be held in the Madawaska Room of Dickson Manor at Calabogie Peaks Resort. Thank

you to Calabogie Peaks for agreeing to host the event. Please note that visitors are welcome to attend.

Email your nomination to 12president@calabogie.org or CABA, 318 Kennedy Rd., Calabogie, K0J 1H0 by October 18. No nominations will be accepted after that date. The final decision will be made by the CABA Executive and Board of Directors.

Nominations must include the following: name and phone number of the person submitting the nomination, the award category and a rationale supporting the nomination of no less than 50 words. (Questions can be directed to Carolyn Jakes (613-752-2500)

End

Election 2010

Marie Buscomb: Candidate for Councillor in Ward 1

My name is Marie Buscomb and I am running for Councillor in Ward 1 in Greater Madawaska. I was born and raised in Calabogie. I am the oldest of Helen and Jim Charbonneau's fourteen children. I was educated at St. Joseph's Separate School in Calabogie and graduated from Renfrew Collegiate Institute. I have been married to my husband John Buscomb for 28 years. I worked in Ottawa in administration for Canadian Bank Note. I owned a Christmas store for 17 years in Calabogie. Also I worked for the Renfrew County School Board at the Calabogie Public School for 7 years.

I have been a volunteer in my community for many years. I was secretary of the municipal recreation committee for 20 years and received an Ontario Municipal Recreation award. I was a Brownie leader and helped raise funds for the library. I am a past Vice-President of the Calabogie and Area Business Association (CABA). I helped fundraise for the Easter Telethon on television and organized a Christmas concert to raise money for the local rink. I am currently on the Canada Day Committee and the Barnett Park Committee and also volunteer at my church.

The reason that I am running for council is because I have a lot to offer. I am honest and will work for the taxpayers as hard as I can. We need planned growth for tourism. We are lacking programs for our youth, seniors and physically disabled people. We must care about our lakes and rivers and be environmentally conscious of pollution and water quality.

We must take pride in our communities and township with all three wards working together for the same good.

We are very lucky to have such a great fire department with first response in our township. We need seniors housing so people who have to leave their houses don't have to leave their community. We need to recruit doctors and nurse practitioners and upgrade our medical centre. We also need to find a convenient and accessible helipad for the helicopter when needed in emergencies.

And finally to be accountable to the taxpayers and be more open about what goes on in our township. So, if you are old enough to vote, get out there on October 15, 2010 and vote for the person you feel will represent you.

Election 2010

J.P. DeGrandmont: Candidate for Councillor in Ward 3

WHO IS THIS "J. P." GUY

Some 12 years ago my wife Juliette and I bought the old Thompson Farm. It is located just south of the Matawatchan-Calabogie Road intersection. It's the first house you see on your right as you reach the top of the "big hill". By 1998, the farm had already been abandoned for a number of years and was in pretty bad shape.

The initial plan was to tear it down and re-build. However, as we became more familiar with the farm and its history, we decided that we should save this old two-storey house because it 'belonged' to this hilltop site, it fit the landscape and reflected the area's image more than any modern house would.

Needless to say, we really love living here. We have made many good friends and met so many interesting individuals that we have truly bonded with the community. We greatly appreciate the tremendous community spirit which has made possible such things as the Matawatchan Market and The Highlander, our very own newspaper.

We are unquestionably here for the long haul and consequently have taken an interest in the community and all that that entails. A few years ago I became a key player in the community's efforts to address threats to the safety and security of residents and their property. In cooperation with several residents, I organized a public meeting at Matawatchan's United Church. This meeting was attended by representatives of the OPP, a Township Councillor from Calabogie, and numerous concerned citizens. The attention focused on this problem resulted in the satisfactory resolution of the threats in question, to a sigh of great relief from all residents.

My wife Juliette has contributed and actively participated in the successful Matawatchan Market operations. She is currently working on a Township supported initiative to provide housing for

seniors in both Griffith-Matawatchan and Calabogie. This project would offer a welcome advantage to senior citizens who wish to remain in their community but cannot continue to maintain their current residence.

Over the years, I have shared some of the concerns of both full and seasonal residents of Griffith-Matawatchan. Like many of you, I have sometimes voiced my opinion or discontent on issues. Regrettably, my experience has been that local political channels for addressing questions and concerns have been less than satisfactory.

After much soul searching and questioning, I have concluded that it is one thing to be dissatisfied about how things are handled, but it is quite another thing to do something about it. I believe that this conclusion is best summed up in the wise old saying: "Put up! or Shut up!".

That is why I have decided to become a candidate for Councillor for Griffith-Matawatchan. In this decision, I have been encouraged and supported by many residents and friends. This support encourages me to offer my services to our community. My previous management experience should prove useful in my role as your representative.

In the spirit of 'giving back to the community' which has so graciously accepted us, I declare that if elected, I will to the best of my abilities represent the interests of all full-time and seasonal residents of Griffith-Matawatchan at the Council table. With your support I will vigorously uphold this commitment.

After all, if you've taken the trouble to read this far, you now all know where I live and that I'm here for the long haul.

"Election promises are often based on specific issues. However, issues change and evolve and my commitment is not just about what I think, but also about what your needs and concerns are"

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Bringing In the Sheaves - Old Style

By Garry Ferguson

For ten millennia, farm technology moved very slowly if at all. From the earliest days of agriculture, about 10,000 years ago, until the late 1700's farmers harvested grain by stooping down, gathering and cutting one handful of grain at a time with a short-handled cycle. Metal replaced stone over the years but not much else changed. The cut stalks were raked into bundles then bound, using several stalks twisted together, into sheaves. My grandfather, who farmed in Matawatchan, once showed me how to twist the strands and make a tight, neat sheaf. Born in the latter part of the nineteenth century (1884), he had learned this skill in the days when the cradle was in use to harvest the hilly, rocky fields around the area.

In the late 18th century, this cradle with four or five long wooden rods placed parallel to a scythe blade (actually the blade was wider, shorter and sturdier than that of a scythe) to catch falling stalks, allowed a worker to lay them on the ground in neat piles that could then be bound into sheaves. This marvel of technology, used well into the nineteenth century, disappeared from use in the days of our grandparents but I do remember finding broken blades along the edges of fields around Matawatchan.



Around 1830, the reaper was invented. This horse-drawn machine cut the stalks close to the ground using a cutting bar powered by one of the machine's wheels. Once cut, stalks fell onto a wooden deck and then were swept to the ground forming a continuous swath. A great deal of labour was still needed to rake the grain and tie it into sheaves. The next innovation was the harvester that used the same cutting principle but had a canvas conveyor belt to raise the cut grain to a table where two workers could tie the grain into sheaves and drop them back onto the field for staking. This still required two workers that could be eliminated if a self-binding machine, able to tie sheaves, were to be invented.

In 1875, after 25 years of trying, a fellow named John Appleby came up with a U.S. patent for a twine knotting device called a twine binder. After a number of experiments the binder was refined and a large number was sold during the 1880's 1890's. The binder was in wide use for many years, superseded only when machines that combined harvesting and threshing – combines – were put on the market.


As most of our readers will have hoped by now, this little history rant does have a purpose. It's an extended, run-on, long-winded caption for the accompanying photos. In one snapshot, Roy Berndt (on tractor) and Tony Fritsch (on binder) are using a McCormick-Deering binder with a Type "D" binding attachment for an August demonstration of old-style harvesting on Tony's Denbigh farm. This 1930's-vintage machine, owned by Ernie Berndt, had previously been idle for 50 years. The antique tractor, owned by Roy Berndt, is a Minneapolis Moline and was the first owned by Rosemary O'Connor's grandfather who farmed in Cavan Township west of Peterborough.

In the other photo, taken at the Denbigh Country Fest on Saturday September 18, some of the Denbigh lads are seen threshing the same harvested grain with a George White No. 6, 1940's-vintage separator (threshing machine) owned by Tony Fritsch. It was purchased by Ken Fritsch (Tony's father) in the 1950's and was used on the Fritsch farm for several years.

End


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Politicians are the same everywhere. They promise to build bridges even where there are no rivers. Nikita Krushchev

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Who May Vote?

Any person who on Voting Day (Monday, October 25th, 2010) meets the following qualifications is eligible to vote:

1. Is a Canadian Citizen
2. Is at least 18 years old on Voting Day
3. Resides in the municipality or is the owner, tenant or spouse of the owner or tenant of land;
4. Any person not prohibited, by law, from voting.

The Enumeration List of all electors, prepared as required by the Municipal Elections Act 1996, as amended, is posted at the Municipal Office, 1101 Francis St. Calabogie ON. Electors are responsible to ensure that their names and relevant information are correctly shown on the Voters List.

NOT SURE IF YOU ARE ON THE VOTER'S LIST? Please call 613-752-2222 ext. 228 to confirm.

Applications for additions to the Voter's List may be made during regular office hours, Monday to Friday, 8:30 am to 4:00 pm at the Municipal Office by an Elector completing and filing a form obtained from the Returning Officer or designate. The last day for filing applications concerning: inclusions, additions or corrections, is October 25, 2010.

How to Vote?

When you receive your voter kit, please follow the instructions included.

1. Mark your ballot with a cross (X) within the space designated to the right of the name of the candidate for whom you wish to vote.
2. Fold the ballot and insert into the white ballot secrecy envelope; seal the envelope.
3. Insert the white ballot secrecy envelope into the yellow Election Return Envelope.
4. Sign the Declaration Form and insert into the yellow Election Return Envelope.
5. By Mail – The yellow Election Return Envelope must be mailed by October 16, 2010.
6. Hand Deliver – Electors in Ward 1 and 2 may hand deliver the Yellow Election Return Envelope to the Community Centre at 574 Mill St., Calabogie, on Election Day. Electors in Ward 3 may hand deliver the Yellow Election Return Envelope to the Municipal Building at 25991A Highway 41, Griffith, on Election Day.

Angela Yolkowskie, Returning Officer
 Township of Greater Madawaska

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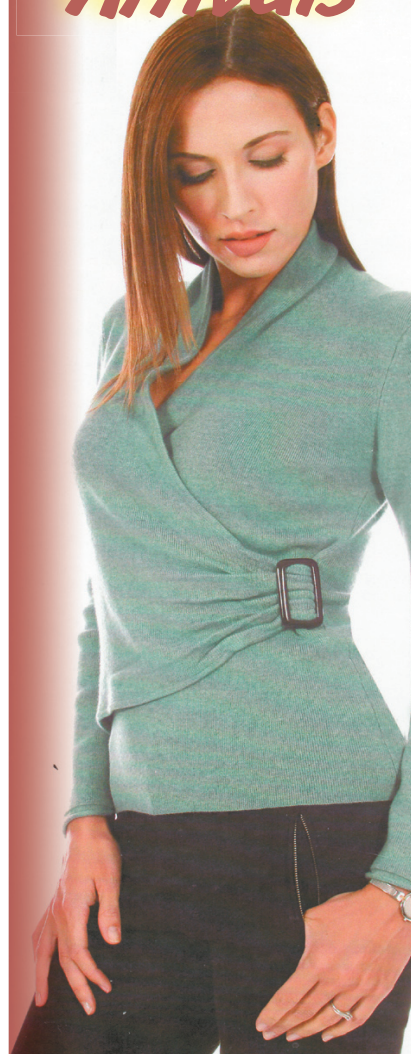


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HOW ABOUT THIS KIND OF TENT CAMPING

By Ernie Jukes of Camp J

Well say now.....listen here....

Every year something new! You'll see them galore at Outdoor and Sportsman's shows--spectacular tents of every description. The colours, the shapes, geodesic, dome, umbrella, square cabin, the screens or nylon zippers, all a delight to those that want to live awhile in the great outdoors. The materials have crept from yesterday's tough, heavy canvas to the high tech poly and plastics of today. Mind you the canvas and cotton were easier to repair and you could waterproof them over and over again... while the heavier and heavier they also seemed to grow. Tents have been man's means of portable sleeping and living abode for possibly thousands of years. Our earliest peoples packed them here from Mongolia and Europe. They transported them on their backs, or dragging them by dog or horse and on human travois, and by boats, throughout the ages.

The current "no brainer" tents are lightweight to transport and virtually "pop" themselves into position. If you can batten them down they may withstand hurricane force winds while keeping you reasonably dry. Some guys are finding them real handy for ice fishing too. Of course like many modern foreign made outdoor products they often do not stand the rigors of hard wilderness wear. Their lightness gained by being small also may lead some users to claustrophobia. It is for many reasons that we should not ignore the "old ways" entirely, but also take advantage of today's science and engineering available.

Only a small percentile of our population is really adventurous and capable of penetrating our big black forests of our far north. The other "campers" do so in groups at provincial parks or in trailer parks. Both fun, and a great opportunity to make new friends, while introducing your family to Mother Nature and improving closeness of every family member. Many of our best "camping" memories were also in RV parks. I recall while

touring Europe a Dutchman hugged and even kissed me for being Canadian and for our troops liberating them in WW2.

Some say tenting is for the young. I recall during a torrential rain when I dove from under our dining fly into our "tourist" tent to find our baby son Dave splashing in a puddle. Seemingly enjoying the tiny river running through it. The surface rock simply didn't allow the trench all around that we would normally have dug. Today's synthetics and style offer us so much in tents but there is more to it. By the time we have collected all the seemingly necessary equipment such as stoves, bedding, coolers, lamps, cooking gear, we have made a large dent in our pocketbook. Fortunately we can put it together over a few years, sometimes inherited or gifted.

But I want to tell you about one of the oldest methods of trail accommodation. Having camped in the backcountry with old woodsmen, guided groups, explored with trappers, and many other outdoor companions, We have come to an experienced conclusion. One of the most effective ways to be comfortable in tent camping in the bush still comes from the simple construction of that ancient rustic residence, the wonderfully unique "Bivouac"!

It's somewhat of a misnomer, as the translated term means, "sleeping without tents", when in fact, the contemporary pathfinder covers his lean-to Bivouac frame with a canvas fly tent, or poly tarpaulin roof cover. For a standing camp of some duration, the addition of a reflector fire bounces a warm dry heat into the lean-to opening, for cosy quarters that have withstood the test of time, during all seasons. How it came to us I'm not quite sure, but I understand the Scandinavians have enjoyed this tenting method for hundreds of years as did the early French voyageurs, and explorers canoeing the waterways of North America.

In warm weather when a fire is not required, but bug protection may be, a mosquito netting or screen across the front does the

continued on page 22



Pen and Ink Drawing by Author. "This old uncle, open-front bivouac harkens to Grandfather's era".

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Election 2010

Vincent Johnston: Candidate for Councillor in Ward 1

Although new to politics, I am not new to the Greater Madawaska Township. I was born and raised in Renfrew but have lived in Calabogie, and with my wife Paula, in Hurds Lake Hamlet for over 20 years. My roots in Greater Madawaska Township run very deep as my family heritage dates back to the middle 1800's in the Calabogie, Black Donald, Griffith and Matawatchan regions and continues with many family members still owning properties in those areas today.

I believe it is time for a change in Greater Madawaska Township. I believe that both council and ratepayers must work together to find solutions to issues such as Housing for our Seniors, Recreation for our Youth and attracting Entrepreneurs and Developers who will bring needed services as well as employment opportunities to our township.

We have a Seniors Housing Project that is well past its infancy and close to becoming a reality. Keeping our seniors here in a community they love and have helped build is a priority and we must support this initiative.

Our Youth can not and should not be forgotten. They are our future leaders, business men, church and organization members. They deserve proper educational and recreational facilities as well as employment opportunities within our own community.

As an avid outdoorsman, I enjoy fishing, boating, hiking, hunting, snowmobiling, down hill and cross-country skiing as well as just roaming the backwoods with friends on my ATV. We have a great tourism industry already in place but we must continue to support them in promoting Calabogie and the surrounding area as a place to come to relax, unwind and have fun. By doing so we will be assured tourism will continue to be a great revenue stream for the township.

Technology is not in the future. It has now become a necessary form of communication. We must work towards connecting all areas of our township, however remote, to the rest of the world by completing our High Speed Internet Network.

I believe it is time for our municipal government to become more transparent. It is time to build a relationship and work with groups such as C.A.B.A., the Seniors Association, Lions Club, and Cottage Association etc.

Having owned and operated a successful business, Renfrew Auto Sales and Service for 20 years, has given me valuable experience in planning, financing and communicating. In 2009 I sold the business and now have the time and the commitment needed in my role as councillor in Ward 1. I am energetic, have a strong work ethic and have the ability to work well within a team environment.

I hold Greater Madawaska Township close to my heart and I ask for your support on October 25. I ask that you give me the opportunity to work with council to bring to Greater Madawaska Township the services it needs to progress at a steady and consistent rate.

VOTE VIN IN! I AM HERE TO STAY!!

Literary Matters (Cont)

Kids having fun in the library at a young age will develop into adults with a life-long appreciation of literature.

Pretty soon we will have Overdrive available, an on-line program funded through the Ontario government which will allow the downloading of eBooks. There are other programs to which we have access as well. After a few glitches are ironed out, have your I pads, Kindles, et al at the ready! Also MangoLanguages are available. Come in and register for this on-line service and you can learn any of 37 languages from the comfort of your home! This too, will be on our new website.

I wish all of you a very wonderful autumn and a very Happy Thanksgiving! Get out and enjoy the wonders of our beautiful Township and drop in for reading material to enjoy by the warm fire.

Mary-Joan (Skippy) Hale: (613) 752-2317 or 17 mjhale@bellnet.ca *End*

Politics is the art of preventing people from taking part in affairs which properly concern them
- Paul Valery

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Denbigh News

By Christi Schroeder-Laundrie

Yours truly is sorry to have to report some sad news from this area over the summer. A beaver dam broke just south of Denbigh, bringing flood waters into Janice Scott's yard. The force of the water took out her deck, tore up the yard bridge, damaged her driveway, and worst of all, ripped off the cover of her well, and flooded the well. And as those of you who have had this happen know, the insurance won't cover flood damage. Jars for donations had been placed in most area establishments, and I sincerely hope the contributions have been generous.

Yours truly wishes to thank Angela Bright kindly for taking over the news while I was infirm. With a family to care for, this was an added burden for her, and I appreciate her willingness to help out. She did a marvellous job, too, didn't she?

Seems there have been several sightings of very young bears hereabouts. Now I understand bears make most people nervous, but have no fear. Bears are vegetarian, and if you leave them alone, they won't even give you as much as a second glance. They do like berries, though, so be watchful when out in the berry patches.

The changing sumac leaves signalled the end of summer, kids

again filled the classrooms, and the year is beginning to wind down.

Our sincere condolences to Paul and Diane Isaac on the passing of Paul's mother.

Baseball for the children wrapped up for the summer last Tuesday evening. It was a great idea to get them together to learn the basics of the game and to have fun too. Thanks to everyone who helped make it happen. Hopefully we can do it again next summer!

The Northern Lights Senior's Group will be hosting Euchre nights at the Griffith Lions Hall this fall. Love the game? Then come and join us for an evening of fun. Games will begin at 7 pm on the following Friday nights: 17th Sept., 1st Oct., 15th Oct., 29th Oct., 15th Nov., and 19th Nov., 2010. Denbigh Recreation will once again start up the Euchre club on the 2nd and 4th Friday evening of every month. Come, play cards and socialize on Friday, Sept 24th.

Sunday School at Vennachar Free Methodist Church will open for the fall session this Sunday, September 19th at 10am. There are classes for children, teens and adults, so everyone is welcome. That also means Sunday morning worship will change back to 11am beginning the 19th as well

Wow, the power outages that plagued the area from Thursday, 16th Sept to Sunday, 19th Sept sure did a lot of damage in the Denbigh area. Power went out several

times Friday, Sat and Sun, with fluctuations and lights dimming and flickering all three days. Yours truly was amazed to hear how many people in the area lost their electronics equipment, some even fridges and such, aside from other serious damage. Berndt's Garage lost their gas pump, Stop 41 their computer, the machine that monitors the gas pump, and their sign shorted out, caught fire. Yours truly and Griswold have damage to both TV's, the satellite dish, a freezer, microwave, and, believe it or not, the water kettle. Fortunately, I make it a point to unplug my computer when not in use. Griswold checked the voltage coming from the outlets and found it several times at 85-89 instead of the usual 120, and at one point, he registered it at over 120. . Low voltage is very hard on equipment and compressors. Looks like Hydro One will be receiving an awful lot of damage claims from this last weekend, ours included.

Well, folks, Denbigh Countryfest was a smashing success again this year, with a greater turnout than last year. Denbigh Recreation again outdid themselves, working hard to get this event up and running. And what a fine job they did. Accolades go to them and all the volunteers who gave up their time to make this a fine weekend.

"Land O' Lakes Community Services is hosting a "Stay On Your Feet" falls prevention program in conjunction with the KFL&A (Kingston-Frontenac-Lennox Addington) Health Unit. Research shows that most falls are predictable and pre-

ventable. Falls are the leading cause of hospital admissions due to injuries. One in three Seniors 65 and older fall each year, so don't let a fall get you down. One of the greatest costs to an individual is loss of independence. The presentation is a free, one hour presentation and will take place right after the Diner's Club at the Denbigh Rec Hall on Oct 04. Make sure you come on out, have a great lunch and learn how to prevent falls for both you and your loved ones. For more information please call Pam Lemke at LOLCS 613-336-8934 or p.lemke@lolcs.com" or you can call Betty Bass at 333-2366.

Moms and kids take note! Playgroup comes to Denbigh every Tuesday from 10am to noon. There are lots of toys and activities to keep your wee ones busy so bring them to the recreation hall for some fun.

And with all that, this is yours truly wishing you a wonderful autumn, and if life gets you down, think about this. "... We may not be able to change the direction of the wind, but we can adjust our sails..."

..... cheers, Christi Schroeder-Laundrie, denbighnews@hotmail.com 613-333-2376

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

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Election 2010

John Pratt: Candidate for Reeve

A message from John Pratt, current Councillor and a candidate for the office of Reeve, Township of Greater Madawaska.:

This week the mail ballots will be received at home. Please read the instructions carefully and consider your options. Vote for action by electing John Pratt for Reeve on Election Day, October 25th 2010.

This election is not about what was accomplished. It is all about what was not accomplished, about what was promised and not delivered. It is about failure to prioritize and focus on the key issues facing the Township. This election, vote in favour of new leadership to regain public trust and resolve issues that affect our community.

I have read Reeve Emon's campaign objectives for the next term and I would like to call attention to three key issues which have been overlooked.

1. The Strategic Plan – In order for the Township to reach its full potential the strategic plan must be completed. Phase 1 of the plan was completed several years ago. Phase 2 has essentially been shelved. It is vital that this plan be completed. We cannot possibly move forward until we have a 'road map' for the future.
2. The Township Noise ByLaw – Noise related to Calabogie Motorsports Park has negatively impacted the quality of life of a significant number of area residents necessitating a review of the Noise ByLaw. This was to have been reviewed by Council but the Environmental Noise Advisory Committee established by Council (chaired by Reeve Emon) is now 2 ½ years late in its report and recommendations to Council.
3. Public trust in Council and staff has eroded and needs to be rebuilt. Greater accountability and responsiveness to

rate payers is essential to rebuilding this trust.

Other important issues to be addressed:

- Emergency planning, road maintenance and waste management have ongoing priorities
- Sound budget planning and accountability
- Continued support for doctor recruitment, seniors housing and the library
- Expanded recreational resources and programming
- Finding a way for seasonal residents on private roads to obtain more value for their tax dollars
- Creation of a Heritage Centre
- Seek Federal/Provincial government designation and funding for the K&P Trail as a Heritage Trail

A vote for John Pratt is a vote for a Reeve who will:

- Ensure that Greater Madawaska has a plan for the future
- Resolve the Noise issue by June 30, 2011

- Establish greater fiscal and managerial accountability and delegation
- Bring focus to current and future issues, and most importantly
- Restore trust with the rate payers

Vote for action on Election Day, October 25th, 2010.

Vote John Pratt for Reeve.

If you would like to discuss these or other issues you can contact me at: Tel: 613.752.0765 or by email: jcdc@sympatico.ca

Thank you for your support.

All Candidates Public Meeting for 2010 Municipal Elections Township of Greater Madawaska

Meet the candidates running for Reeve and candidates for Councillor running in Wards 1, 2 and 3

1. Thursday October 7, 2010

Lion's Hall
Highway 41 – Griffith
7:00 p.m. to 9:00 p.m.

2. Saturday October 16, 2010

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Election 2010

Karin Lehnhardt: Candidate for Councillor in Ward 3

Greetings to all! I am running again for Councillor Ward 3, Township of Greater Madawaska. I reside in the Hamlet of Matawatchan and have served on Council for the last 16 years. The past term, as always, has been a busy one, with a small Council working in the best interests of a geographically large municipality.

We have finally begun addressing the issue of our aging fleet. New Fire Pumper/Tankers for both Station 1 (Calabogie) and Station 2 (Griffith) were purchased, as well as new 4 wheel drive pickup trucks for Stations 1 and Station 2 Fire Department. New 4 wheel drive pickup trucks with sanding units for both Public Works Stations in Griffith and Calabogie were also purchased. The old Griffith Tandem Snow-plough, which has not been in operation for a couple of years, has now been replaced with a new one. Things are beginning to shape up. The Salt Shed in Ward 3 has been relocated reducing the hauling distance for salt and sand.

The three new Waste Transfer Stations have been completed with the help of COMRIF funding and a dedicated and hard-working Public Works Department. Paving at the Transfer Station in Griffith and the Transfer Station in Brougham will be completed this fall. We now have three state of the art facilities to be proud of.

Our Township has always been an active participant in the Physician Recruitment Committee providing funds towards a part-time recruitment officer. In 2010, we joined with our neighbours

to fund a full-time recruitment officer in the hopes of making a dent in the doctor shortage.

A new Seniors Housing Committee spearheaded by Reeve Peter Emon has been setup and incorporated and is working towards Seniors Housing in our Township.

The Township Strategic Plan completed four years ago is slowly proceeding towards implementation.

It has been a financially challenging term. The Township only receives 30% of your tax dollars and must try to address issues of waste, roads, fire, administration, a township website, recreation, library, economic development and a myriad of other concerns.

Presently, I am Chair of the Planning and Economic Development Committee, sit on the Finance Committee, serve on the Minor Variance Committee and the Economic Development Committee. Other assets that would assist me as Councillor are business experience in this community, a Certificate in Municipal Administration and an AMCTO Designation.

If elected, I will work hard for this Ward and for the Township as a whole. A new Comprehensive Zoning By-Law for this Township must be done in the next two years and issues that have arisen must be addressed. I hope to develop a long term recreation plan, support Seniors Housing in moving forward, keep Township roads a priority, as well as work towards the installation of a Helicopter Pad for Air Ambulance in Ward 3.

RE-ELECT KARIN LEHNHARDT

Lions (Cont)

We therefore acknowledge the following people and corporations for their generous contributions.

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Donation of a Trophy:

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Loan of tables: Holy Rosary Parish, Griffith

EVENTS

Greater Madawaska Fire Department, Station 2, Griffith

Mark Rowe (Highland Piper)

O.P.P., Renfrew

Kingston Police Force, Constable Mike Menor

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Election 2010

Brian Hunt: Candidate for Councillor Ward 1

Background

- * Born in Mt. St Patrick which is part of Ward 2 of Greater Madawaska.
- * Graduated with a Business Administration diploma and later obtained an accounting designation (CMA).
- * Worked for over 30 years for one of Canada's largest road builders holding various positions including corporate controller and vice president, administration.
- * Retired in 2002 and purchased Jocko's Beach Resort with my wife Patricia and friends Mike and Julia. Sold Jocko's in 2008 allowing my wife and me to spend more time enjoying our five children and seven grandchildren.
- * Past member and director of Calabogie and Area Business Association (CABA).
- * Currently serving on the Financial Committee of the Township of Greater Madawaska (GM).

Why run for Councillor?

With my business and professional experience I believe that I can contribute to the better management of the township and be an effective voice for the people of Greater Madawaska.

Concerns:

Communication

Our new council and all township staff must communicate better with the people they represent. We need to keep the people well informed and respond to inquiries in a timely manner.

Road Maintenance Funding

With budget shortfalls affecting provincial and federal governments, fewer grants will be available to municipalities. We must be knowledgeable of and apply for all grants that become available in order to carry out major road improvements. This will free up township dollars to maintain and improve the remaining roads.

Recreation

I was pleased that in September council chose to use recreation reserve funds to reconstruct the rink in Calabogie. Our children are our future and we should look for more ways to support the youth of our township.

Business Base

Commercial taxes are paid on a 3-to-1 ratio compared to residential. We need to entice viable businesses to our township, not deter them from coming.

Budgeting and Financial System

The current system is old and tired and should be replaced by one that assists our managers in doing their day-to-day jobs

Other non council issues I want to support:

Calabogie Medical Centre

As our population ages, there is more stress on the medical system. Expansion of the medical centre, with nurse practitioners supporting our doctors will serve the people of Greater Madawaska well. Good decisions must be made now if we are to achieve this in a cost effective manner.

Doctor Recruitment

Council must continue to support the initiative to solve the doctor shortage. Some progress has been made over the last year and we must keep the momentum going in order to achieve our goal.

Senior Accommodations

We must support the endeavor to provide accommodations for our seniors so they have the option to stay in the community. Losing independence can be a stressful experience but leaving the surroundings you love can be overwhelming.

Many of these issues have been entertained over the past term of council, but they will never get off the ground without the support of council and the community. We must find ways to achieve our goals and do so without creating a tax burden on the township.

Conclusion

A good council consists of a cohesive group of individuals with a mandate to make the township a better place. It is critical to have the right people representing you. Remember, the township is a product of the decisions made by the people you elect.

Election Day
Monday October 25th

Please contact me if you have any questions.

Contact Information:
Brian Hunt
5279 Calabogie Rd
Calabogie, ON. K0J1H0
Phone: 613-752-0246
Email: briancalabogie@sympatico.ca

The Steam Engine along the Madawaska

By Howard Popkie

In 1947 Eddy Overhalth drove a steam engine that stood about eight feet tall and was about ten feet long along the shore of the Madawaska River to its new place at a sawmill owned by Bill Losee from Woodstock, Ontario.

The steam engine was on the Black Donald side of the river. I saw it coming into town when I was on my way home from school and followed it all the way.

Jack Box owned the land just below the Mountain Chute Dam and he had a fence all around his property.

The road that had to pass his land went up a very steep hill—if you didn't make it up the hill you had a short ride back down and into the river where there were rapids at that time.

Eddy Overhalth wore an engineer hat and overalls and he was about 40 years old. I thought he got his name because he always wore overalls.

He stopped the steam engine and walked up the hill to see what he was about to face on the ride up and over the hill.

He came back down and got up a big head of steam and let her rip. The big engine went 'bang-bang' all the way up the steep hill. It took a lot of guts to make that ride. The engine had a chain with a crank handle on the steering wheel. Eddy had to crank it real fast to the left and then change and crank it to the right, but he made it all the way up and over the hill.

End

Calendar (Cont)

Denbigh Community Hall 10 a.m. until 12 p.m.
Info 1-613-336-8934 ext 257

Euchre in Denbigh

The 2nd and 4th Friday evening of every month.

Diners Club

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

St. Luke's United Church, Denbigh
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continued on page 27

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Election 2010

Bruno Kierczak: Candidate for Councillor – Ward 2

My name is Bruno Kierczak. I am a full-time resident in Ward 2, Township of Greater Madawaska. I am running for Council on Monday, October 25th and I am looking for your support and vote.

I have held several senior executive positions with the Federal Government of Canada, and this has provided me with a wealth of experience and knowledge in areas such as:

- Federal and provincial politics
- Financial management and auditing
- Contract management
- Developing and managing complex technologies
- Managing large diverse organizations
- Effective communication
- Bilingual

I retired in 2004 but have not been idle.

During the past 4 years, I participated as a full-time member of the Planning and Economic Development Standing Committee of the Township of Greater Madawaska. More recently, I became a full-time member of the Finance and Administration Standing Committee.

In the past year, I have attended all municipal committee meetings which allowed me to understand fully the workings of the municipality, the issues, priorities, challenges and politics facing us.

In addition, I was a member of the Broadband Outreach and Awareness Committee spear-headed by Bruce Parker in bringing the initial high speed services to our municipality.

In Greater Madawaska, and most certainly in Ward 2, we have a great opportunity to grow our tax base by attracting more people to come to our 4-season tourist destination. We live in an affordable rich community, surrounded by thousands of acres of woodlands and hundreds of lakes in close proximity to various city centers. We need to promote this unique life style which should further improve our tax base.

With opportunity come challenges. It is impossible to promote, attract and retain people or business without proper infrastructure.

In Ward 2, to be able to meet these challenges more attention has to be given to municipal infrastructure that being:

- Roads, waste management
- Broadband (high speed internet)
- Essential community services such as fire, medical, ambulatory, and emergency preparedness
- Grow community center services such as DACA

My immediate priorities in Ward 2 are:

- Re-pave portions of Flat Road
- Have a 4-year Roads' Maintenance Plan
- Finalize an agreeable campground owners' access to waste sites
- Clean up the Black Donald waste site
- Build an ambulatory helicopter pad more central to serve the residents of Ward 2
- Work hard to influence both the federal and provincial governments to secure broadband funding
- Continue to fund DACA and develop Centers of Excellence
- Hydro One rates and revenues continue to climb and our municipality continues to receive approximately 1% revenue for the 3 hydro dam facilities in our community. We need to negotiate a better deal so that our municipality receives its fair share.
- Transparency of Governance and effective communication with the taxpayer to create trust

As your Councillor for Ward 2, I commit to putting my energy, enthusiasm, knowledge and experience to properly represent you, the constituents, and to achieve the priorities stated above.

Let me know your issues or concerns. Please call me at (613) 752-2329 or e-mail me at: bjkandhak@bell.net

Bruno Kierczak

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Camping (Cont)

job nicely. A plastic sheet is placed on the floor to keep out dampness, drafts, and critters. A temporary over-night lean-to can be erected with ropes, plastic, two trees, and a cross bar, in very short order.

There is an additional charm of this habitat from yesterday. To lie back, and look up at the stars or a full moon, is a camper's delight and an extra joy that few other tents can provide. Certainly you will experience a lot more birds and animals than in other tents. We have had timber wolves, and porcupines, even moose, as nocturnal visitors. No worry, never in our sleeping bags!

No matter the weather, wind snow, or rain, it works--but most important in a way that is relatively warm and dry with virtually none of the exasperating moisture caused by condensation. Enclosed tents with tent heaters produce a sweat or dampness that penetrates your sleeping bags, clothes and equipment to the point of lingering discomfort. Enough to drive you back to civilization quickly. The only negative aspect of the open bivouac with a reflector fire is occasional wood smoke. This can usually be corrected by adding some wood to the fire creating more heat and pushing an updraft to take it up-and away.

We have travelled by canoe up streams and lakes reaching deeper into the wilderness. Lifting over beaver dams, we climbed higher and higher into the mountains of Algoma. Upon arrival at our backwoods destination, we were confronted with the usual requirement of protection from the elements. We had selected the spot for its high ground and drainage, proximity to good water and a fine wind break of spruce, pine and birch. Everyone gets to work and soon even our doubting new cheechakos were amazed with their nouveau habitation.

At night we slept with our feet toward the fire, you can see out nicely and there's

no fear of getting a foot in the mouth if someone is going in or out of the bivouac for any number of reasons. If the temperature plummets, we pile the fuel higher, sometimes reminding one of Robert Service's poems the "Cremation of Sam McGee". A balaclava and jogging suit adds comfort on those severely frosty nights. In far north areas where wood is plentiful, a birch log fire provided warmth without the dangerous sparks of spruce or pine. Hot water is usually available. We cut our wood from dead trees and dead fall. By the way a great little addition is a fold-up reflector oven. Placed in front of the fire and with a little know how, one can make the most delicious bannock or biscuits. More poetry plus a wee snerd of rum may help here.

We usually construct an annex for dining, food preparation, wood storage, gear or a wash up bench. It's a handy and safe place for axes, saws, and Coleman fuel and helps keep critters and birds out of the soap dish. One day a Whiskey Jack, sitting on our axe, was blowing bubbles with each chirp.

When finally leaving, it is most important to say farewell to a clean campsite. Don't neglect burning, burying or taking out whatever is necessary, to return the site to its' natural state. Poles may be left but be sure to get rid of your plastic by taking it with you. After soaking and re-soaking to assure your fire is out, out, double out, pile more rocks and sod over it. Leave the area looking as unspoiled as you possibly can.

Yes, it's a simple and pleasant way to camp in the manner of our grandfather's. But it's more than a bit of our heritage, if you are travelling by air, horse, boat or canoe, you'll still really appreciate this extra-light type of shelter, which takes up little space and is easy to carry

continued on next page

Election 2010

Donna Marie Kennedy: Candidate for Councillor in Ward 1

This area of Ontario plays an important part in my life. During WWII my grandparents started coming to this area for family holidays. Three generations later my family continues to come here to enjoy the natural beauty and community that this part of the Ottawa Valley has to offer. I have been a taxpayer and part time resident since 1999. When I retired three years ago, I bought a house on the K and P Trail and made Calabogie my home.

I gained tremendous experience living and working with handicapped adults in L'Arche Communities. One of those communities was situated near Northbrook Ontario but has since moved to Arnprior. I served on the Board of Directors of both the Ottawa and Arnprior chapters, dealing mainly with governance issues as they relate to "not for profit" organizations.

Most of my career, however, has been in public education. I was a classroom teacher at the elementary and secondary level, a special education teacher and a consultant. I taught in very diverse rural and urban communities in Toronto, Maynooth and Ottawa.

I served my professional association at the local and provincial level. I was elected as the first Chair of the Ontario College of Teachers – the regulatory body for the profession. For the last four years of my career I was elected President of the Ontario English Catholic Teachers' Association, representing over 35,000 members from all across Ontario. Our annual budget was in excess of \$30 million. I regularly dealt with all levels of government from the premiere, cabinet ministers, opposition leaders, school trustees, parent groups, civic leaders, other union leaders and corporate entities. I chaired or served on a variety of committees including finance, personnel, legislation, and political action. I have extensive experience developing and implementing policies, procedures and bylaws. I also understand the importance collaborative leadership in order to work effectively with other councillors.

I am running for office because I have the time, energy and the requisite skills to work with others on council. Good governance is important in all levels of government. It is very important for local civic leaders to communicate clearly

and provide access to the information that impacts on the community. Direct, two-way communication with all rate-payers and residents in a timely and accessible manner is essential to an open and transparent local government.

I believe that local committees need to involve the larger community. The needs and concerns of all residents, seniors and youth, seasonal and permanent, need to be addressed. I have chosen to live in Greater Madawaska because of its natural beauty, its history and its people. We need to find ways to allow young families, individuals and seniors to continue to live here by providing the necessary structures and supports.

Long range planning, fiscal oversight and realistic budget setting are all part of municipal planning. It is imperative that council work closely with each other and staff in setting these priorities and living within our means. However, I also believe that we need to actively lobby different levels of government and pursue all avenues in order to meet the needs of our diverse communities.

I am respectfully asking for your support on October 25, 2010. I will not make promises that I can't keep, but I will promise to work hard on your behalf to keep all residents informed, involved and supported.

I can be reached at 613-752-1633 or e-mail dmkcalabogie@sympatico.ca

Camping (Cont)

over the trail. It has great flexibility and goes anywhere, for year round service.

For those fortunate outdoorsmen that have already been there, I'm sure you will agree that there are no better memories than those of being in a tent camp. The respectful competition with Mother Nature is an opportunity relatively few men or women share. For those that have not yet had this wonderful outback experience I encourage you to reach for it and savour every minute. You deserve it and they occur too rarely during most lifetimes.

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Election 2010

Glenda McKay: Candidate for Councillor in Ward 1

Glenda McKay is a retired manager from Bell Canada who has extensive experience in both management in the private sector and running her own business in TGM as a professional consultant to both government and private industry. Glenda & her family have owned a cottage in TGM for over 20 years and, like a growing number of baby boomers, in 2004 she and her husband made TGM their permanent home. Since that time, in addition to running her business, Glenda has been a dedicated community volunteer and has served on the following Township committees: the Economic Development Committee; the Strategic Planning Committee; and the High Speed Outreach Program, in conjunction with hi speed internet coming to parts of TGM. Glenda has also been a Director with the Norway Lake Residents Association for a long time.

Glenda is:

- A **proven** professional with many years of experience both in management in the private sector and running her own business in GMT as a professional consultant;
- Has excellent strategic planning, trouble-shooting and analytic background;
- Brings a **collaborative leadership** style and **effective team building** skills to everything she does;
- Has worked with all levels of government and industry demonstrating....
- Project leadership on long term projects
- Extensive money management;
- Proven Negotiation competencies with excellent understanding of government and private business culture;
- In depth knowledge of business practices;
- Comprehensive experience as a meeting facilitator;
- A **dedicated community volunteer** and is a member or served on the following Township committees....
 - o Economic Development Committee;
 - o Strategic Planning Committee;
 - o High Speed Outreach Program

Glenda will work to....

- Proactive in providing solutions to strategic challenges;
- Protecting ratepayers by demonstrating financial stewardship and accountability;
- Improving many of the core services (roads, fire protection) within the Township;
- Be transparent, accessible, honest and accountable to the constituents;
- Maintain policy of listening to all council committees and their recommendations rather than segregating them;
- Review the Payment in Lieu of Taxes methodology between the Township of Greater Madawaska and Ontario Hydro to better reflect taxes owing;
- Promoting TGM development with a focus on abiding by the TGM Strategic Plan that emphasizes protecting our natural environment;
- Promote additional recycle stations throughout the community.
- Providing better municipal services for an aging population (approximately 22.3% of the TGM population is over 65);
- Improving healthcare access and community support in the municipality by attracting/retaining health professionals;

Glenda represents....

- Open and Accessible management;
- Demonstrated financial stewardship and accountability
- Improved healthcare access and community support
- Always working to find ways to reduce tax burden on ratepayers;
- Respect for the needs of both full time and seasonal homeowners in Township
- Represent the people by being more in touch with the needs and wants of the constituents.

**Elect Glenda McKay,
Councillor, Ward 1**
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Election 2010

Michael McGarry: Candidate for Councillor in Ward 2

My name is Michael McGarry. I was raised by my uncle and aunt in Mt. St Patrick, Ward 2 of Greater Madawaska.

I went to school in Mt. St. Patrick and Eganville and then apprenticed as a plumber and pipe fitter in Renfrew and Ottawa. I worked at the trade for 35 years mostly in Ottawa and the Valley but did work across Canada for some of the time. Although I spent time away from the mountain I always remained tied to my roots in Brougham Township. I was here to help with the plumbing when the DACA centre was built. I was involved in minor hockey in Renfrew and served as the manager of finances for the all star team.

I spent 8 years on the executive board for Local 71 of the plumbing and pipe-fitters union in Ottawa. As a member of that team I looked after the interests of the members and negotiated contracts for the union.

I was an active member of the board of directors for one of the political parties in Renfrew County. This opened many doors in government which I feel will help me if I am elected to council. I am running for councilor for Ward 2 as a way to give back to the people who are always there to help and show kindness when it is needed. I want to be the voice for the people in our ward. I want to represent you and make sure your concerns are heard and understood.

My Priorities are:

- High Speed Internet for everyone in Greater Madawaska
- Cellular service to the areas of the township that do not have it

- Maintain and improve roads in the township
- Provide better communication to the people of my ward
- Assist people with land owner protection
- Keep taxes under control with good decision making
- Push to have the county replace the bridge at Ferguson Lake
- Tear down eyesores in the township such as the old store in Dacre at the corner of the Flat Road and Hwy 132

I admit that I do not have all the answers but I guarantee you that I will be there to look after your interests. I will use all my energy, experience and all of the contacts I have developed to get the job done. I do believe that you have to step up to the plate and make your concerns heard. If you feel that you need better representation then I have the solution

Put your X beside McGarry and get the results that you deserve.

VOTE for Michael McGarry

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G/M News (Cont)

The 2010 version of the Denbigh Griffith Lions Show and Shine topped even last year's outing. One hundred and seventeen entries made for an interesting display. A few antiques were even older than I am. Since my first car – in partnership with my brother Reg - was a Model A Ford, I gravitated to a coupe model restored to its original condition and owned by Rene' Roy of Westmeath. Alas, I was out-voted. First prize, according to the People's Choice system, went to Mario Gamache of Eganville for his 1932 Ford Coupe; the second to Conrad and Christine Peloquin of Madoc for their 57 Pontiac convertible and the third to Eric Dagg of Cobden for a 60 Ford Starline.

We even had one of our own local lads, Mervin Varrin, as an entrant with his mint-condition 1975 Ford Elite that drew a good deal of attention. (on second thought, Merv could have been the attraction since most of the probably-not-that-mechanically-inclined, keenly interested Ford fans seemed to be comely young lasses) A sign on the windshield indicated that this beauty was for sale: an opportunity for someone to gain instant entry into the fraternity of classic car buffs at a modest cost.

I was correct (see September issue) in assuming that the Tabbies were already busy with plans for the Yuletide Season. The Christmas Craft Sale is on again, so mark December 04 on the calendar. Vendors should call Dianne at 613 333 1094. All you people out there with the rabbits' feet, horse shoes and permanent skin colouration from bingo daubers be warned: the monster Bingo will come to town on December 07. No one *under* the age of ____ (please calculate your age, add a year and mark the result on the preceding dotted line) should miss the Children's Party on December 07. I've heard that Lions Joe Kleiboer and Terry Holtzhauer are buddies with Big Nick so there's a good chance

he'll drop around - with some goodies of course – as a personal favour to them.

On Saturday September 11, we witnessed what has become a true harbinger of autumn: the folks who make the Matawatchan Market tick folded their tents to signal the end of another season of commerce, unique lunches and socializing. Social climbers who wish to be seen rubbing shoulders with the Who's Who of the Golden Circle must now find another venue to mingle or just suspend their climbing until next June. The outdoor oven should be in operation for the 2011 run, so we can look forward to some good old-style *habitant* baking.

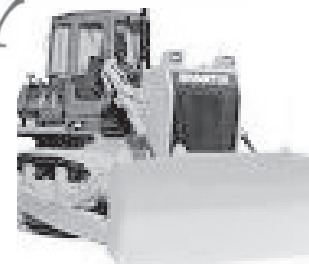
But wait, I've just learned that there will be a Thanksgiving and Christmas Market. The Thanksgiving Market is on Saturday October 9 with lunch being put on by the vendors. The Christmas Market is on November 20 and includes the now traditional 'Community Appreciation Pot Luck Lunch'. This is the proverbial free lunch with turkeys donated by Dave Guest and Linda Weiss. To book a vendor's able call Sandy Downs at 333-1931 and to contribute to the pot luck call Joanne Murray at 333-5534.

You don't have to be a hunter – even anti hunting advocates are welcome as long as they plunk down \$12.00 – to belly up for the Annual Hunters' Supper, at St Andrew's United Church in Matawatchan, beginning at 5 p.m. on November 06. Fasting for a couple days before the event might be a good idea. The main course consists of meat (beef) pies with all the girth-expanding (remember, the Uniteds pass out platters rather than plates) trimmings followed by apple crisp and the traditional long lineup of dessert pies. If, by chance, your religious convictions include the need for fasting sessions, you could combine religion with the need to make room for, at least, a couple trips to the dessert table and kill two birds with one stone.

End

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**COUNCILLOR WARD 1
TOWNSHIP OF
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Eating with the seasons

By Janet McNeill

In the past week, I've eaten beet salad (and contemplated making beet soup) and a crazy number of cucumbers and green beans - and will shortly make zucchini cake and/or muffins and/or cookies (perhaps all of the above?).

It's summer! It is a season of abundance (sometimes overabundance!) and variety with food fresh from the vine and garden.

As it happens, I'm not gardening myself, nor, worse luck, am I able to take part this year in the awesome Rainbow Heritage Garden CSA (Community Supported Agriculture) that I was a very satisfied member of for the past two summers. When one doesn't garden oneself, it is sheer delight to be a CSA customer and able to enjoy the weekly bounty of garden produce - some familiar, some not - and learn to love vegetables one had not previously had in one's repertoire.

For example, I never used to eat beets, and now I'm a big fan! I'm about to try a borscht with beets and cucumbers recipe - and this is one of the things I'm really enjoying about having access to really fresh vegetables (in my case, this summer, from friends' gardens) - it inspires me to try new recipes.

The Internet is a great source for recipes now that so many people are blogging about food. Just type a couple of key ingredients into Google along with the word "recipe," and you'll get lots of interesting results. I just did this for zucchini and basil, as I have a pile of both sitting on my kitchen counter. The search turned up many recipes, three of which I can't wait to try - Roasted Lemon Basil Zucchini, Creamy Zucchini Basil Soup, and raw Basil Zucchini Wraps (a dehydrator recipe). Another good way to find great seasonal recipes is simply to ask friends and family members for their all-time favourites of whatever season it happens to be.

Once upon a time, I used to plan my meals well in advance, then shop for the necessary ingredients. I'm far less, shall we say, "organized" than I used to be - and what I now recommend is patronizing the local farmers' market and roadside stands and seeing what jumps out at you for sheer freshness appeal - then planning meals around what you bring home. What could be a more win-win strategy - for both your family's health and that of the local economy - than to buy food from people who grow it in your own area, and thus are totally invested in the health of the local community?

continued in next page

Elect John Pratt for Reeve Township of Greater Madawaska



A vote for John Pratt will ensure:

- **experience and leadership**
- **a focus on the priorities of the Greater Madawaska Township**
- **renewed trust with the rate payers**

If you have any questions, don't hesitate to call me - 613.752.0765

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Eating (Cont)

Seasonal eating is somewhat less easy but equally rewarding in other seasons of the year. For one thing, meal planning is much simpler when there are some key ingredients, the seasonally available ones, around which to plan menus. I make a lot of homemade soups during fall, winter and spring - using carrots, potatoes and tomato preserves.

I find I appreciate foods so much more when they're only around at certain times of the year, rather than available all the time. Leafy green salads are very much more appreciated in spring and summer, if you haven't been eating them all winter. Likewise for asparagus, fresh strawberries, raspberries, peaches, corn and so many other treats of the seasonal availability calendar!

One of the best cookbooks available on seasonal eating is *Simply in Season* by Cathleen Hockman-Wert and Mary Beth Lind. The book can be purchased from the Mennonite Central Committee. A copy has been ordered for the Ottawa River Institute sustainable living bookshelf at Eganville Public Library, and will be available through interlibrary loan soon. There is also a children's version of the book in print. Two other excellent books full of inspiration on the subject of seasonal eating and local foods are 'The 100 Mile Diet' by Alisa Smith and J.B. Mackinnon, and 'Animal, Vegetable, Miracle' by Barbara Kingsolver.

Watershed Ways is a publication of the Ottawa River Institute www.ottawariv-erininstitute.ca, a non-profit, charitable organization based in the Upper Ottawa Valley.

Calendar (Cont)

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