

The Madawaska HIGHLANDER

Volume 5 Issue 1

Free

March/April 2008

Pioneer Voices: William B. McLaren: 1900-1979

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 was recorded in July of 1965 at the home of William (Billie) McLaren, where he lived with his wife Rosie (Hoare). Mr. McLaren was sixty-five years old at the time and still actively engaged in farming. His son Lynn was present during the taping but participated very little in the conversation.

The taped portion of the conversation began with Mr. McLaren to comment on who he understood to be the first permanent settlers to the Matawatchan community. (E.S.)

"John Wilson was one of the early settlers to arrive in Matawatchan. His original house was the one later occupied by Mrs. Avery. McLellans moved up near where Parks' upper barn is located, after it was found that their original homestead site was on the same lot as the McDonalds. The McLellans came up the river from Springtown. They were originally from Glengarry County.

The Frasers were the first to own the place where Bill McLaren currently lived. Apparently they never actually lived there. However the Fraser name is on the deed and also on the deeds for the Ilan and McLeod places. They are thought to have come as loggers to the community. Jim Johnson

came from Smith Falls where he was a trainman. He located on 1,200 acres. Jim McDonald originally had the William Strong / Barney Snider place.

William Strong built his house from six- and eight-inch wide planks. One plank was placed on top of the other to form a lathe and the walls were plastered inside and out. The planks were sawn on his own upright sawmill, which was located on the Aird's Lake Creek. Mr. McLaren described the mill as having a moving carriage on which the log was held by driving a single- metal dog into it. The waterwheel drove a large gear wheel with wooden cogs. The carriage would ratchet ahead one notch at a time, while the saw reciprocated up and down in a fixed location. The mill was very slow. He apparently never had a circular saw.

The mill was burned the same day as the big Vennacher fire. The fire started back of the Holmes place in the morning and burnt out Pat Carswell about two in the afternoon Pat lived back of John Ferguson's place on the far side of Hutson's Lake. The same fire branched out and swept through the communities of Slate Falls and Swamp Road.

Pat Carswell's father, Dave, moved away from Matawatchan the same spring as the big fire. Dave had lived at Mt. St. Patrick where he was married to a Madigan. He later married a Douglas girl. Dan McPherson built the house next door that later became the Jim Carswell place. His brother Colin lived next door. Dan later moved to the McLellan place and then to the lot up on top of the hill above Matawatchan village and next to the forestry tower. Sandy MacPherson lived on the place further down the hill from the Jim Carswell place, toward the iron bridge. Old Mrs. MacPherson lived at the Trokes. She was a McMillan from Glengarry.

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Photo: Richard Copeland

Seedy Sunday helps to revive heirloom vegetables

by Lynn Jones

The growing of heirloom varieties of vegetables and fruits is catching on. This year, in over 50 cities and towns across Canada throughout February and March, gardeners are getting together at community events to share seeds of heirloom plants and knowledge about growing them. Here in the Ottawa Valley the event is called 'Seedy Sunday' and it happened at Pembroke's Marguerite Centre on Sunday, March 2, 2008.

The umbrella organization for these seed exchanges is called Seeds of Diversity Canada (SODC) www.seeds.ca. It is one of several seed-saving networks that have sprung up around the world in recent decades to save heirloom varieties of food plants from extinction.

According to SODC, a century ago, millions of seed-saving gardeners and farmers kept our plant varieties alive. They maintained thousands of 'heritage' or 'heirloom' varieties as a normal part of traditional agricultural

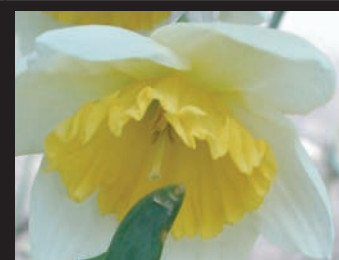
practice. But in modern times, people stopped saving their own seeds, leaving the job up to seed companies.

As a result, plant genetic diversity is rapidly disappearing. The Food and Agriculture Organization of the United Nations estimates that since the beginning of the 20th century, about 75% of the genetic diversity of agricultural crops has been lost worldwide. For example, of more than 7,000 apple varieties in use in the 1800s, about 90% have been lost. Similarly, more than 90% of the cabbage, field corn and pea varieties and 80% of tomato varieties no longer exist.

Plant genetic diversity is an extremely valuable resource. It makes living systems adaptable. It allows wild and domesticated species to withstand threats like diseases, climate changes, pests, and other unpredictable conditions. With enough variation in a group, there will always be some individuals that are naturally suited to survive and can thrive under any changing situation. According to SODC, diversity in plants thus gives us a 'treasure chest' of op-

Continued on page 2

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Seedy Sunday (Cont)



tions for raising the healthiest and most productive crops no matter what changes happen in our food system.

Helping to conserve what's left of agricultural plant diversity, SODC's 1400 members collect, grow, and share thousands of varieties of open-pollinated heirloom vegetables, fruits, grains, herbs, and flowers. 'Open Pollinated' is a horticultural term meaning that the plant will produce seeds naturally which will in turn, when planted, reliably reproduce the same plant as the parent.

SODC also maintains a large database on over 19,000 heritage plants of Canada including descriptions, historical information, cultivation details and gardener's comments. This database contains information on almost 5,000 varieties of tomatoes!

Tomatoes it seems are even more popular with heirloom seed savers than they are with ordinary gardeners. Tomato seeds feature prominently in the on-line catalogue of many heirloom seed companies, one of which has 237 varieties of tomato seed for sale this year in many different shapes, sizes, colours and flavour variations.

Saving seeds used to be one of those skills passed down from parents and grandparents to their children and grandchildren. Since that is no longer the case, Seedy Sunday in Pembroke

included a presentation on 'Saving Your Own Seeds' by Cheri from Seeds of Creation, an heirloom seed vendor from Combermere. Other presentations will include 'Organic Gardening and Community Supported Agriculture' by Steve Martyn of the Algonquin Tea company, The Urban Seed Orchard by Marshall Buchannan of Moonlight Crofters Organic Farm, and Re-localizing the Food System and the Ottawa Valley Food Co-operative by Cheryl Keetch of the Ottawa River Institute

Seed vendors came to Pembroke for Seedy Sunday from Ottawa, West Quebec, Kingston and Combermere; they will include Seeds of Creation, Gre-

A Tribute to Annie Thomson

By Audrey Copeland

A lady, integrity, vitality, caring, strong, full of faith, inspiring—these are just a few of the qualities about Annie that were offered around the table at our March 4th U.C.W. meeting as we contemplated her impact on our group, the United Church and the community at large.

As a fellow member of the U.C.W. and being "related" (so to speak) to the Highlander, I knew that the first printing of the Highlander since Annie's passing January 11, 2008 could not go to press without acknowledging the generosity of spirit Annie shared in her beloved community of Matawatchan. There wasn't an event or activity that went on without Annie's active interest and/or contribution. For every church supper there were her four pies and maybe some other goodies including her chilli sauce. And this at the age of 95! Annie and her sister Olive Parks would be on stand-by at the dinners worrying if there would be enough to eat and enough chairs for every one. So they would sit on



ta's Organic Gardens, Seed Sanctuary (Sisters of Providence of St. Vincent), Heritage Seed and Produce, Eternal Seeds, and La Ferme de Boullion.

Seedy Sunday in Pembroke was sponsored by the Ottawa River Institute. Proceeds from the day went to Seeds of Diversity Canada.

Watershed Ways is a regular publication of the Ottawa River Institute, a non-profit, charitable organization based in the Ottawa Valley supported by the Ontario Trillium Foundation and local donors. For more information about ORI, call 613-333-5534 or visit www.ottawariverinstitute.ca.

End

the stairs near the kitchen opening so they would not occupy a chair and survey the goings on with fingers crossed. Every Sunday, Annie would appear smartly attired and never without a hat.

When September came around Annie would approach me about checking on her Highlander subscriptions that she gave as gifts to her children and brothers every year, taking an interest in how the Highlander was doing, always wanting to give more than was needed and saying how much it was enjoyed. About four years ago Annie and Olive humbly and graciously shared some of their childhood memories of living in Matawatchan, giving our readers a little glimpse of a time gone by.

We had a saying in the community – "You can tell that spring has arrived because Annie's back in town for the maple syrup season" (after wintering with her son in Newmarket). You can be sure that when each spring rolls around, there will be many with thoughts of Annie for years to come not to mention each time we drive by her house.

End

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Contact us!

Your comments and story ideas are welcome

Pioneer voices (Cont.)

Bill and Alex Thomson Sr. came from Glengarry and originally lived near the Jack Carswell place back of Hutson's Lake. Bill Thomson was an all awful man to eat pork." He ate two pounds of cold boiled pork for breakfast and again at 10 or 10:30 in the morning he had side pork again. In those days they ate four meals a day. Didn't seem to hurt him—he lived to be ninety. Most of the farm settlers lumbered during the winter. They jobbed sections for the large lumber companies. Carswell and McCoy and the McLaren Lumber Company from Perth were the ones who mostly took out the square timber in the area. They built camboose shanties all through the area. Steam driven alligators were used on the Mazinaw Lake and Kamanisseg Lake near Barry's Bay to move the log rafts. They were very noisy with their large paddlewheels. Some hewed square timber sticks were sixty feet long. They were from the original pine. The sticks were slooped (one end on the front section of a logging sleigh, and the rest dragging) down to the river. The logs were first scored with a scoring axe that weighed seven pounds and then squared with the broad-axe. The timber sticks were slooped down to the river to a point above the Colton rapids. They were not rafted until they reached the Ottawa River.

Joe McLaren (William's father) drove the river for thirty years. The pointer boats they used were sometimes thirty to forty feet long. There were six- and eight-oar boats. On eight-oar boats there would be four men on each side. During the running of the rapids they rowed as hard as they could to keep the boats stable and not get trapped in the cellars. The boats were brought back up the river to Combermere with the horses and wagons during the summer or fall. The last river drive is thought to have been in 1926 and was for E. B. Eddy Company, with Jim Taylor as the boss. It brought down a drive of pulpwood. The drive started at Brule Lake and was fed with pulpwood from all the tributary creeks, such as Colton and Lackie, along the way. The hemlock logs were peeled and left to dry one season in the bush so that they would float on the river. The square timber always floated with one corner up.



William McLaren

There used to be a picnic held at Griffith each year in which there would be log-riding contests. Contestants would attempt to ride the logs through the rapids near the Griffith Bridge. Alex Sandy MacPherson and Phil McMahon were considered to be two of the best at this skill. Apparently about thirty men drowned in various accidents at the Wolf Rapids, near LaPalms. The Mud Lake Farm near Black Donald was the Skead depot that provided supplies to the logging camps all year round. At Griffith, Battsons had a depot that served another lumber company that jobbed up river towards the Palmer.

Camielle LeClair and ...Weber from Ardoch drowned on the last log drive taken down the Madawaska at the Colton's rapids. For many years a wooden board with their names carved in it stood at the head of the Colton rapids. It stated that the date of the accident was June 24, 1924. (It was rumoured that this board was removed by an American tourist fishing on the river and that the board now adorns his recreation room as a talking piece and memento of his fishing trip to the wilds of Canada—a scenario that experience tells us is all too plausible.) Arthur Thompson, Alex Johnson and Johnny Sya [?] from Combermere were also in the boat when it capsized and were pulled out of the water just before going through the rapids. Weber, who was known to be a good swimmer, was observed swimming through the rapids and was last seen as he swam towards an island. He must have hit something for he never made it to land and his body was not found for several days later.



Pointer Boat working 1915 log boom

It was said that he had swam through every rapids on the river coming down from Combermere that spring so was obviously a strong swimmer.

The accident occurred as they were lowering a boatload of men down the swift water to break a log-jam that had developed on a rock. A rope had been tied to a tree and the boat was being lowered from a coil of rope in the boat. When the boat overturned, Leclair tangled in the rope and was drowned almost immediately.

Before the drive each spring, teams of horses would transport the necessary supplies up to Rockingham or Conroy's Marsh where the drive would begin. The men walked up, which took a couple of days, to begin the drive down. It was not unusual that there would be two or three drives each year by different logging companies. The companies who managed the log drives were not normally the ones who cut the logs. The farmers planted their crops in the spring before leaving for the drive. The drive normally lasted from spring until around the first of August. Some men would be kept on

longer to operate the sorting gaps at Calabogie or Arnprior. Each timber company marked the ends of their logs with a distinctive stamp so that if they became mixed during the drive they could be separated at the sorting gaps.

The Carswell and McKay and McLaren lumber companies cut most of the timber in the Matawatchan area. They owned timber limits that extended from the mouth of the Madawaska at Arnprior to Hardwood Lake. Both companies were bought out by Gillies Lumber Company later. As the timber was harvested from a section of these limits, the land ownership went back to the Crown and was opened up for settler location. Crown agents headquartered at Killaloe would come in and travel each lot before location. If there was not too much timber remaining on the lot, the settler would receive the land free for location on condition that they "prove up," i.e., build a residential shanty and clear the land. If after several years they had "proved up," they would receive a deed to the property. Each settler could get 200 acres plus 100 acres for each son."

End

CALABOGIE HISTORY

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CABA Corner

EAST MEETS WEST

By Shelley Monaghan

Anyone wanting to see how the other side of our planet lives should take the time to explore 5174 Calabogie Road. A taste of the Orient can be found across from Barnett Park overlooking the lake on 3.75 acres.

The Fans of Calabogie and Catherine Reynolds (who likes to be called "Cath") is the focus of this month's C.A.B.A. Corner.

"Sharing the Asian culture and the desire to run a fine bed & breakfast establishment is what I am striving to accomplish" quotes Cath. And indeed, she has.

The Asian influence is evident throughout her home and offers her guests serenity, harmony and a sense of balance. Most of the lovely furnishings have been purchased in Taiwan...but wait, I am getting ahead of myself...

Cath hails originally from Yorkshire, England and moved here when she was a young girl of 7 years. Her profession as a Kindergarten teacher kept her busy while living in Pointe Claire PQ.



In 1999 she happened to answer an ad to teach in Taiwan. She immersed herself into the Asian Culture while there and her experiences were so enlightening she was then able to find many of her inner strengths and talents.

After 7 years she decided to move back to Canada and searched far and wide in Ontario looking for just the right spot to accommodate a large bed and breakfast facility. Lucky for us, she chose Calabogie and she is so very happy that she did!

Her love of cooking and entertaining, blended together makes her the most charming hostess. She offers her guests the run of the house including a hot tub

and tread mill, large screen T.V., games, horseshoes, a fire pit and soon to come, many walking paths on her property with "pause & reflect" stations throughout. Her home has many windows with views of the lake and trees, a balcony to relax on and best of all, privacy.

The bed & breakfast has three bedrooms and most importantly....they all have their own ensuite bathrooms!

Cath will serve you a breakfast that will surely keep you till dinner time, her choices include: a Mexican scramble with sour cream and salsa, Crepe Peche with Ontario peaches, a Greek omelette, apple pancakes, eggs Benedict,

French toast, sausage strata...to name a few, as well as a coffee, tea & juice bar.

Sounds yummy

Oh, and as for the fans? You'll have to go check that out for yourself.

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What is Cholesterol?

By Susan Veale

Cholesterol --- a topic of conversation often discussed at dinner parties, recreational activities or staff rooms--- is a word commonly spoken in conjunction with the adjective "high". It is a word regularly associated to diet, heart disease, stroke, depression and statin drugs.

Cholesterol is not a fearful deadly poison but rather a waxy organic compound found in mammals including humans. Cholesterol is essential to sustain life. It is the primary compound to all cell membranes.

As a waxy substance, it "sticks" to cell walls to repair and prevent further cell damage. It acts as an antioxidant to prevent free radical damage to cell membranes. Cholesterol for the most part is metabolized in the liver. It manufactures bile acid and all sterol hormones including progesterone, estrogen and testosterone.

Cholesterol is neither a lipid nor fat but rather an alcohol. Its numerous carbon and hydrogen atoms are assembled in such an intricate three-dimensional network making it impossible to dissolve in water. This innate quality is used most cleverly by the body as it makes cells waterproof.

This is especially critical for the normal functioning of the nerves and nerve cells; therefore, the highest concentration of cholesterol is found in the brain and other parts of the nervous system.

As cholesterol is insoluble, it is transported in the blood within particles of fats (lipids) and protein called lipoproteins. These "carriers" are categorized according to their density; the most famous being HDL (High Density Lipoprotein) otherwise known as "Good Cholesterol" and

LDL (Low Density Lipoprotein) otherwise known as "Bad Cholesterol". The LDL transports cholesterol from the liver to the peripheral tissues including blood vessel walls. When damage occurs and cells need cholesterol to repair cell walls, the body responds asking the LDL carriers to deliver. The greater the damage due to oxidation from such causes as cigarette smoking, chemical toxins or aging, the need to repair is amplified and more cholesterol is summoned.

The primary function of HDL is to transport cholesterol from the peripheral tissues, including arterial walls back to the liver. Here the liver either excretes the cholesterol as bile or uses it for other functions. Between 60 to 80 percent of cholesterol in the blood is transported by LDL. Only 15 to 20 percent is transported by HDL. (There are other types of lipoproteins carrying an additional small percentage.) Cholesterol is transported by different lipoproteins in opposite directions, therefore, "Why call it "Good" or "Bad"?" The answer is, some studies have shown a greater risk of Coronary Heart Disease with a low HDL/LDL ratio, however, studies may not always include all "patient specific" factors, therefore, "risk" is not the same as "cause". Knowing that to be true, the question becomes, "Is "High Cholesterol" a primary cause of Heart Disease?" Some studies say no. Next month I will discuss the role fats and essential oils play in affecting cholesterol levels.

If you or someone you know has high cholesterol levels and would like more information, please contact Susan at Wellness Natural Health Centre in Calabogie, 613-752-1450, info@mysystem.com or visit our website at www.mylsystem.com

End



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The Madawaska HIGHLANDER

“read cover to cover”

Matawatchan Hall Update

The Hall board would like to take this opportunity to update and outline some of the changes and decisions we have made this past fall/winter due to rising operational costs. The first and most notable was the decision to send the Hall into hibernation for the winter months. Demand for the Hall during these months is minimal and last year resulted in a heating oil bill of nearly \$4000. Blowing hard-to-come-by dollars up the chimney just doesn't make sound economic or environmental sense. We will be putting the saved dollars back into the Hall in the form of new tables, chairs and other necessary upgrades and/or repairs.

The goal of the Hall board is to make a respectable rental facility available to the members of our community at an affordable price. This task is becoming more difficult due to the rising costs of insurance. In the past we have been able to host all sorts of events under the umbrella of our Township insurance policy. This is no longer the case. We now have to purchase a separate policy for each event where alcohol

is to be served. Each event will cost an extra \$250; an amount that makes hosting smaller events expensive. The board has decided that groups who wish to hold events where alcohol will be served will be responsible for obtaining a Special Occasion Permit from the LCBO in Renfrew along with the necessary liability insurance. You can call me at 613-333-1841 to obtain more information. Remember, if you hold your own licensed event, the proceeds from a cash bar will be yours. This can make events like a stag and doe good money makers for the host.

Times are changing, faces are changing and the Hall has to evolve with these changes. The Hall would like to invite you to attend their monthly meetings where a light lunch will be served. We meet the first Sunday of each month at 11:00 a.m. Come out and share your thoughts and ideas or just come for Linda's cream puffs. The fate of the Hall will ultimately lie with the participation of our community.

Adam Copeland, President

Community Security

Security was on the minds of sixty-two Matawatchan residents when they met at St. Andrew's Church in Matawatchan on March 1. Intermittently over the last eighteen months there have been 'break and enters', threats and intimidation. Local wisdom recognizes that no one individual is solely responsible. However, as worrisome as this situation is, there has also been concern about how authorities have dealt with residents.

To help remedy this situation and allow residents to voice their concerns, a meeting was arranged at which the OPP would be present to field questions. OPP Constable Carlos Gonçalves and Constable Phil Herter out of the Renfrew Detachment attended. Also in attendance was Councillor John Pratt. Councillor Pratt represents the Township at CPAC (Community Policing Advisory Committee). The Committee provides a forum for communications between community organizations (including municipal government) and police. Councillor Pratt is well qualified for this position as he recently retired as a ranking officer in the RCMP.

At the outset it was agreed that the March 1 meeting was not a place for naming names. Rather, residents wanted to ask questions about how they could protect

themselves from theft and they wanted authorities to know that they felt underserved and neglected as a community.

Officer Carlos, as those at the meeting called him, explained the constraints of law and policy that affected the advice that he could give. He also explained the difficulties involved in policing small isolated communities with a detachment of 40 officers who have to cover the large geographic area that is Renfrew County.

The first half of the three hour meeting covered strategies for combating break and enter incidents. These included ways to harden the entry areas of a house, advice on locating surveillance cameras and personal safety. Some residents had questions regarding the amount of force that they can apply on an intruder and the implications of setting your dogs on intruders.

During the second part of the meeting residents told the OPP officers about their experience dealing with authorities after a crime and speculated about some of the reasons why the Griffith-Matawatchan area seems to have fallen between the cracks when it comes to effective policing.

There were a few incidents cited that

Looking back...



Clearing the bush for the Hydro dam at Black Donald. Photo: Francis McLelland

surprised Officer Carlos. For example, one woman called 911 about an intruder and police did not arrive until the next day. As it turned out the intruder departed quickly when faced with the six dogs living at the house. In two other cases the victims were left 'high and dry' with no follow-up for their cases. For each of these cases Officer Carlos noted their personal information and promised to get back to them about their cases in a few days time.

A number of residents speculated that Griffith-Matawatchan is not receiving high priority because of its location in Renfrew County on the borders with Frontenac County and Lennox and Addington County. The observation was made that there didn't seem to be much coordination between these OPP jurisdictions. Officer Carlos reported that the OPP know that this area has fallen between the cracks and that our community would receive higher priority than in the past. As one step to remedy the situation his staff sergeant will be assigning a single case officer for this area. To bolster increased awareness on the part of authorities, Councillor Pratt promised to

take the concerns of residents to his March 3 CPAC meeting. At that level maybe better coordination between jurisdictions can be accomplished.

In the case of emergencies, residents should call 911, but for non-emergency situations the OPP encourage residents to contact the OPP Communication Centre at 1-888-310-1122 so that an official

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Dear Editor,

We would like to thank the great road crew we have had over the past fifteen years that we have lived full-time on Aird's Lake.

The first three winters Gerry kept the road open from our lane the one mile to Snider's Store with our old farm tractor and blower. We know what a job that is, so we fully appreciate the work done over the years by Don Adams, Daryl Leclair and Morgan Adams.

Congratulations Morgan on your promotion and best wishes to Daryl on his move to Calabogie.



Township Council Meetings for April 2008

April 7th	Standing Committee Meetings	
Monday	(Council Chambers - Calabogie)	
	Finance & Administration	9:00 AM
	Environmental Management	11:15 AM
	Public Works	12:30 PM
	Planning & Economic Development	2:30 PM
	Public Services	4:30 PM
April 10th	Committee of the Whole	4:00 PM
	(Council Chambers - Calabogie)	
April 17th	Council Meeting	4:00 PM
	(Council Chambers - Calabogie)	

Calling all locavores!

By Lynn Jones

On Sunday, February 17th in Pembroke's Marguerite Centre, an enthusiastic group gathered for the first annual general meeting of the Ottawa Valley Food Co-operative. If you are keen on fresh local food and want to support a vibrant local economy and environment-friendly food system, or if you are just curious, this is a great opportunity to learn more about the exciting grassroots shift toward local foods.

The Ottawa Valley Food Co-operative (OVFC) is part of this shift which is a global movement to re-localize diets and get back to eating more like our grandparents did. There are many compelling reasons to 'eat local', not least of which is the fact that current diets rely heavily on fossil fuels that are about to start getting less abundant and much more expensive. Other reasons include benefits to the local economy and food producers, the vastly smaller "ecological footprint" of local diets, and of course culinary advantages -- local foods are unique rather than uniform, they are fresh and they taste great!

Besides spawning food cooperatives such as the OVFC, the worldwide local food movement has contributed to the resurgence of farmers' markets and the burgeoning "Community Supported Agriculture" approach wherein folks buy "shares" in a farm or market garden ahead of the growing season. The local food movement can also claim partial responsibility for the increasing popularity of home and community vegetable gardens.

Interest in the concept of local eating has soared in recent years thanks to media attention such as the June 2006 story in Time Magazine, "The Lure of the 100 mile Diet" and a number of recent best-selling books such as Animal, Vegetable, Miracle, by Barbara Kingsolver, Coming Home to Eat, by Gary Paul Nabham and the Hundred Mile Diet by Alisa Smith and J.B. McKinnon.

Part of the impetus behind the formation of the Ottawa Valley Food Co-operative was the visit to the Ottawa Valley one year ago by a dynamic local food advocate from Oklahoma City named Bob Waldrop. Bob is the president of the Oklahoma Food Cooperative (OFC), an innovative meeting place for producers and consumers of local food in the Oklahoma area that has grown rapidly since its inception in 2002.

After an inspiring weekend with Waldrop at the Marguerite Centre in Pembroke, the local steering committee for a Renfrew County version of the Oklahoma Food Cooperative practically formed itself. It turned out there were lots of other folks in the area who were interested in helping move the project forward. Funding from the Ontario Co-

operative Association and support from the Ottawa River Institute helped propel the group toward incorporation which was granted on December 19th, 2007.

So what's in store for anyone who joins the OVFC?

For a small lifetime membership fee, members will be able to buy and sell local foods using an innovative internet-based system. Each producer will have their own unique web-pages as part of the overall OVFC website and they will be encouraged and assisted to tell folks all about their farm and the foods they have for sale. Customers will be able to peruse OVFC WebPages that will profile a wide array of wonderful local foods and related products including beef, pork, all manner of vegetables, fruits, teas, maple syrup, herbs, preserves, honey and much more. Once a month, or perhaps more often during summer months, there will be an order processing and delivery day where products are collected and redistributed throughout the Ottawa Valley, possibly in collaboration with local farmers' markets. There will also be opportunities to sample local delicacies, and share local recipes and techniques for food preservation. One caveat may be in order.... joining the OVFC might just turn you into a "locavore". According to the Wikipedia:

- a locavore is someone who eats food grown or produced locally
- the New Oxford American Dictionary chose locavore, as its word of the year 2007.
- the local foods movement is gain-

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ing momentum as people discover that the best-tasting and most sustainable choices are foods that are fresh, seasonal, and grown close to home!

To find out more about the OVFC, call Reuben Stone at 613-281-2734 or Janet McNeill at 613-584-2101

End



DANGER

Recreational activities near hydroelectric facilities are hazardous

Ontario Power Generation and the Ontario Provincial Police want you to stay clear of hydroelectric stations, dams, shorelines, and surrounding waterways.

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End

Griffith Matawatchan News

By Garry Ferguson

After a few months of deep-winter downtime, it's welcome back to our GM readers. Some of the news might be a little stale, since we haven't chatted since Christmas, but we operate on the premise that good news doesn't travel fast so lets hope you're hearing it for the first time. One bit of good news that you can take for gospel is that our deep-winter now will be soon over: I saw a crow this morning. (February 25)

Folks around Matawatchan were saddened by the death of Annie Thomson (nee Thompson) who passed away on January 11, 2008, only a few days short of her 96th birthday. As the oldest resident in the area, her reminiscences – as well as those of her little sister, 93-year-old Olive Parks – were often contained in articles of a historical nature published in The Madawaska Highlander. Annie could recount stories of her grandparents who were among the original homesteaders in the township and was a valued historical link to a harder time when hardships were considered a part of life. She is missed by all she knew and that includes us here at the "paper."

Our volunteer fire department is still in need of recruits. Members are paid an hourly rate for the obligatory two-hour training sessions per week, a minimum of two hours per callout and for the time spent while receiving the extensive training required for operational status. The cost of all courses and vehicle-operating licensing is paid for by the department. It's an excellent way in which to serve the community, pick up some coffee money and enhance a work resume at the same time.

The brigade was called out to a fire only once this year. It was to one that completely destroyed Kent Gauthier's cottage along the Matawatchan Road on the afternoon of February 04, 2008. Station Two Fire Chief Gary Peters reminds us that from March 01 until November 30 fire permits will be required for all outside burning. Before a permit can be issued, an inspection must be carried out and the burn site approved whether for a bonfire, burn barrel or whatever. To obtain information concerning permits, contact one of the following persons: Station Two Chief Gary Peters at 613 333 2980, Station One Chief Leonard Emon at

Hall on March 22nd, with an egg hunt, crafts, egg colouring contest, candy bags and more. Also that morning, the Rec Committee will have a Pancake Breakfast Brunch with real maple syrup. Then in April, the Bluegrass group Concession 23 will be performing.

*Copies of This Was Yesterday, by Christina Hermer, are now on sale at select area locations and also from Judy Berndt. This is a reprint of the original book, a look at days gone by in Denbigh and would make a great gift for someone or add a copy to your personal library. The cost is \$18.00. You may contact Christina at hermerc@persona.ca or Judy at 333-2203 for more information.

*Anyone wishing for information, etc. from the Denbigh Community Food Bank during the month of March, please contact Evelyn at 613-333-2755.

*Is your appetite ready? On Friday, March 14th, the Irish Stew Supper will be held at St. Luke's United Church in Denbigh, served from 5 to 7pm. Everyone is welcome to come and enjoy stew, tea biscuits, rolls, salad, dessert, coffee and tea-all this for only \$8 per adult and \$4 for the children.

*The first New Beginnings of 2008 will be Sunday, March 16th, 6:30pm at the Clar-Mill Hall, Plevna. The evening is sponsored by Vennachar Free Methodist Church and everyone is welcome to join in.

End

613 752 0219 or Fire Chief Todd MacDonald at 613 433 2545. Calling the Fire Stations (Griffith, 613 333 1529 or Calabogie, 613 752 2485) will connect you with an answering machine only. In case of fire remember to call 911, the same as for all other emergencies.

The Denbigh Griffith Lions Club reports that 70 people brought in 2008 at their New Years Bash in a boisterous but happy manner at the den (Lions Hall) in Griffith. I imagine that Erwood Reynolds was more boisterous than most, at least for a while, after winning the \$280.00 fifty-fifty draw.

Lions Joe Kleiboer and Erwood Reynolds delivered a cheque for \$500.00 to the Heart Institute Telethon on February 17, 2008. I missed seeing them on the TV but I must remember to get their autographs before their celebrity status fades. On March 12, the Lions also handed over a \$5000.00 cheque to Hospice Renfrew as part of the big \$25,000.00 pledge—in the over-worked vernacular of our current crop of teenagers, "Awww-some."

It looks like the "pride" has a good lineup of events already on the calendar. They will join forces with the Denbigh Recreation Club to hold the An-

nual Children's Easter Party, complete with games, candy and an egg hunt, in the Denbigh Hall on March 22, 2008. The Daffodil Tea, to support the fight against breast cancer, will take place at the Griffith Lions Hall on March 29, 2008. There will be music and desserts all for a great cause. A Classic Car Show is also planned for August, so stay tuned. The sale of chocolate Easter Bunnies begins on March 01 and this year Lions will be going from door to door selling them. At least I hope those bunnies are chocolate: We don't have room for any more pets. You may contact Pat Dicks at 613 333 1485 for more information on any of these events.

I've been asked to remind those optimistic souls who make the long trek to the hall every second Tuesday that the bingo dates for the next couple of months are: March 04 and 18 as well as April 01, 15 and 29.

End

Fundraiser
Wed. March 12
2:00pm
St. Andrews United
Church
Matawatchan

Denbigh Checking In

By Angela Bright

*The Poker Run in Denbigh on the 2nd of February was a great success. The weather was cool but nice, and the turnout even better than last year! The organizers did a wonderful job. The proceeds, which have been donated to Denbigh Recreation, are greatly appreciated, and will help to further the cause of improving recreation in our community.

*Valentines Day was celebrated at the Denbigh Library with ten children in attendance for story time, games and Valentine treats. March 13th is the next evening for the kids, a March Break special, with snacks and a movie starting at 6pm and running as long as the movie lasts.

*The 2nd Annual Family Fun Day on February 16th, was sunny and crisp. The children had a great time and really enjoyed the races and ice skill events. The Ice Sculpture contest was won by Maria and Brooke Dorion (Harold Kauffman's granddaughters) and the Snow Sculpture won by the Bright family. A lot of thought and work went into these pieces and the Recreation Committee appreciates the effort. The evening dance had good music but did not get a good turn-out, and those not there missed out on the fun. Next on the calendar of events is the Easter Party at the

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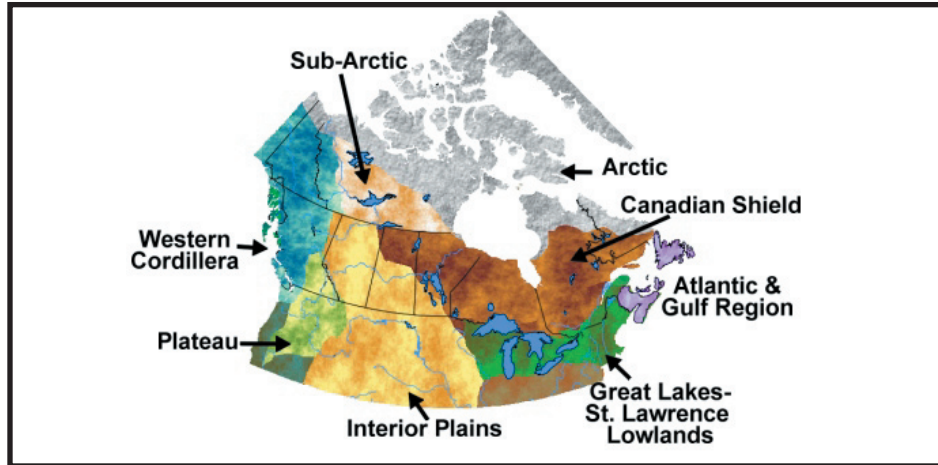
The Canadian Shield

By Floris Wood

After waking up for many years to the same landscape in the back yard I sometimes have difficulty comprehending just how dynamic this Earth is. Sometime during the Earth's lifespan of a few billion years a person standing at any particular GPS location on Earth would have been a thousand metres deep in an ocean. During another geological epoch that same spot has been 3,000 metres high, atop a mountain. Continents float around like clouds. Oceans dry up or are displaced by land, mountains erode into the continental shelf and life makes itself at home, wherever, and in whatever form, it can. The story of the Canadian Shield is another amazing episode in the ongoing saga called the History of the Earth.

We hear a lot about the Canadian Shield, but, frankly, I had little idea what it was. As Canadians (most of you) you probably know more about it than I did, so, at the risk of boring you with something you learned in school, I did some research and this is what I learned.

The Canadian Shield (also called Laurentian Shield, Laurentian Plateau, or Bouclier Canadien) is a geological land mass that includes all of the central (three fifths of Manitoba) and eastern parts of Canada, most of Greenland and the northern parts of New York State (the Adirondack Mountains), the Northern peninsula of Michigan along with a couple northern counties in the Michigan Southern peninsula, and the very top of Minnesota. But, alas, right in the middle of it is a big slice that is



not Canadian Shield. That is the Hudson Bay area. So the Canadian Shield is "U" shaped. The Hudson Bay area was underpinned by a softer geological material so that the weight of the massive glaciers, sometimes kilometres high, compressed the material, causing a fairly shallow depression. Even though the Hudson Bay depression is shallow, the watershed for it covers a larger area than the watershed for the Atlantic Ocean. So much fresh water flowing into such a small body of water and out the other side to the Atlantic keeps the salinity of the Hudson Bay low and gives it some unique characteristics.

In another geological area, just below the Canadian Shield, in Michigan, the weight of the Ice Age glaciers did not compress the underlying mantle but actually caused the mantle to crack and to cave in. The broken mantle formed an inverted cone shaped basin much deeper than the Hudson Bay depression. The fracture at the North edge of the basin formed the exposed Pictured Rocks cliffs along the southern shore of Lake Superior. The break to the east caused the cliffs of the Georgian Bay and to the West the Wisconsin Dells were formed. The village of Six Lakes, Michigan in Montcalm County (where, incidentally, I was born) is directly

above the deepest part of that basin. Unlike the Hudson Bay depression the glaciers kindly filled in the depression with debris. Any heavy fluid material (like oil) subsequently produced within the basin, or which flowed in from the outside, sank to the deepest part of that basin. So, Six Lakes enjoyed a short lived oil boom after the logging era. The empty holes are now used to store oil and natural gas for use in Detroit, Chicago and surrounding areas.

There are many geologic shields throughout the world including most of the continent of Africa, the Angara Shield in Siberia, the Antarctic Shield, the Australian Shield (that includes the western one third of Australia), the Baltic Shield in Europe, and the Guiana and the Brazilian shields in South America. But the Canadian Shield is the mother of all shields in size.

Good . . . but what is it? When the young, volatile earth was first formed it was mostly molten rock and metal. As with all mixtures the light stuff floated to the top and the heavy stuff, like iron, sank to the centre. As the surface cooled it did not cool uniformly. Pockets of molten lava and metal were trapped between the mantle and the core's outer perimeter. Some of

these pockets were large enough, hot enough, close enough to the Earth's surface, and under enough pressure, to send pipes or chimneys of molten rock through the Earth's mantle and onto the surface. Of course they appeared on the Earth's surface as enormous volcanoes. Over millions of years these volcanoes formed huge mountain ranges. The Canadian Shield once held mountains over 3,000 metres high. The remnants of these mountains are the Torngat Mountains of Eastern Quebec, Labrador and the Arctic Region; the Laurentians and New York's Adirondacks. However, the Canadian Shield might not even have been located in its present GPS location but was a part of the Pangaeon supercontinent that eventually subdivided to form the present continental configuration.

The volcanic creation of the Canadian Shield took place during the Earth's earliest geologic era, the Precambrian, which includes the earliest 80% of Earth's existence. The Precambrian era ranges from about 5 billion to 570 million years ago. This process continues today in such places as Hawaii. While this type of vulcanization continues today, most current vulcanization is caused primarily by moving Earth mantle plates crashing into and overlapping one another. The plates are forced deep into the Earth, generating tremendous pressure and heat that melts the underlying rock and forces the lava upward.

Because of the way the shields are formed they have very deep roots, so to speak. That is, the rock goes extremely deep into the earth. Someone compared a geologic shield to an iceberg which has only 10% of its surface exposed above water. Also like an iceberg, shields characteristically float atop the much denser material be-

continued on next page



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Fire at Kent Gauthier's camp on the Matawatchan Road Photo: Bill Graham

Canadian Shield (Cont)

low it. As the top of the shield erodes away it loses weight and the shield actually floats higher out of the Earth's surface, like a melting iceberg in water. As the 3,000 meters mountains eroded away over millions of years the Canadian Shield rises, hence the land level tends to remain the same in spite of tremendous erosion and the exposed rock we see today was deep in the Earth a few million years ago.

The Canadian Shield is made up primarily of rocks metamorphosed by the volcanic heat and pressure, mostly granite, schist, or gneiss (pronounced 'niece'). In the Madawaska Highlands there is an abundance of granite and marble. Both of these have large crystals. Before being subjected to the heat and pressure in the cauldron deep below the surface, marble was limestone. Granite is composed primarily of quartz and feldspar, but may contain mica and other materials. The presence of iron ore in the same area as granite and marble may lend a pinkish cast to the colour of these rocks. It requires less heat and pressure to form marble and granite than it does to make schist and gneiss rocks. Both schist and gneiss rocks are visibly foliated, that is, they are layered, like slate. Gneiss rocks frequently started life as granite but, subjected to more heat and pressure, the large granite crystals were flattened and altered. Slate is an example of a gneiss rock. Schist rocks may be made from the same raw materials as gneiss rocks but it also contains mica and the rock will appear to have alternating layers of light and dark materials.

Since these metamorphic rocks of the Canadian Shield were formed deep within the Earth when the Earth was young it contains many metals and minerals not found in other geologic formations. Parts of Ontario, such as the Bancroft area, are rich in valuable minerals. The mining operations in Northern Ontario for such metals as gold, copper, zinc, platinum, palladium,

cobalt and silver as well as mineral mining in the south for salt, gypsum, lime, nepheline syenite, calcium carbonate and structural materials such as sand, gravel and stone, employs some 16,500 people in the province. Non-ferrous metals & allied products account for 5.6% of the province's exports, putting it in the top five provincial exports.

While most of the Canadian Shield does not provide for good farming, it is rich in natural resources, beginning with the timber. It also provides for hydro energy production and mining. But, for most of us, it provides one of the most beautiful landscapes one could ask for. In learning about the creation of this beautiful place we also get a hint that the Earth was not always such a great place for human life. We know too that most change comes at such a slow geologic pace that it is hardly noticeable over the course of a few generations of human existence. We also are aware that changes can take place at a violent, cataclysmic rate. While doing research on the Canadian Shield I was reminded, in a big way, that a human lifespan is laughably short in geological terms. Our total human tenure here on Earth covers but a speck of Earth's total lifespan. Some theorists believe that the Earth is about 4.6 billion years old. Life started in its most primitive form around 3.5 billion years ago. The first animal to be classified as Homo appeared on Earth about 2 million years ago and Homo sapiens appeared about 200,000 years ago. Earth got along just fine without us for billions of years. And, unless we blow it to smithereens, it will do just fine after our inevitable departure. Sometimes it seems there is a race to eradicate humans. We, ourselves, are one contender and nature the other. But, alas, to say such a thing is to set ourselves separate and above that nature that we are a product of and which we are still very much a part of. To think otherwise always gets us into all kinds of trouble.

End



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The Searson live show reveals a band of such ferocious energy and power that audiences are continually astounded. "A mirror image I can't reflect / I'm not your soul mate, but its demise!" Erin sings in a voice at once captivating with unguarded sincerity that reminds one of Dolores O'Riordan from The Cranberries. Searson has been known for their fierce styling of traditional music with a sense for experimentation. Their ability to cross the boundaries of rock, folk, alt. & country is evident. Their music is the ultimate form of expression. *****

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Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

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

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

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

DENBIGH AND VENNACHAR

Vennachar Free Methodist Church
Sunday School 10:00 a.m.
Sunday Worship 11:00 a.m.
Tuesdays:
Lady's Bible Study (Bi-Weekly) 1pm
Bible Study (weekly) 7pm
Bible Study (Bi-Weekly) Plevna----7pm
WMI - Monday (monthly)
Third Sunday of every month
New Beginnings, Clar-Mill Hall,
Plevna-----6:30pm
Pioneer Club Thursday in Plevna
(weekly) 6pm

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.
Bible study: Wed. at 7:00 p.m.

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

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

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

COMMUNITY EVENTS

Calabogie

Hockey's Nights at Calabogie
Community Rink, every Friday
for all ages, with free hot dogs
and hot chocolate. 613-752-2222

Calabogie Youth Activity Centre –
Bus Trip to Ottawa, March 29;
guided tour of Parliament Buildings,
Museum of Science and Technology,
Midway or Laser Quest.

Turkey Dinner & Silent Auction,
St. Andrew's United Church,
Calabogie, Sat. April 5, 4 –7 pm.

Family Fun Bingo,
St. Joseph's R.C. School Gym,
Calabogie, April 25, 7 pm. 613-752-2808

Kripalu Yoga
The Chapel
Trinity St. Andrew's United Church
Six week session starting Wednesday
March 19, 2008
Call Lou Bennett to register
613-432-3170

Calabogie Seniors: Pot Luck dinner
at 4:30 pm followed by meeting,
Community Hall, last Thursday
of each month, begins at 4 p.m.
All seniors 55+ are welcome.

Calabogie Women's Institute
meets second Thursday monthly,
7:30 pm. 752-2598 for info;
new members welcome.

Lions Club Bingo
Every Wednesday, 7:15 pm.
Calabogie Community Hall.
Info: 613-752-0234

The Calabogie and Area Ministerial Food Bank
538 Mill Street, Calabogie, 2 days per
month
(2nd and 4th Thursdays) 10:00 am to
12:00 noon.
For emergencies, please call 752-2201.

Griffith & Matawatchan

Pancake / Sausage Brunch
April 13: 10 am to 1 pm
Matawatchan Hall
Adults: \$7 / age 6-14: \$3
Under 14: Free

Lions Chocolate Bunny Sale
Starts March 1

Childrens' Easter Party
March 22 at the Denbigh Hall

Daffodil Tea
March 29 at the Lions Hall
Griffith

Lion's Club Bingo
Every second Tuesday at 7:30 pm
March 4 and 18– April 1, 15 & 29
Community Centre, Griffith,
613- 333-1489

Ham Supper
April 26 at 6 p.m.
St. Andrew's United Church
Matawatchan

Sylvia's Foot Care
Every six weeks
July 11 – 9:30 a.m.
St. Andrews Church (Matawatchan)
Call Annabell Marshall 333-1752

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

Denbigh

Diners Club
Dinners are held the first Monday of the
month at the Denbigh Community Hall
at 12 noon. Full Course Meal \$5.00.
Contact Faye Mieske at 333-2784
for information.

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

Paramed Health Care Services Foot Care Clinic/Denbigh
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appointment

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Fishing with Jim

By Jim Weatherall



The last time I talked to y'all, my wife and I were in Myrtle Beach. It was a beautiful month for weather and fishing was excellent. For those of you

who joined us on New Year's Eve day, you will understand how great the fish were. For those of you who missed it, you can join us this year to find out what you missed.

All good things must come to an end and we had to come home to "snow" and cold...brrrrrr!

Ice huts were out on Calabogie lake early this season...(boxing day). Fishing has been up and down with the weather freezing and thawing the ice.

There have been a few changes to the fishing regulations this year. A few main ones that affect our area are: 1) closure of pickerel 2 weeks earlier than last year. Now it is March 15th. Pike remain open until March 31st

2) Calabogie, Centennial, and Black Donald lakes remain the same on the pickerel limits and sizes (50cm in length to keep). Catch limit remains at 2 for sports licence and 1 for conservation.

3) Most other lakes, the limit is down

to 4 and only 1 over 18.1 inches and 2 for conservation. You should check your fishing regulation books prior to fishing to be sure of limits and sizes on the lake you are on.

In zone 18, the new ruling concerning "only live or dead bait fish less than 13cm (5.1") in length can be used as bait has been cancelled.

Calabogie Fish & Game's 7th annual Jamie Wright memorial fishing derby was held on Feb. 23rd, which was an ideal sunny day that accommodated 303 adults and 101 children in their respective categories. In the adult division there was 1 pickerel and 20 pike weighed in and the kids had too many perch to keep count. The following is the list of winners in all divisions.

Adult draw winner for \$500 – 1.8 lb. Pike caught by Rick Rousselle.

2nd prize of \$125 with the largest fish was Bobbie-Jo Watson with a 3.4 lb. Pike

3rd prize of \$75 with the second largest fish was Brenda St. Louis.

1st pickerel of the day was a 2.37 lb. Fish caught by Liam Martinell.

1st pike of the day was a 1.93 lb. Fish caught by Eric Dupuis.

Largest fish by a junior was Eric Dupuis with a 1.93 lb. Pike.

2nd largest fish by a junior was Scott Parsons with a .91 lb. Perch.

continued on page 15

GREATER MADAWASKA LITERARY MATTERS

By Mary Joan Hale

Well, we are entering the month where we celebrate Earth Day, the Vernal Equinox, and Easter. All of these events celebrate the coming of 'new life'. Peoples have been celebrating the end of the darkness of winter and the beginning of the longer, brighter days of spring since ancient times. Rituals evolved to make sure that nature would present events as they should. Many myths, even in our aboriginal lore, tell tales of the dangers which could occur should that not occur. We have a nice collection of books on mythology from many cultures. These can be found in both the adult and children's/young peoples non-fiction sections. Come in and check them out.

I have been slow to get the **CBC Canada Reads** titles ready for you. They are already starting to vote titles off the list. I do hope to put them out to borrow. Any we do not have, I will acquire. We may be late starting, but we can try to see if we agree with the panellists about which book every Canadian should read! I would be

interested in your opinions. Here is the list: **Brown girl in the ring** by Nalo Hopkinson, **From the fifteenth district** by Mavis Gallant; **Icfields** by Thomas Wharton; **King Leary** by Paul Quarrington; **Not wanted on the voyage** by Timothy Findley. Go to www.cbc.ca/canadareads/books.html for more information about the books. I will post what books we own and which ones I am ordering from Inter-library loan on our website. As usual, though late this year, I am most excited about reading these books.

A new batch of DVDs will be arriving soon. The titles will be posted on the website. We usually get a nice selection and they are very popular with some titles having a waiting list.

Come in and relax with a cup of tea or coffee. You can sip while you browse the shelves or sit in our comfy chair and read one of our latest magazines or reference titles. We ask that no drinks be taken to the computer stations. Computers object strongly to spills! We do not charge for these drinks, but an 'honour donation cup' is available if

you wish. These funds will cover the cost of supplies.

Once again, we will be offering the TD Summer Reading Program for children. The theme this year will have us laughing our socks off! If your kids love to laugh, giggle, smile or even smirk, then send them to the library and we will provide the opportunity to do so. Remind them to do their facial and abdominal exercises in order to warm up for a real fun(ny) time. Watch for more information in May and June. This runs for about 8 weeks in the summer in the Council Chambers. The Pre-school Storytyme runs all year round for newborns to five year-olds.

We have had a very busy winter. Thanks to all who donated food, mitts, hats, scarves and other items to help the Food Bank meet their obligations. The mitts, scarves and hats overflowed into the hallway. Members of the Ski Patrol donated many cases of food. One fellow was talking about it at work and he was challenged by a co-worker to match his donations. The patroller dropped off a trunk full! Remember that some

folks can use food all year long and we provide a basket for your donations. We are still collecting Toonies (or other amounts) for CHEO and have not yet reached our goal of \$500. If you can spare some loose change drop in and drop it in the jar. Have a cuppa while you are here. We participated in the Calabogie Santa Claus Parade and their Winter Carnival.

The "Be a library advocate" promotion is still happening, so drop us a line about your library. We will publish some of them with your permission. You do not need to sign them.

Keep an eye on our website www.townshipofgreatermadawaska.com/library to see what's new. Watch out for the roaming camera. You may just get caught reading!

If you find that you cannot go by a cereal box or you read the grocery circulars from cover-to-cover, you might just be a reader. Send in any 'you might just be a reader' ideas to mjhale@bellnet.ca.

End



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BEATRICE (STUBINSKY) POPKIE

By Wes Bomhower

Foreword: *I originally interviewed Beatrice Popkie in 1998 at her cottage on Graphite Bay road. She was a most interesting and pleasant person to chat with, possessing the true pioneer spirit of other times in Renfrew County. This is a continuation of her story since her demise in 2003.*

Beatrice Stubinsky was born in Ashdad at her Uncle Tom's house, which still stands to this day. Mrs. Charlie Inglis, a midwife who served the whole area and Mary Stubinsky, an aunt, brought Beatrice into the world on October 25, 1909. She was the third eldest of eleven children born to John and Annie (Hisko) Stubinsky. Eight of them survived to adulthood, three boys and five girls.

The same year Beatrice was born, her father took over the operation of the old powerhouse on the Madawaska River, which supplied power to the Black Donald Mines and surrounding area. The powerhouse was about a mile upstream from the existing Ontario Hydro Mountain Chute Dam.

The family lived first in a log house near the powerhouse and later on about a mile away, three miles from

the mines. The winters were harsh and the existing roads were mere trails through the forest. Beatrice recalls one cold morning on the way to school the temperature dropped so low they had to take shelter in the Black Donald Store for most of the day.

She took her First Communion at the Black Donald Church but first attended church farther up from what is now Graphite Bay. Neither of these buildings now exist.

In spring and summer they often watched the river drivers as they portaged their boats and equipment past the dam bringing the logs downriver to Arnprior and Ottawa. One of the highlights of the year was to be invited to the river driver's cook shack for a meal; lots of pies and goodies for the children.

The family kept chickens, pigs, cows and horses the same as everyone else and always grew a big garden. Beatrice was terrified any time that the family butchered a pig because her older brother once hid a pig's head in a box that he knew she would open and see the dead eyes staring at her.

She remembers her father making trips to Renfrew for supplies and other business. In those days it was a three day journey, especially if there was busi-

ness to attend to. Her father would travel to Calabogie, take the late train stay in Renfrew over night and do business and shopping third day. Beatrice also recalls with a lot of sadness in her heart the day her mother died in childbirth—December 27, 1924. She was home from school work and her older brother, Albert, was away somewhere with the team and sleighs when the mother went into premature labour about nine o'clock in the morning.

The phone, which was erratic at the best of times, failed to work so Beatrice, though only a slip of a girl of fifteen years, saddled up a pony; her only means of transportation, and flew down the trail towards the mine where she hoped to phone her father and a doctor. They approached a small bridge, the pony balked and refused to cross, finally bolting back up the trail toward home. She managed to get the pony stopped, yanked the saddle off and cried, "Go you crazy so and so", as the pony galloped up the homeward trail. Then with tears of frustration streaming down her cheeks she struggled on through the deep snow toward the mine.

She reached the mine office and asked them to phone her father and a doctor, then borrowed a neighbour's horse for the return trip. A nurse at the neighbours came along to help. The mine office did contact a doctor and he made the best time he could from Cala-

bogie but to no avail. Mrs. Stubinsky died shortly after the doctor's arrival at four p.m. The doctor estimated the baby had been dead for approximately two weeks and gangrene killed the mother. She was only 37 years of age.

An older sister, Agnes, had married the previous year, so Beatrice being the oldest girl at home was to take over her mother's responsibilities and this meant the end of her schooling. Her father became quite ill with toxicating goitre and doctors told him his days were also numbered, but he refused to give up and contacted a priest, Father Andrew of Montreal, who eventually helped Mr. Stubinsky back to health again.

During these times Beatrice had to assist her brother, Albert, at the powerhouse. One night in particular she remembers having to get the generators working by herself; which in itself was a chore for a strong man. Things were not all bad though and she fondly remembers the dances every second week at the Black Donald Hall, which was large for those times and could accommodate four to five square dances easily. There was always a ready supply of musicians and there were some good times. Beatrice took care of her siblings until December 1st, 1927, when she married Rueben Popkie who worked in the 'Shanties' in winter and on the log drives in summer. Rueben was on the drive the

continued on next page



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Popkie (cont)

year Leonard Leclair's brother and a man named Webber were drowned.

Beatrice and Rueben had six children, although little Georgina died when only five days old. She lies buried at Springtown.

They farmed at Quadville for three years, then returned to Black Donald where Rueben began working in the mines. They lived in one of the mine houses until 1938 when they built a new home near Frank Stubinsky, Beatrice's younger brother. Rueben stayed working at the mines until about 1945. At one time during the Depression, Beatrice recalls they owed the Black Donald store \$1200 for groceries, which was quite a sum back then. They later paid it off when Rueben began logging jobs on his own. He was also employed by Ontario Hydro for some years working on transmission lines in the area.

They built a cottage on the river in 1945 and it was later purchased by Hydro when the dams were built and

some of the land was flooded. Beatrice and Rueben then bought land at Graphite Bay and made a campsite for tents and trailers. This they operated until Rueben passed away in 1988. After her husband's death, Beatrice divided what property she owned amongst her sons, Rueben Jr., Donald and Howard and daughters Betty and Dale.

She enjoyed fairly good health, spending the summers at her cottage on Graphite Bay Road and the winters at her house near her brother, Frank Stubinsky. She saw so many changes in this area in her lifetime, but never once did she consider living anywhere else on Earth. Beatrice loved Renfrew County and especially her part of it along the Madawaska River.

She eventually moved into Bonnechere Manor in Renfrew, where she passed away in the year 2003 in her 94th year. Beatrice seemed never to recover from her son Donald's death in 2002. She was buried at Springtown in the old cemetery of St. Gabriel's Church next to her husband Rueben and baby Georgina.

God rest her soul.

End

Fishing with Jim (Cont)

3rd largest fish by a junior was Bailey Smith with a .8 lb. Perch.

The most unusual entry by a junior was Jessica Cox with a .2 lb. Mud puppy.

The most fish caught by a junior was Adam Wright (son of the late Jamie Wright)

50/50 draw was won by Brady Donohue for \$549

The 2 \$100 bills were won by Tammy Leskie

The 20 minute track experience donated by Calabogie motor sports was won by Brent Coulas.

The hole draw of ice fishing tent, rods and auger donated by Barry McGregor was won by Amanda & Cassie Cameron. Second price of an ice auger was won by Lindsay Fulton.

The fishing weekend donated by Calabogie Motor Inn, Jim's Bait & Tackle, Murphy's Landing, Shooters Bar & Grill, Munford's Restaurant, Calabogie Pizzeria, Polly's L'il Shanty and Cant-hook's Peaks was won by Doug Card.

The derby was a huge success again this year. Our volunteers and sponsors should be proud of the support they provide each year. Without them the derby would not happen. Thanks go out to Gilles Aucoin of Aucoin Electric of Calabogie for checking out the hydro problem and notifying Ontario Hydro so quickly when the transformer blew. A special thanks to Bernie & Pat Luker for their generator during the power outage and to Brandon Law for helping me handle the weigh in of all

the fish.

I want to make note of some snapshots on display in our store, of super catches in and around our area this winter. Troy Leclair weighed in an 8 lb. Pickerel, and his dad, Ed also lucked out with a 4.65 lb. Speckled trout out of "lost" lake. Not to be denied bragging rights also, a 9.76 lb. Pickerel was snatched out of a local lake by Greg Hunt. Congratulation on your "big ones" fellows. Well done!

It won't be long (March 31st) and the ice huts will be off the lakes until next season. We will be getting our boats ready for the spring fishing. Opening day for pickerel and northern pike will be May 17th

Remember to obey all rules and regulations and to keep safe.

See you out on the water

Answers

R	E	W	S	K	Y	E	R	E	F	I	T			
E	D	E	N	I	P	A	E	R	I	C	A			
			S	C	A	R	E	D	W	A	T	E	R	
C	O	A	F	T	B	E	E	N						
A	C	K	R	U	S	S	E	L	L	T	A	B		
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A	N	K	Y		C	U	R		P	E	L	E	E	

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Ottawa Vally Crosswords

Across

- 1. Square-jawed guard dog
- 5. Part of EST
- 8. Studies for exams
- 13. Steep, as tea
- 14. Celestial terrier;
- 15. Make shipshape again
- 16. Surrender, as land
- 17. Basketry palm
- 18. *Fear of Fifty* writer Jong
- 19. Frightened out of one's wits
- 21. Spaniel type
- 22. Green indicator, for short
- 25. Toward the stern
- 26. "___ there, done that!"
- 28. High energy terrier
- 31. Restaurant bill
- 34. Arab prince
- 35. Edible tropical tuber
- 36. City of the Oka
- 37. Cubicle
- 38. Fruit pies
- 40. Raced pell-mell
- 41. Horse gait
- 42. ___ Lanka
- 43. Protest
- 44. Parked oneself
- 45. Madawaska River's "hidden village"
- 48. Delhi dress
- 49. Cool type of stare
- 50. Leader of the Family Stone
- 51. Sled dog
- 54. Metric cubic measure
- 57. Shun
- 58. Muscular fitness
- 59. Polynesian dance
- 63. The First Lady of the guitar, ___ Boyd
- 64. Martinique, et al.
- 65. Large African antelope with straight horns
- 66. Long and lean
- 67. Mongrel
- 68. Southernmost group of Islands in Canada

Down

- 1. UK network
- 2. Muscovite, for one
- 3. Made one's mark
- 4. Farm females
- 5. Avoids
- 6. Ilk
- 7. Worthless, sponging, no-good...
- 8. Embroidery yarn
- 9. Played it again
- 10. "It's a go!"
- 11. Vermin
- 12. Toronto paper
- 14. State of complete confusion (sl.)
- 20. Emily ____. Spiritual Canadian artist.
- 22. Throws out
- 23. Tourist's accessory
- 24. Amazonian's little cat
- 27. Shady ones
- 29. Early occupant of the British Isles
- 30. Iraq's neighbour
- 31. Plighted vows
- 32. Reception aid
- 33. Small tapering fish
- 36. Ear related
- 38. Peter, Paul or Nicholas
- 39. Having a flair for

By Doug Bell
ovcrosswords@gmail.com

Theme: "Gone to the dogs"
Answers on page 15

1	2	3	4			5	6	7		8	9	10	11	12	
13						14				15					
16						17				18					
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57								58				59	60	61	62
63								64				65			
66								67				68			

- painting
- 43. Eye ailment
- 45. SOS!
- 46. Frankfurter
- 47. Broad expanse
- 48. Smooth-scaled lizard
- 51. Auditorium
- 52. Eye part
- 53. Before you know it
- 55. Balsam
- 56. Oxford, for one
- 60. I-net address
- 61. Soap ingredient
- 62. Lumberjack's tool

Cottage Corner

We Went to the Cottage when We should Have Gone to the Caribbean

By John Roxan

I would like to apologize for my October 2007 column. In it I waxed eloquently about the joys of wintering at the cottage - specifically, wintering in isolation and without running water or easy transportation. I would like to apologize to all those who decided to take my misbegotten advice and spent time with nature this winter.

At this writing, it's not over yet. From the look of things, not for weeks yet. I don't know if it was the frequent snowstorms, the nine feet of snow or all the grey depression inducing days, but this will be a winter to remember - or forget. We went to the cottage when we should have gone to the Caribbean is the phrase of the day around our house. Yup, white sandy beaches and calming ocean ripples - in fact, a pleasant hallucination began where in each and every snowdrift I could see the white sand and I could see the ripples. This vision warmed me incredibly. Hard to say what brought on the hallucination in the first place. Sheer exhaustion could have played a large part in it. It's hard to explain to someone who's never trekked through deep snow carrying about 50 pounds, how draining it is. And then you shovel and then you get wood and then you get wa-

ter and then you cook meals and then you...shiver for the first night anyway.

Yes, I would like to apologize for saying that "sure there are adjustments, but that's the fun of it". It's not the fun of it. Adjusting from an urban comfort and ease mode to a wilderness survival mode is just not that easy. Unshaven and unwashed for a few days one takes on more animal-like characteristics - the men and the women. At day one we still fold the napkins. We wash with washcloths, we eat with a fork and knife and we drink our beverages out of a cup. By day two burping has been introduced, washcloths - indeed washing - has been discarded. By day three, it's no more fork and knife. I imagine that this degeneration would have continued had we stayed a couple more days. I shudder to think of the consequences of enduring a week plus in the dead of winter. Your family would resemble something out of a Lon Chaney movie. No, probably worse. But what am I whining about. I'm alive, I'm writing this, I'm warm and comfy. No big deal, we made it home safe and sound. Except....

Sometime before the Monday morning of our leaving, something happened. On Monday morning I woke up with the worst headache of my life. By location, it was a sinus headache, but man,

it was bad. After some pain medicine and allergy medicine, I felt well enough to continue packing and make our way back to our car, close to a kilometer away through deep snow. Something or someone wanted to make sure we got back to the city without problems because by Tuesday morning, I couldn't walk more than 20 feet without having to sit down. Even lying down was too painful. Wednesday and Thursday saw all day visits to the hospital's ER (don't get me started on our health care system). It's Friday now, I'm slowly recuperating and recounting. Naturally I thought I could get the four wheelers through the drifts between the car and the cottage. Naturally, they got stuck many times. And just as natural was my will to get them unstuck each time. Perhaps this was the culprit. That October story was based on many good times at the cottage during winter, visits when we could get about on the ATV. Good times when the snow wasn't so deep, the air was crisp and the sunshine plentiful. Not this year, that's for sure. Maybe even a part of me is ashamed to admit that the weather won. For the first time in many, many years I can say that I was defeated by the weather. Thoroughly annihilated, in fact.

We did look into going to Cuba or the Bahamas or even Arizona where highs of 16C sounded damn good to us. It was hard to justify though. Since we didn't book three years in advance or what-

ever the time limit is to get those great prices always advertised but seemingly never delivered, our flight to Arizona was going to be over \$3000.00! we naively thought that perhaps \$1500 would cover us all - we are talking Phoenix, after all - but we never dreamed about three grand (don't get me started about airline pricing and advertising). Other locations, at the last moment, were all similar price wise. Funny thing, last minute clubs don't seem to actually be about the last minute.

So there you have it. We had a total of five days off with school PD days and our new "family day" holiday. The idea of a family day in February is fairly ridiculous when you think about it. I mean, these are the months when we hunker down, stay in, watch TV - in other words, see the family every day. The last thing we needed was another day with them - especially now. "Party Day" or "Socialize Day" or "Sunny day" or "Relax, there's only two more months of this Day" would be much more appropriate names if you ask me. But I digress yet again.

The point is, you now understand why I apologized for giving bad advice last year. We went to the cottage when we should have gone to the Caribbean.

End

OUT ON THE FIRST CONCESSION

Dad's bread pudding

By Wes Bomhower

When I was a little guy on the First Concession, there was a huge blueberry bog just a bit west from our farm where we and all the neighbors would pick our winter supply of wild blueberries, and cranberries too sometimes. We would carry a picnic lunch on Sunday and with whatever pails and baskets were available, the whole family would steer a course to the blueberry bog, not feeling really too much like heathens because those blueberries were an impor-

tant part of our diet come wintertime.

Everett and Joyce, the eldest of us children, were away from home which left Winnie, Wilma and I and little 'Peachy' who was only two and a half years old to accompany Mom and Dad on our foray to the bog. We took turns carrying Peachy or helping her through the underbrush until we reached the blueberries, then Mom would find a shady nook in the evergreens, and with the aid of a blanket she brought along, would sing little Peachy off to sleep.

This Sunday we reached the blueberry bog, had our picnic lunch, eventually

filled our pails with berries and began the trek homeward, but Mom developed a severe migraine headache on the way. She suffered terribly with these migraines periodically and referred to them as 'blinding headaches' because they apparently did affect her vision. We reached home and Dad helped her up to bed, then Dad announced that if we cleaned up the berries, (removing the leaves and twigs and such,) that he would cook dinner for us before doing the evening milking and other chores. It sounded like a good deal, so we began cleaning the berries.

Dad was a man of many talents but cooking wasn't one of them, as we were to

find out soon enough. There was some stew left over from yesterday which only required warming up, but Dad decided we should have a bread pudding for dessert. He went upstairs to ask Mom about the main ingredients, then busied himself around the kitchen, rattling pots and pans and we just knew this would be the best bread pudding ever.

I still make bread pudding occasionally and enjoy it, and it is a good way of getting rid of odds and ends of loaves that otherwise would get thrown out. It's simple enough to make, the main ingredients being bread, milk, eggs, sugar, butter and cinnamon and a handful of raisins or other dried fruit.

This was pretty much the recipe that Dad followed that long ago Sunday, I expect, with one small variation. Dad stoked up the old wood range in the summer kitchen and placed his masterpiece in the oven to bake. It really smelled delicious as it cooked but with a slight side odour, which reminded us of mustard and honey glazed ham cooking. "Time to wash up and come eat kids," Dad called, and soon we were all seated around the big table. We ate our warmed over stew and Winnie began to dish out the hot bread pudding dessert that Dad removed from the oven. Little Peachy in her high chair was the first to partake of Dad's gourmet presentation. "Blah!" She exclaimed, and her first mouthful landed on the floor as her face registered her complete distaste for bread pudding and she refused to eat any more of it. We all tried our dessert and it was terrible, so Dad began checking his original ingredients. Instead of cinammon, he had thrown in a liberal amount of dry mustard! Even the cats and dog refused to eat it, and after one beakfull, the chickens walked away from it also, so it was a total loss. We had blueberries for dessert that evening.

How times have changed.

End

Security (Cont)

report of all incidents can be established.

This a proactive community, witnessed by the fact that an Interim Community Security Committee has already been established following the March 1 public meeting. Independent of the OPP they will also compile a comprehensive list of incidents taking place in the community.

Community security was well served by this meeting. Residents have more information about improving security and about how to proceed if they are visited by a criminal incident. In addition, Officer Carlos and John Pratt will deliver a message to the OPP from the residents of Griffith-Matawatchan.

End

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Dispatches from the South Seas

By Rick and Jane Baxter

In November, I (Rick) ventured across the equator to Guam and The Marshall Islands in the Northern Pacific Ocean for business meetings. The itinerary included an 8.5 flight from Noumea to Narita airport in Tokyo, with a layover of 2-3 hours, and then a 3.5 hour flight back south to Guam. While strolling around the airport in my short sleeve colourful island shirt and sandals, which is common travel attire in the island countries, it was interesting to see the Japanese travellers dressed in dark clothing, suits, dress shirts and tie or ski jackets.

Guam, a US territory, is unlike most of the other Pacific Island countries in that it consists of only one island. The capitol city is Hagatna. Although it is hot and humid there, the accent and shops made you think that you were actually in small town Canada or the US. The currency is US \$, US magazines and newspapers are readily available and the largest K-Mart store in the world is open 24 hours a day. The world's second largest Home Depot just opened the week that I was there. Food outlets like MacDonalds, Pizza Pizza and Tony Romas are easy to find. There is even one shopping centre catering to the rich Japanese tourists and dedicated to high end products such as Gucci, Chanel, Armani, Louis Vuitton, Tiffany and Rolex. Everyone speaks English but the local language is Chamorro and the physical appearance of the Micronesian inhabitants is a mixture of Asian and the darker skin colour of the Melanesians in the South Pacific.

Tourism is the main industry with several large and multi-storied resort type hotels lined up along the sandy beaches. I was told that most of the hotels are owned by the Japanese and, indeed, there were mainly Japanese tourists in the city. The Statistics Office was in a huge park like setting

next to the Pacific and a sandy beach.

Following a week in Guam, I travelled to the atoll of Majuro in the Republic of the Marshall Islands. The international airport is situated in Majuro and the landing strip makes up most of the width of the islet on which it is located. It seems that the plane is about to land in the ocean itself until just prior to touch down when the tarmac miraculously appears.

It is even hotter and more humid in Majuro than in Guam and it rained very hard every day I was there. During the fifties, the US used some of the atolls to conduct nuclear tests and many of the population are still suffering from the radiation and fallout effects of these tests. The people are generally poor and rely on fishing, handicraft sales and remittances from relatives who have migrated to the US. As part of the compact agreement to compensate for the effects of the testing, Marshallese are free to emigrate and work in the US.

During the week I was there, federal elections were held with one of the major issues being whether the country should support mainline China or Taiwan. The polls were supposed to be open from 7:00am to 8:00 pm, but some did not open until noon, causing emergency legislation to be passed during election day to extend the hours. Apparently some voters had to stand in line outside until 3:00 am in order vote in the temporary poll stations set up in parking lots. The existing party lost and I believe there is now some contention for whether China or Taiwan will get their support.

There were several excellent Chinese restaurants and seafood dishes were unique and tasty. Also, I accompanied my counterpart from the Statistics Office on Monday and Tuesday for lunch to his favourite restaurant/pub, where

noon time in Guam allowed him to keep track of Sunday NFL games and Monday night football. Although the Marshall Islands do not have Thanksgiving as a statutory holiday, all of the patrons were anxiously awaiting the televised games from the US later that week. Basketball was also a popular TV program.

The Marshallese women are best known in the Pacific for their finely woven baskets and trays, some of which are now displayed in our living room.

On December 8th, we had a trip to Bangkok – Rick for a conference and me, just to explore. Our trip to and from Bangkok was so incredible I think a movie could be made out of it. Computers down at the airport, missed connections, over-night flights, Rick's back giving him problems, lost luggage, a fellow passenger having a heart attack and a person sitting next to me who felt it was okay to eat my meal after she finished her own. It was truly bizarre.

Bangkok itself was a very interesting place and so busy compared to Noumea. The smog was the worst I've ever seen and a lot of Thai's wear face masks, especially the bicycle taxi drivers. There is also a sleazy side of Bangkok that you have to get over but, that being said, it was alive and exciting. The food was incredibly good and I was able to enrol in a Thai cooking class while I was there. We were taken to a market 60km outside Bangkok to shop for the food, take a boat ride down a river and ended up at a little Thai house where we cooked and ate our meal.

Rick ended up having to go to the hospital in Bangkok for a sore back and we were pleasantly surprised at the great service we got there. It could be that we were probably paying double what locals were paying but the service was great and the hospital was clean and the doctors and therapists very effi-

cient. Apparently, people from all over the world go to Bangkok to have surgery as there is no waiting and the hospitals and doctors are top notch. One of the men on the cooking course was there for the fifth time, getting surgery (dental) and having a vacation at the same time for far less than he would pay in the US where he lived.

The architecture of The Grand Palace and the various Buddha temples was incredible – so colourful with coloured glass mosaics and hand paintings. A trip on a rice barge down the river running through the city showed the contrast between the rich and the poor - the poor living in shacks at the river's edge and beside them huge palatial houses being built. That being said, we saw beautiful Thai children laughing and swimming in the river while their mothers did the washing and waving to us as we went by – lovely people.

No trip to Bangkok is complete without the experience of riding a tuk-tuk. This is a motorcycle taxi which, for the equivalent of fifty cents, takes you anywhere you want to go in the city. They weave in and out of traffic at break neck speed and your life flashes before you many times. They think nothing of going the wrong way down a busy street but this all adds to the adventure and is an integral part of the city.

On our return from Bangkok, Rick handed in his resignation at work. We had been giving this a lot of thought and decided it was time to think about returning home.

We had one week back in Noumea and then we were off to Sydney for the week over Christmas. Our hotel was well situated near Darling Harbour and on the edge of Chinatown, so we enjoyed some great food and sight-seeing. We hiked the scenic routes

continued on next page

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Dispatches (cont)

around Manly and Bondi Beaches and did the regular tourist stuff. Sydney is a really booming city – well organized for tourists, easy transportation, spectacular scenery and great climate.

After returning home to Noumea, Rick and a friend decided to do the 12 kilometre hike over Mont Dore, just outside Noumea. They started at the sea side of the mountain with the intent to finish at the fresh water springs on the other side. They were told that parts of the trail were extremely difficult, one section is commonly known as “the wall”, and that they could expect the journey to take about 3.5 hours. The start was excellent but when they reached the summit, it was shrouded in fog with a constant fine rain falling. The trail was obscure and they ended up going completely in the wrong direction. After a total of 6.5 hours of hiking slippery rocks and mud on the precipice of a mountain ridge they finally managed to arrive back in civilization, albeit several kilometres from their intended arrival point and absolutely covered in mud. At some points the descent was so steep that they had to sit on the ground and slide down the slopes with rocks rolling down the hills beside them. The next day was spent walking very gingerly with very sore thigh muscles.

Since making the decision to leave, Rick decided he would like to try diving so last Sunday he and his friend

Robert took the diving boat out to a nearby island for lessons. They both returned home like two young boys describing the adventure. Robert saw a two meter shark and Rick was glad he didn't see a two meter shark. Rick said the hardest part of the day was getting in and out of the wet suit (see photos). Anyway it was quite an experience and a good day out for them both.

Recently, we've had to seriously think about our move back home. We made a list of the articles we needed to sell and had no idea how long it would take to get rid of the stuff so we distributed the list a little early. A week later, we are sitting in our house with no pictures on the walls, no garden furniture, no rugs, etc. Some people were good enough to let us keep the stuff until the end of February which we really appreciated. We have come to the conclusion that you can sell anything over here! Rick's last day at work is February 29th and we start a tour of New Zealand on March 3rd.

Leaving Noumea will be bittersweet for both Rick and I. We have had such a wonderful adventure here and made great friends who will be hard to leave behind. And, as much as we were whining during the really hot period a couple of weeks ago, the weather here is incredible. We have especially appreciated this weather hearing about the long, cold winter back in Canada.

On the other hand, as we prepare to

go home, we look forward to getting a big hug from our granddaughter, Sienna, and to introducing ourselves to our new granddaughter, Lilah. We have a lot to be thankful for.

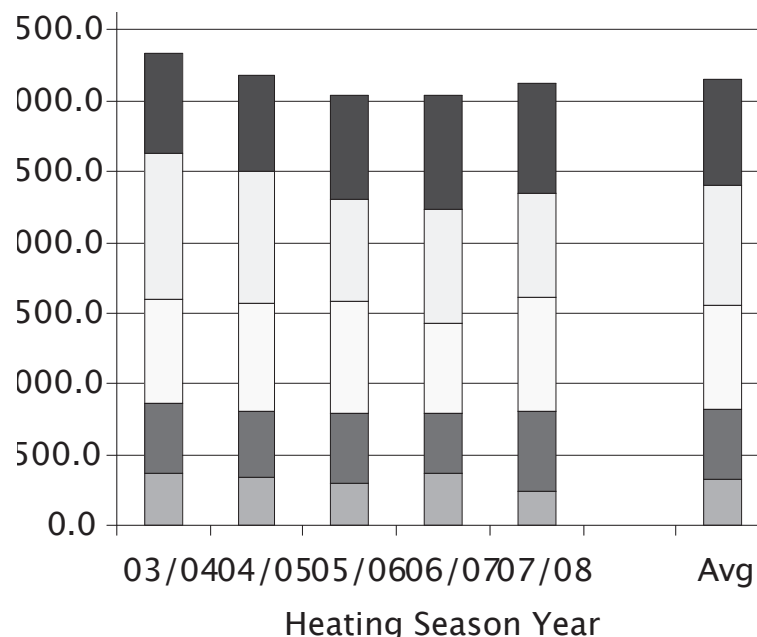
To everyone who has persevered with our newsletters (including this long one!), this will be our last one from

Noumea in New Caledonia. We thank you for your e-mails and keeping in touch. Who knows where we'll end up or where our next adventure might be?

Rick and Jane

March 2008 Weather Postcast

If seems the first 5 months of the heating season in Matawatchan was colder than normal, it probably has more to do with sore muscles from shoveling snow. The stacking bar chart shows Heating Degree Days (DD) for each month, the seasonal total to the end of February, and corresponding averages. It appears that among these five years the 2007/8 season is somewhat in the middle and slightly below average even with the extra 34.3 DD accumulated on Feb 29th. The long term projections of an unseasonably cold winter, made last fall, appear to be going by the wayside unless the lion in March decides to be a vicious polar bear.



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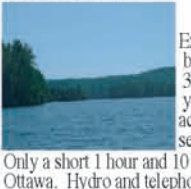



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<p>Calabogie Dr \$1250 /month</p>  <p>2000 Sq ft of retail space in strip plaza with popular local restaurant, motel and office. Will lease for \$7.50 /Sq ft. Parking is paved.</p> <p>Excellent opportunity to open your business in this expanding four season resort area are just an hour from Ottawa, an hour & a half from the Kingston seaway area</p>	<p>Morning Flight CT \$59,000</p>  <p>The Maples a newly developed subdivision on the Calabogie Highlands Golf course. Build your Linwood custom home here and walk to the club house. 30 exciting home plans to choose from. Inquire about other property lot locations from which to choose.</p>		<p>Kennedy Rd \$70,000</p>  <p>This property fronts on its deeded water access so its like having a water front lot on Calabogie Lake. Creek runs through the property, the property comes with a 30ft travel trailer, storage sheds, solar power, paddle boat, a 14 ft aluminum boat with 15hp motor, the property also has a drilled well</p>	<p>Mill St Rd \$159,000</p>  <p>Commercial 1.74 acres with highway frontage on corner lot overlooking Calabogie Lake. Great possibilities in this expanding four season resort area just an hour to Ottawa and one & a half hours to Kingston Seaway.</p>
<p>Norcan Lake \$169,000</p>  <p>Wow! 328 ft frontage on Norcan lake 10.4 acres for your private retreat, build your dream home</p>	<p>Majestic WA \$190,000</p>  <p>1.25 acre waterfront lot with 200 ft of frontage on the Madawaska River. Build your Linwood here many exciting models to choose from. 20 acre deeded parkland included.</p>	<p>Norcan Lake \$219,000</p>  <p>This one is a real beauty. Totally private for your dream home or getaway. Natural beauty with mature trees and a super view. Access to tranquil Norcan Lake. It doesn't get any better. Sloping lot with 541 feet of your own shoreline. Just a short 1 hour and 10 minute drive from downtown Ottawa. Submarine hydro and telephone supplied to lot line. Conditions apply to purchase: Must construct a home within 3 years. 3% financing available</p>	<p>Norcan Lake \$220,000</p>  <p>Executive county lot on beautiful Norcan Lake with 328 ft of water front for all your summer and winter activities. Natural private setting with mature trees. Only a short 1 hour and 10 minutes from downtown Ottawa. Hydro and telephone on a wonderful property for your dream home or vacation property</p>	<p>Norcan Lake \$245,000</p>  <p>Executive country lot on beautiful Norcan Lake with 574 ft of shoreline for your dream home. Natural setting with mature trees, private and peaceful. Hydro and telephone on site. A short 1 hour and 10 min drive from Canada's capital. Conditions apply to construct a Linwood home within 3 year time period from the date of purchase. 3% financing available (conditions)</p>
<p>Calabogie Rd \$299,000</p>  <p>5 acres highway commercial land at the village of Calabogie. Great view of the lake, large pond on the property, adjacent to well known restaurant & motel. Many potential uses. Premier location with high exposure in this expanding four season resort town only an hour to Ottawa, an hour & half to Kingston Seaway area. Enquire with listing agent about build to suit</p>	<p>Norcan Lake LA \$369,000</p>  <p>VIEWS extraordinary! That is what this property has of beautiful Norcan lake and the hills across the lake. Natural beauty with 984 ft of private shoreline and of course all the privacy and nature you can handle. All this and just a short 1 hour and 10 min drive from Ottawa. Submarine hydro and telephone supplied to the lot. Conditions apply to purchase, to construct a home within a 3 year time period. 3% Financing available.</p>	<p>Calabogie Rd \$249,000</p>  <p>Charming 3 bedroom chalet style bungalow overlooking the Madawaska River on 3.5 acres. Large picture windows across the front of the house in Living/Dining room, patio door access to deck from L/RM. Front Entrance, back door entrance with access to kitchen & bsmt. Wood stove & work area in bsmt. Close to Calabogie - A four season resort - One hour from Ottawa. Excellent value for your permanent residence or year round getaway</p>	<p>Jim Wallace Rd \$318,900</p>  <p>Tastefully renovated 4 bedroom on 1.46 acres w/deeded access & boat slip on Calabogie Lake. Maple hrwd flrs. Maple kitchen cabinets, large island w/chairs leading to study. Impressive master bedroom encompassing width of house w/walk in closet & 4pc en suite. Loads of storage. Attractive verandah on front of house provides a peaceful setting to enjoy your country retreat in this four season resort area offering boating to skiing</p>	<p>Viewmount Dr \$320,000</p>  <p>A true Alpine style home on 1 acre lot with beautiful perennial gardens overlooking ski hill. This home has five bedrooms one of which has access to private upper balcony, living room with wood burning fireplace, dining room w/patio doors to main wrap-around balcony, new kitchen, family room with gas fireplace, wet bar and walk out. Loads of room for family gatherings. The potential for enjoyment is unlimited this 4-season resort.</p>
<p>Stringers Lane \$375,000</p>  <p>One-of-a-kind 4 bedroom bungalow landscaped yard with boat launch on Madawaska River. L/R with wood-burning fireplace, patio doors to deck, access to enclosed sun room, fbath w/jacuzzi tub plus shower. Wood/cold storage rm lower level, separate shed and storage attached to garage. Landscaped terraced front yard w/stairs to enjoy the pleasures of living on the water! Ski hill & golf just 10 mins.</p>	<p>Majestic WA \$525,000</p>  <p>New "Lakefield" Linwood custom cedar home to be built in Madawaska Estates Phase 1 This is a waterfront community on the Madawaska River with a 20 acre park deeded to your 1.25 acre water front lot. Thirty exciting designs to choose from and the variety of waterfront lots and/or locations available. Call for more details</p>	<p>Viewmount Dr \$369,000</p>  <p>Open concept 5 bedroom home in a 4 season resort area close to Ottawa or Kingston. Enjoy your winters on the ski hill which you view from the impressive upper deck, relax on the lakefront beach, or enjoy a round of golf. All this is just minutes from your front door. Entertain family from the gourmet kitchen or make a snack at the small kitchen on main level, radiant flrs in bathroom & fireside lounging. Unwind & savour all the seasons.</p>	<p>Mill St \$7000</p>  <p>Time share on Calabogie Lake Facility has indoor pool, rental of boats, bikes, tennis, sand beach and dining room. Close to 9 hole and 36 hole golf courses. Mountain bike/hiking paths at Calabogie Peaks. Week 38 4th week of Sept. Come and enjoy the autumn colours, fish or boat lovely Calabogie Lake. Take the chair lift up the Peaks to savour the sight of the surrounding mountains - a spectacular view not to be missed</p>	<p>Barryvale Rd \$7000</p>  <p>Affordable time share on the Calabogie Highlands Golf Course and Calabogie Lake. Walk to club house where you have access to 36 holes, deeded access to Calabogie Lake. Week 25 3rd week of June. Come and enjoy golf, swimming, fishing, boating, hiking, dining room and magnificent sunsets for a week in summer. Located in this four season resort just an hour from Ottawa where you can enjoy the many attractions of our Nation's Capital</p>

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