

The Madawaska HIGHLANDER

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Anton in Buchenwald (Part Two)

By Anton Minton

Part one (June issue) of this article briefly covered Anton (Tony) Minton's life in Holland through the WWII occupation of the Netherlands, his arrest by German soldiers and his deportation to the infamous Buchenwald concentration (read death) camp. Part two is an abbreviated version of Tony's account - as related to Ian Coulthart - of life in that man-made hell, his release and repatriation.

Garry Ferguson

"Today in the year 2008, I am in my early eighties. I consider myself to be in reasonably good health, but when I look into a mirror I see a noticeable mark on my right temple where a German soldier hit me with his rifle and I am reminded of those terrible years. Many people today know little about German concentration camps because it was part of World War II that ended some 63 years ago. One question I am asked is whether I had been tattooed with a number on my arm and the answer is "No". To my knowledge only the Jewish prisoners had tattooed numbers. I was, however, given a number - 47216.

The Germans liked to be efficient, and numbers made things more efficient. During my time there I worked at different jobs. Each morning you reported for work at a building we called the tower. If you wanted to work at a certain type of work, maybe as a carpenter or a bricklayer, you could volunteer for those jobs. I often worked as a labourer on roads and railroads between Weimar and Buchenwald. I also worked in factories at Buchenwald, below ground in salt mines near Dingslad, ammunition works and a stone factory at Hekalinge. Sometimes we lived in a 'land house' (not barracks). For the first three weeks in the camp at Buchenwald I carried human waste from the toilets to the gardens every day. If you moved too slowly, the guards would

beat you, step on your heels or set the German shepherd dogs on you. One day, we were ordered to remove an unexploded live bomb from the basement of a house. Lucky for me it never detonated. On another occasion, a German officer's home was bombed and all of his family members were killed. We were ordered to clean up the mess. One of the prisoners found a woman's purse and gave it to one of the guards. We were ordered to stand still for an hour until they checked to see if anything was missing from the purse and if there had been, they told us that they were going shoot us all. But everything was still in the purse. Again, I survived another day. It seemed that the German solution to most problems was to shoot, hang or torture people. One young boy in our camp showed some excitement once and threw his hat into the air. For this offence he was stripped naked, tied to a post outside and left there as an example. That is where he died. Besides having few clothes to wear, we were always hungry. Each day our breakfast amounted to a small piece of bread with some margarine on it. There was no mid-day meal. In the evening we were issued one potato and soup made from some kind of green leaves. Some days you were lucky and you got a large potato. If you drank too much soup, you would pee all night long. We were worked hard and were never given enough to eat. It was so bad that you would eat anything to survive. If a cat ran across the floor of the barracks where we were housed, it would never reach the other side and you would eat it, but you would also share with others. If you found a piece of bread on the railroad tracks with shit on it, you would eat it and be happy you had food in your mouth. We ate grass, anything to survive another day. Soon, I was skin and bones like everyone else imprisoned in the camp. We did have a wood-burning stove in the barracks during the winter to provide some warmth.

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Photo: Claire Lepine

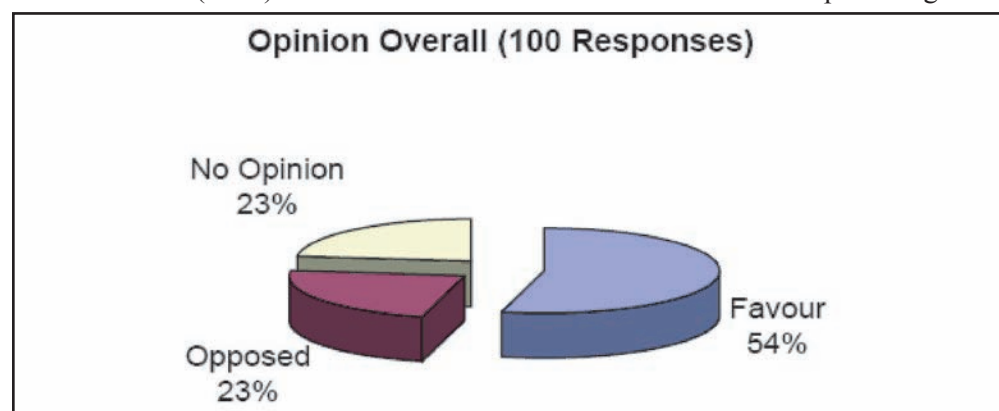
Calabogie Opinion Survey – The Track

By Richard Copeland

In the March 2004 issue of the Madawaska Highlander, we ran a story on the Calabogie MotorSports Park (CMP). The lead for the article explained that the Highlander had offered a full page to both the Track and the Calabogie Concerned Citizens (CCC) to state their cases.

With this effort to share information within the community, Editor, Bill Graham, pointed out that "No one has conducted a survey, so it's unknown what the opinion is on this issue". Bill also stated "...when a final decision is made and the dust has settled it is hoped that everyone can remain on good terms."

It seems that "good terms" have not been achieved. In the interest of providing some



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facts about opinion in Calabogie, we have conducted a survey. The data has been acquired and analysed and is published for the community without prejudice.

Seems to be employing a lot of seniors.

As in all surveys readers need to know the methodology used to achieve our sample size of 10% of the population of Calabogie. Using the Renfrew and Area Large Print Phone Book, we manually recorded all '752' exchange phone numbers listed as residences. Businesses and institutions were not used. The nine hundred and fifty-three four-digit numbers derived from the listings were entered into an electronic spread sheet and reordered, and then every tenth number was extracted to create a phone list. The extraction had to be done twice more to achieve a workable data base representative of 10% of the population. Most survey polls use a base so small that it is never quoted as percent of population. Over a period of two weeks almost 500 calls were made from a base of 280 numbers, resulting in 100 responses—a quantity exceeding 10% of all listed residential numbers.

Find businesses are positive – great support for community, does a lot for the area.

The questions were straightforward. We determined gender, residency in terms of seasonal or permanent; age in the ranges of 'under 35', '35 to 59' or '60 and over'; whether or not the respondent was employed or owned a business in the Calabogie area and finally their opinion of the track in terms of 'in-favour', 'opposed' or 'of no opinion'. We identified who we were, that we were doing a survey on the Calabogie MotorSports Park, that respondents would remain anonymous, and that the survey would take less than 1 minute for 5 questions. It actually took, from the respondents' perspective, about 30 seconds.

I'm not opposed if they obey the rules and council smartens up and gets proper equipment to test how much noise they're really making. Not smart enough to know how much noise the bikes make.

For the most part our calls were well received. Only five hang ups, about the same number of people lacking less than a minute of time and several out-of-service numbers. Of course very many 'no answers' and answering machine occurrences happened during the calling. These missed calls were tried one more time during different times of day. Thank you to everyone who participated and/or provided unsolicited comments. A selection of these responses is in this report and some will be commented on.

Individual survey responses were entered into a spread sheet and the associated phone number deleted once the data was verified. The spread sheet was totalled for overall results and then sorted by the demographic characteristics. Our report follows:

The overall opinion about the Track from the 100 respondents was 54% in favour of the track, 23% opposed and 23% of no opinion. Based on our survey sample, the community of Calabogie approves the CMP.

When the male versus female opinion was sorted, we found that males were in favour at 64% and females at 46%. Females were opposed at 27% and males opposed at 18%. Fewer Males had no opinion at 18% while more females had no opinion at 27%.

With the survey being conducted in July we were able to capture a good number of seasonal residents—34% of surveyed respondents. The opinion differences for these two groups are very wide, with permanent residents in favour at 62% and seasonal residents at 38%. Those in opposition show an even wider swing with seasonal residents opposing at 38% (splitting their opinion evenly) and permanent residents at a low 15% in opposition. On the no opinion side they are almost equal with permanent residents at 23% and seasonal residents at 24%.

In the three age groups 10% were under 35, 40% were between 35 and 59 and 60% were 60 years or over. This deep split with fewer respondents at the young end of the range likely reflects the age demographic of the Calabogie area. The younger the group the more support for the track, with the 'under 35' group favouring at 60%, the '35-59' group at 54% and '60 years and over' at 52%. Where the differences show greatest is in the opposition to the track with the seniors at 30%, the mid range at 18% and the youngest group at 10%. The most senior group has strength of opinions on both sides of the issue with only 18% having no opinion. This group also represents the largest segment of the population.

Those who work in the Calabogie area or own a business in the Calabogie area (25% of respondents) were 64% in favour of the track versus 50% for those not involved in income generating activities locally. A strong opposition stance from the not locally employed and not owning a local business came in at 27% versus 12% for the local income generating group. Both were close in the no-opinion category at 23% and 24%.

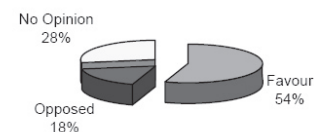
Each of these segments and opinion percentages are presented here in a graphical format. Beyond the numbers were the unsolicited comments, which you have probably glanced at throughout this report. Some of them were actually offered up several times and most worthy of note is "I was in favour but I feel for the peo-

ple who have to put up with the noise. I'm opposed." This change in direction was repeated in one way or another 5 times. There were no unsolicited comments offered from being opposed to being in favour. The respondents who reconsidered had developed empathy for the people who have been complaining about the noise and the effect it has on them. Deafening was the absence of comments on the environment. Not a one. The issues have coalesced into the track noise factor.

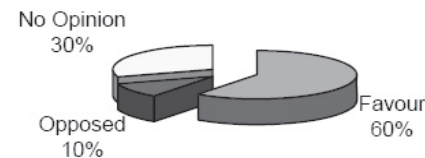
For those affected it is an enormous change in your life. If you want to leave – your property value has been negatively affected. Largely wrecking the reason we came here in the first place.

We at the Highlander hope that the reader will find this survey enlightening. Some may be surprised by the numbers, others not. Our wish is that the Calabogie community, residents and business interests alike, find a way, or a compromise to 'let the dust settle'

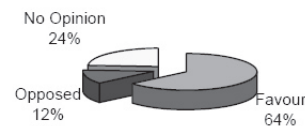
35 to 59 Years (40 Responses)



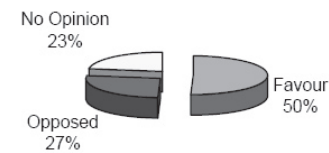
Under 35 Years (10 Responses)



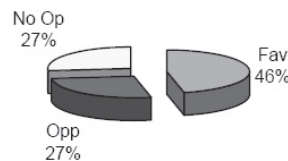
Employed or Own Business in Calabogie Area (25 Responses)



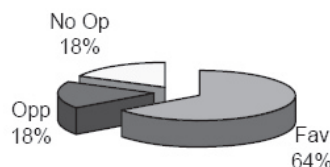
Not Employed/No Business in Calabogie Area (75 Responses)



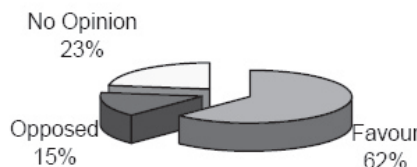
Female Opinion (60 Responses)



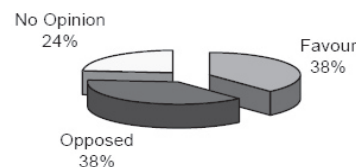
Male Opinion (40 Responses)



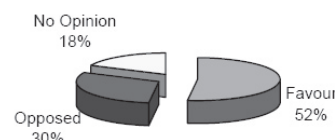
Permanent Residents (66 Responses)



Seasonal Residents (34 Responses)



60 Years & Over (50 Responses)



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Buchanwald (Cont)

It would be so cold in the winter that as we lay on our beds we would rub the back and shoulders of the person next to you. If you had anything of value, you guarded it closely or it would be stolen. Lice and fleas were constantly with us. We were so infested that when you put your jacket on the floor, you could actually see it move. Escape was not an option because upon arrival at the camp we had been forced to sign a paper stating that if we tried to escape they would kill all of our family members back home, and they would have, no doubt about it.

The communist Russian prisoners ran the underground activities in the camp. One evening, some Russian prisoners grabbed me when I was outside my barracks. We had the freedom to wander about in the camp compound at night. Because I was small, they forced me to help them steal a bag of potatoes from the building where they were stored. Food was more precious than gold. From a vent hole in the roof of the storage building, they lowered me down with a bag to fill with potatoes. Then they pulled up the bag, lowered the rope back down into the dark room where I waited at their mercy and pulled me up next. If we had been caught, we would have all been executed on the spot. I learned my lesson that night and never left the barracks during the night hours ever again.

The Germans were strict and efficient in running the camp. Each morning there was roll call and everyone had to be accounted for. If someone had died during the night, we had to hold that body up between us until they counted. After roll call the dead would be put on the wooden wagons and taken to the crematorium. The same wagon would bring back the loaves of bread. Buchenwald, which at one time housed as many as 110,000 people, was a camp where they did medical experiments on the prisoners. I was once injected with needles in my chest for three weeks, every day. My chest swelled up for some time, but I survived. I was never told what it was that I had been injected with.

There was a separate building not too far from our area where well-dressed prisoners were held, and from what we could see, they were treated much better than the rest of us. They didn't have to do any work and they would be sitting outside in a leisurely fashion. However, they would take some of these people outside every once in awhile and shoot them. I don't know what that building was all about but maybe they were being held as hostages so that if somebody in their family who was under pressure to work for the Nazis didn't obey, they would kill one of them to put pressure on that individual. I am sure that there are records somewhere regarding this place and its specially-treated inmates. During the two long years that I suffered in the camps, the population in Holland was also suffering. One of the invading Canadian Generals who had helped liber-



The Inmates

ate Holland during 1944 commented in his memoirs that it was difficult to witness the condition of the starving people in Holland, especially the children.

For some time after I had been picked up and arrested in Nijmegen, my parents did not know what had happened to me. Eventually my family found out where I had been sent to and through some means, I would get parcels from them. My father sent me cigars, peas and beans and I would trade these with the soldiers and others in the camp for food and other items. I once traded a pair of leather boots for a loaf of bread. A few days later the bread had been eaten and the man returned the boots. I had a problem because he wanted his loaf of bread returned. These were the things you dealt with all the time you were there. The older and stronger prisoners preyed upon the younger and weaker. I didn't know at the time, but the general population in Holland was also going hungry, and it got much worse in 1944 and 45. The cities were worst hit. People were starving. Unknown to me, Nijmegen was liberated in September of 1944 and during October and November the eastern land area between Rotterdam and Antwerp, an area known as the Scheldt, was being cleared of German troops. This area was important to the Allied Forces because of seaports. During the battles to take this area, the First Canadian Army suffered 12,000 casualties. During the winter of 1944-45, Holland was divided, the south had been liberated and the north was still occupied. The German Army was losing manpower



The Camp

and in November of 1944 they rounded up 50,000 Dutch men for forced labour in Rotterdam and Schiedam. That winter was known as the "hongerwinter" because some 30,000 people in Holland starved to death. In February, 1945, the Allied Forces entered Germany and were moving through the Rhineland. In the spring of 1945, I was working in a stone factory near Hekalinge, and we were living in a land house close by. The dust at the factory was very thick and made breathing difficult. You would be worked to your limit and if you asked for a drink of water the guards would usually refuse. They seemed to enjoy watching us suffer.

We woke one day in April and the German soldiers were gone. They had all left during the night. For two weeks we didn't know what had happened. We quickly got into the buildings where the soldiers had been living and we found lots of food. We ate and ate and ate. I can remember drinking grease, and eating lard. Then we got dysentery. During the night, taking advantage of our freedom, we would often sleep out in the fields on a nearby hill. I remember deer jumping over us as we slept there in the grass. When the Germans had gone, we had time to look around the campgrounds. In one of the buildings near the crematorium there were many bodies left hanging. They were large people and someone said they were white Russians.

After two weeks, the U.S Army arrived. They were shocked. They were not prepared for what they saw at the concentra-

tion camp. No person could have been. They really didn't know how to handle all the dead bodies and wanted us, the prisoners, to clean up and bury the dead. When we refused, they conscripted the local German townspeople to do the job.

Over the next few weeks and months I slowly got my weight and health back to normal. By the first week in May the war was over. My terrible ordeal at Buchenwald had ended.

It took another sixteen weeks before I arrived back home in Cuik. They took us out of Germany because the Russians were taking over the eastern part of the country. While we were waiting in Eastern Germany to be transported back home, a nice looking Russian girl became very fond of me. She was young and quite pregnant. She worked at the canteen where we were temporarily being housed. Then one day we got orders that we were being shipped out. I can still remember the young girl crying and hanging on the back of the truck as we left. Finally someone stepped on her fingers until she let go. I often wondered what happened to the poor girl.

Shortly after arriving in Cuik, my mother sent me to the family Doctor. He advised me to stop eating so much or it would kill me. I guess I was putting on weight too fast. Later, there was a big party held in our village to celebrate the end of war. The dark cloud of the war years had been lifted and Holland was slowly getting back on its feet. I went back to my former job at the Tannery. Everyone wanted to forget the war and get back to a normal life. The man who ran the Tannery asked his employees if it would be okay to hire on the German Meister Reynalds. Everyone said that if he did, they would quit. Meister Reynalds had to find work somewhere else. Life did slowly get back to normal all over Europe.

Soon, I met the woman I would later marry - Antonia (also Tony) Arst. She worked in a hotel/restaurant establishment in Cuik, a village not far from Haps where she lived with her parents and fifteen brothers and sisters. As a young couple we went to weekend dances, usually held in someone's home. Many people who attended these parties could play instruments and I could play the accordion. We would have lots of fun, dancing, singing and socializing with other young people.

Tony and I went together for several years and then we decided to get married. We were married in Haps on November 16th 1948 in the Roman Catholic Church. We rented a few rooms in a house in Cuik where we began our life together."

Editor's Note: Anton and Antonia immigrated to Canada in June, 1953 and now live in Griffith, Ontario. They have two grown sons who, with their families, visit often. G.F.

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Griffith Community Hall Celebrates Extensive Improvements

By Richard Copeland

On July 6th, The Denbigh Griffith Lions Club, political leaders and the community celebrated the completion of substantial work undertaken to expand and improve the kitchen and washroom facilities of the Community Hall. The work was funded through a \$35,000 Trillium grant and an additional \$28,000 from the GM Township. The Township money was accumulated due to the foresight of Reeve Peter Emon who had rental payments for the old municipal office set aside for funding improvements to the same property. Many local businesses donated time and equipment to complete the project.

A Trillium awards plaque was presented by Diane McKinnon, Ontario Trillium Foundation (OTF) representative and MPP John Yakabuski to Gary Malcolm, Barry Dicks and Erwood Reynolds of the Lions Club.

Peter Emon, Henry Hogg (Reeve of Addington Highlands) and Karin Lehnhardt, our local councillor each spoke in turn to congratulate the Lions club and their dedicated volunteers for the completion of this most impressive expansion.

Peter Emon and Karin Lehnhardt presented Community Builder Awards to Erwood Reynolds and Barry Dicks (see article this issue).

After the ribbon cutting ceremony the group admired the results of the work and enjoyed the social aspects of the rest of the afternoon.

The OTF is a Foundation agency of the Government of Ontario supporting the growth and vitality of communities across the province. OTF strengthens the capacity of the volunteer sector through investments in community-based initiatives. For more information please visit www.trilliumfoundation.org.

The Denbigh Griffith Lions Club has played a pivotal role in the community since its inception in 2000. The Lions provide food baskets for the needy, support for students, vision screening test, various camps and its' commitment to health care has produced \$25,000 in donations to Renfrew Victoria Hospital and a similar pledge to Hospice Renfrew. For more information on the Lions Club contact Terry Holtzhauer at 613.333.5551.

End



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Pine Valley

Out on the First Concession

By Wes Bomhower

PINEAPPLES

"Pineapples, pineapples," the man shouted from the platform of a beat up old Ford truck. "There is one bag left and I'll sell it cheap to the right customer," he continued. The small crowd had dispersed and the evening was wearing on, almost 9:00 p.m., the man was tired and wanted to be on the road home. It had been a long day. He picked up his load in Montreal where the pineapples were shipped in from the south, then drove to Ontario to arrive in the village about supper time. He sold pineapples to all the stores in town, (there were four stores operating in those years), then he set up his truck on a vacant lot and sold pineapples to one and all.

It was 1938, my older brother Everett was working somewhere and was now on his way home on his bicycle that Saturday night. He came through the village just as the man was desperately trying to sell the last of his prickly fruit. "Give me a dollar for this last bag," he shouted to Everett. "There are at least twenty fruit in there, a real bargain". Everett parked his bike and took a look in the bag that was offered. "Some of those pineapples don't look very fresh," he commented. "Well, what do you expect for a dollar?" the salesman quipped. "Give me seventy five cents then, I want to be on my way". Everett felt in his pocket and pulled out a quarter and a dime. "This is all I've got, thirty five cents" he offered. The salesman scowled and scratched his head for a moment. The street was almost deserted and he didn't want to take any produce home in this hot weather. "Sold" he growled, "hope you enjoy them" and he handed over the heavy bag.

Everett hadn't reckoned on the weight of the bag and it was too bulky for the parcel carrier of the bike, so he pulled the draw string of the bag, tied a knot in it and placed the bag over the cross-bar so that part of the weight was on both sides. There was no way he could ride the bicycle with the load, so he walked along beside all the way home, which was five miles.


Sunday morning there was pineapple everywhere and we even had some on our oatmeal porridge. I'm not sure about my sisters, but I know I had never tasted pineapple before and it surely was good, especially the juice. That was twenty years before we had hydro on the farm and no refrigeration of any sort. So even though it was Sunday, we all pitched in to help Mom peel and cut up the pineapple for preserving before the fruit could spoil in the heat.

Mom had a good supply of raisons, tons of rhubarb and some maple syrup, and that was what mixed together with the pineapple to make one of the finest concoctions we had ever tasted. I think the end result was at least a dozen large jars and they kept well in the old cellar of the farmhouse until such times as we needed them. Pineapple is in ready supply most of the year now in the supermarkets and I still buy one occasionally, but never do I enjoy it as much as in those long ago days when times were so tough out on the First Concession.

We has oatmeal, cornmeal, Sometimes miss a meal Back in the Great Depression. Life was rough & times were tough Out on the First Concession.

Times surely have changed.

End




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The Madawaska HIGHLANDER

“read cover to cover”

Ottawa Valley Food Co-operative

By Bill Graham

The Ottawa Valley Food Co-operative (OVFC) is a marketing network of Ottawa Valley farmers, growers, producers and consumers. The Co-operative’s activities are governed by the core values of healthy rural communities, environmental stewardship, social justice and vibrant local economies.

OVFC is closely associated with the Ottawa River Institute (ORI), whose mission is to foster sustainable communities and ecological integrity in the Ottawa River Watershed.

Both organizations share members in common and ORI was able to provide start-up funding through its own Trillium grant. The food co-op has been in the planning stages for about a year but only recently began operations in March of this year. Already the co-op has 100 members with 20 of these being producer members.

The co-operative is a type of Community Supported Agriculture (CSA), which is a mutually beneficial relationship in which a farm supports the community’s needs for fresh, nutritious, wholesome food, and community support allows a farmer to devote his/her energies to sustainable farming practices, because their agricultural products are pre-sold. In the case of OVFC, the co-op is owned by its members (both producer and consumer) and acts as a direct link between the production and consumption of local food.

Each month, producer members post what they have available on the OVFC Website. Members have one week in which to place orders.

Then one day a month, member farmers and producers bring the orders to the Pembroke depot, where the co-op’s volunteers sort everything into customer orders. The orders then go out to several pick-up sites across the Ottawa Valley. Membership costs \$50 for consumers and \$100 for producers - for a lifetime

membership in the co-op.

The co-op charges producers 10% for selling through the co-op, and consumers pay 5% for buying through the co-op. This money is used to pay for operating expenses such as mileage, ice, postage etc. The membership fee revenue pays for capital expenditures such as ice chests, computer software, etc.

The Ottawa Valley in the co-op’s name is actually the Upper Ottawa Valley. The two most southerly producers are in Arnprior and Almonte with the others spread from Cobden to Killaloe to Golden Lake to Chapeau (Quebec). There is a possibility that Matawatchan might become a drop off point for orders if there is sufficient interest in this area. Claire Lepine who is a founding member and lives in the Dacre area would be willing to bring orders to the Saturday market in Matawatchan for pick-up. While Claire does attend the Matawatchan Market from time to time, she would need enough signed-up members from this area to justify a commitment to bring orders every month of the growing season. If you are interested in becoming a member, you can call Claire (613-628-1836) or Christina (613-757-3044).

Residents of Calabogie shouldn’t feel excluded, if there is sufficient interest I am sure an accommodation can be reached. Food is not restricted to vegetables, fruit and herbs. Also listed for sale is tea, coffee, pork, grass-fed beef, lamb, bison, honey, maple syrup, soaps and even soup bones. Visit their website at: www.otawavalleyfood.org to browse the impressive list of local products for sale.

Items for sale are not necessarily less expensive than what can be bought in a supermarket, but you will know where your food came from, how it has been raised and know that your purchases support local agriculture.

End

www.calabogierocks.com

Looking back...



Lumbering crew posing for photo on a Sunday afternoon at Dempsey’s camp near Quakenbush Lake. Circa 1920

CAO John Baird tenders his resignation

CALABOGIE Reeve Peter Emon of the Township of Greater Madawaska today announced CAO/Clerk Treasurer John Baird tendered his resignation effective August 29th, 2008. Mr. Baird has accepted a position with the Township of Laurentian Valley as their CAO/Clerk.

Mr. Baird has been a valued employee who has assisted the municipality in positioning itself well for the future. He has been instrumental in re-assigning staff and functions and developing the policy framework within which the municipality now functions, said Emon. We are sad to see him go but recognize a person with his experience and talents is in demand and wish him well in his future with Laurentian Valley.

Reeve Emon commented on the hiring of Mr. Baird. Mr. Baird came to the municipality in January 2005 after a search for a CAO by the Township of Greater Madawaska. His appointment was made with the re-organization of the municipal administration in mind. He was instrumental in completing the Strategic Planning exercise and the new committee format used by the municipality as well as in numerous other areas of operation.

Reeve Emon also announced he had spoken with Mayor Jack Wilson about Mr. Baird. I telephoned Mayor Wil-

son to congratulate him on hiring Mr. Baird and assured him Laurentian Valley was getting an experienced Municipal CAO who would be a positive addition to their administration and a valuable resource for them in the future.

Municipal staff, the public and the members of council will certainly miss working with Mr. Baird. John was someone I could freely discuss issues with and be assured the best possible resolution would be the end result. We worked well together and I will miss our sessions. Reeve Emon noted.

Council was informed about this matter yesterday and will meet next week to accept the resignation and to appoint an interim CAO/Clerk and at the same time plan how to proceed with finding a replacement, Reeve Emon added. Everyone recognizes that it will not be a quick process and I suspect the person sought will need to be knowledgeable about rural municipal administration and the accompanying issues. During the search period we are confident our staff can ensure the municipality will continue to function well and all projects will continue towards completion.

For further information or comment contact Peter Emon at home 613 752-2922 or via cell 613 401-7186.

End

Matawatchan Market
Every Sat. 9 am-1 pm

Our food choices affect the environment

by Ole Hendrickson

Choosing wisely what we eat can protect water quality, fight climate change, save family farms and rural communities and support the humane treatment of animals.

For a sustainable future, buy local food as much as possible. Support food co-ops, farmers' markets and community-supported agriculture. Eat organic food whenever possible – not only to reduce your exposure to residual hormones, antibiotics and pesticides but because organic methods are better for the larger ecosystems that support all life.

Cows, pigs and chickens that are allowed to range freely, fed on natural pasture as much of the year as possible, and raised without hormones and antibiotics are better for you and for the environment.

Animals grown in large feedlots and factory farms produce more waste than the local environment can handle. This fouls the air and water.

A new report by the UN Food and Agriculture Organization says that the livestock sector is stressing many ecosystems and contributing to global environmental problems. Greenhouse gas emissions from livestock and their wastes, and from conversion of tropical forests into pastures, are an important factor in climate change. Livestock operations are also a major source of water pollution.

The UN report refers to the "provider gets - polluter pays" principle. Farmers and ranchers who are good environmental stewards deserve compensation for the ecosystem services they provide – such as maintaining water quantity and quality for downstream users, and storing carbon in a well-managed landscape of pastures, woodlands and wetlands. Those who pollute should pay.

When livestock operations are dotted around the landscape, animal manure represents a valuable fertilizer resource. When livestock is concentrated in factory farms, manure becomes waste.

Today in North America, cheap grain subsidized by US taxpayers is shipped from miles around to centralized animal production facilities. Hog factory farms can have 100,000 animals confined indoors, living on slats through which their wastes drop into huge sewage cesspools.

After slaughter, these mass-produced animals are shipped all over the continent. Shipping wastes fossil fuels and contributes to climate change. Artificially low grain prices – maintained through political lobbying by powerful corporations – are at the root of this unsustainable system.

Organizations such as the Husbandry Institute encourage consumers to exercise their buying power on behalf of a better environment. If you buy meat, ask:

- What can you tell me about where this meat comes from?
- Was it raised without antibiotics and added hormones?
- Was it free range and pasture-fed from birth?

The same considerations apply to eggs and dairy products.

A "cheap food" system stresses families, rural communities, and the environment. It traps farmers into using bigger equipment, more fertilizers, herbicides, insecticides and pesticides, genetically-modified seeds, buying out their neighbours' lands, draining wetlands, and employing foreign workers under unacceptable conditions.

The international Waterkeeper Alliance has launched a "Pure Farms, Pure Waters" campaign. It operates on a dual principle. Laws protecting water, air and workers should be strengthened and strictly enforced. And, farmers and concerned citizens should work together for environmentally and socially conscious food production, as an alternative to factory farming.

The Ottawa River Institute is promoting locally grown foods, farmers' markets, and food coops. Local food is not just a summer affair. We are rediscovering ways to store vegetables and fruits during our long Canadian winters, and experimenting with heritage varieties that keep better.

Promoting a diverse mixture of animals, vegetable, fruit and nut crops grown locally provides healthier diets and more sustainable economies. The UN report notes that government policies to reduce consumer demands on the livestock sector would "ease environmental pressure and costs."

As they say, you are what you eat. This applies to nations as well as individuals.

Watershed Ways is distributed by the Ottawa River Institute, a non-profit charitable organization supported by volunteers, local donors and a grant from the Ontario Trillium Foundation. For more information call 613-333-5534. There is no charge for membership in the Ottawa River Institute. We welcome new members who share our vision.

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Memories of Black Donald: Part 1

Following is a history and description of Black Donald village and surrounding area and some of its people and their idiosyncrasies from 1934 until 1954 when the Black Donald Mines closed down. The village itself eventually became a ghost town, mainly because of the mine closure, and when Ontario Hydro built the Mountain Chute dam a few years later, the whole area was flooded and is now under many fathoms of water. This was originally written by Howard Popkie, a Korean War veteran now residing in Arnprior, Ontario. He gave the manuscript to the National Archives in Ottawa, but retrieved a copy recently which I will edit for the Madawaska Highlander in several instalments.

Wes Bomhower

Ghost Town, 1934--1954

By Howard Popkie

I was born in the Renfrew Victoria Hospital and went to live in Black Donald when I was a week old. Facing White Fish Lake, when you stood on the Calabogie-Matawatchan Road, was Jack Wilson's store and just right of it was the Amusement Hall. I recall going there with my mother to a stage show which featured a very talented ventriloquist. He had a suitcase installed in the beams at the back of the hall and he would throw his voice right across the hall from the stage into the suitcase and the suitcase would talk back to a trunk on the stage. The voice said, "GET ME OUT OF HERE". The ventriloquist opened the trunk and pulled out a 'dummy' something like Charlie McCarthy much to the delight of all the audience seated on long, home-made benches.

There would be dances pretty well every Saturday night in the hall and Joe Scully, who made moonshine, would come all the way down from Camel Chute with his 16 year old bride. Joe was 38 and in winter they came by horse and cutter, (a small winter sleigh), and they usually

brought Ida Leclair along because she loved to dance.

Later on in the 'Forties, a new hall was built on the hill on the road leading to the powerhouse, and Jack Wilson the store keeper began using the old hall for storage.

There was a large log stable next to the old hall where big black looking horses were stabled. They seemed so big compared to my grandfather's little brown horses, and of course they could have been any colour; the graphite made them all look black. Jack Wilson's store had a square front with an Imperial Oil oval shaped sign hanging up in front, three stars over the word, 'Imperial', and to the left of the door was a Robin Hood Flour sign. There was a full length veranda almost level with the road in front. Inside were two counters. The one on the right held bolts of cloth for making dresses, piles of trousers, shirts and so on, and back of the counter were boxes of boots and shoes of all shapes and sizes. Farther down the counter was a glass case which contained perfume, face powder, brooches and glass beads of all colours. Down on the floor near the glass case was a dirty black, square shaped spittoon about a foot square, which was used all the time by customers who chewed tobacco. It was always about half full of liquid and used matches. I saw Jack Wilson empty it one time, wearing a long black glove that came part way up his arm. Yuk! Near the spittoon, between the two counters was a box stove and back of that the coke cooler. Jack had his own ice house nearby and always had a block of ice in the cooler with an assortment of cream soda, Coke, Pepsi, kick, orange drink and 7-up.

The counter on the left consisted of a post office near the door, a huge iron safe and a bill board for posting signs, then a set of scales on the counter for weighing out cookies, candy, sugar, beans, pepper, etc. Here a cone of cotton string hung from the ceiling, used for tying up packages of different items. Next to the scales was a large roll of brown wrapping paper with a built-in cutting knife and then a

big empty space here on the counter for placing your order and a money drawer for the cash. Just beyond this were boxes of rifle and shotgun shells and a big limb of bananas hanging from the ceiling.

Jack knew I liked anything that was old, so he would save any large pennies that came his way. My nose was just about level with the counter and when Jack gave me change from my purchases he would look me right in the eye and snap those large pennies down on the counter right in front of me. I would grab the pennies without even a 'thank you' and high-tail it out of there.

The store itself was about 30 feet by 40 feet in size and was two stories high, painted red on the outside and gray inside. Jack used the back rooms for storage and slept upstairs and ate his meals at the company boarding house. He never did get married but he had a girl friend for some time and owned a car for getting around. Jack owned part of Wilson and Stoughton Lumber Company in Calabogie. He was all business and if someone came to the store while he was shaving, he would take care of the customer's needs with the lather still on his face and a towel around his neck.

Jack owned a cottage up near the school by White Fish Lake and we often used an axe from his woodshed there to break a hole in the ice of the lake to get a pail of water for drinking in the school.

Just across the road from the store were the kerosene and gas pumps. Jack would pump the gas by hand up into the glass container at the top of the pump and the amount he sold you was registered in gallons, or part gallons, on the glass. The price was 25 or 26 cents per gallon.

Jack Wilson's store was also a social gathering place for all, especially the young single men, and in the evenings they would sit around on the counters or chairs drinking pop and telling stories and lies until bedtime. Later years when the store was torn down, people found many little silver 5 cent pieces that had fallen through the cracks of the floor.

Editor's note: Ghost Town will be continued in the next issue (August-September).

End



1928 Ford "Fast Lady" with Jack Miller, left and writer?artist Ernie Jukes of Matawatchan in front of Johnnie Wilson's General Store in Black Donald, 1953.

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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
Summer worship time
 10 a.m. Sunday mornings
 Sunday School and clubs will resume in the fall

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

4th Annual Calabogie Gospel Fest & BBQ August 16 - 1 to 4 pm
 Barnet Park (BBQ following entertainment)
 613-752-2598. Proceeds for wheel chair accessibility at St. Andrew's

Garage Sale & BBQ
 Most Precious Blood Church, Calabogie
 August 24 - 11 to 4 pm
 613-752-0868

Memorial Service
 Most Precious Blood Church Cemetery
 Calabogie Road
 Sept. 14 - 12 noon
 (if raining, at the church after 10:30 mass)
 613-752-2995

Calabogie Seniors - Monthly Dinner Meetings
 Dinner at 4:30 followed by meeting
 last Thursday of the month.
 June to Sept. catered dinners
 at Barnet Park Cottage.

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

Lions Club Bingo
 Every Wednesday, 7:15 pm.
 August 16 and 30
 Calabogie Community Hall
 Info 751-0234

The Calabogie and Area Ministerial Food Bank
 538 Mill Street,
 2nd and 4th Thursdays of the month
 10:00 am to 12:00 noon

Griffith & Matawatchan

Matawatchan Market Day
 Every Saturday– 9:00 am to 1:00 pm
 Lunch will be served

Community Yard Sale
 Saturday August 2
 Downtown Matawatchan
 For info: call 613-333-2798

Griffith & Matawatchan Fish & Game Club
Annual Pig Roast
 Saturday August 2- after noon
 The Hollarans – Hutson Lake Rd

Rumage Sale
 Saturday Aug 2 - 9am to 1pm
 St. Andrews United Church

Matawatchan Jamboree
 The Heritage Old Time
 Country Music Association
 August 24 – starts at 1:30
 At the Matawatchan Hall
 Live music and food

Mixed softball
 Wednesdays 7 p.m.
 Matawatchan Hall

Lion's Club

Bingo every second Tuesday at 7:30 pm
 August 5 and August 19
 August 16 – **Show & Shine car show**
 10 a.m. to 4 p.m. – Rain date Aug 17
 August 29 – **Road toll**
 August 31 – **Snider Picnic**
 Community Centre, Griffith, 613- 333-1489

Sylvia's Foot Care

Every six weeks
 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 \$6.00.
 Contact Faye Mieske at 333-2784 or
 Irene at 333-2202 for information.

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

HEALTH CARE

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Griffith/Matawatchan News

By Garry Ferguson

The new executive of the Griffith and Matawatchan Fish and Game Club has published its first newsletter as predicted in our last edition. It looks like another summer full of fun and frolics under the sun (hopefully) in the great outdoors. The day-long rock bass Kids' Fishing Derby at Holleran's Hideaway on Hutson Lake was, as always, a success. Though Ian Elliot won first with a count of 20, Landon Vernick second with nine and Rebecca Jenks third with seven, there were prizes for everyone in the tournament.

One of the scheduled events yet to come is the Pig Roast, anytime after 12 noon, at Pat and Cliff Holleran's spread on August 02, 2008. You are reminded to contact President Al Pennock at 613 333 2390 or Secretary/Treasurer Filipa Martins at 613 333 1841, regarding the contribution of salads. Bring a chair if you think that you might want to sit down.

One of the worthwhile projects that the club supports is the Wild Turkey Enhancement Program and Cliff Holleran is leading the charge in that department. For the whole of last winter, he fed corn to thirty-some of his feathered friends who still think that he's their mother. Anyone interested in the program may

call Cliff at 613 333 1229. He's spent a lot of time with the turkeys over the past year, so don't be alarmed if every so often he throws a gobble or two into a conversation.

The Heritage Old Time Country Music Association will again present the Matawatchan Jamboree starting at 1:30 p.m. on August 24, 2008. There will be a house band to back up the musicians who sign up to show off their talents. Food will be available but no alcoholic beverages will be sold or served, so kids of all ages are welcome to join in. There will be lots of fiddling, singing, step-pers perhaps and, of course, square and round dancing. General admittance will be \$8.00 per person, \$6.00 for HOTCMA members and the young'ns 12 and under get a free pass.

Congratulations to Barry Dicks and Erwood Reynolds of the Denbigh Griffith Lions Club who received Community Builder awards for our locality, Ward Three. The two deserving members were out early every morning for many weeks to toil on an upgrade and addition to the Griffith Lions Hall. To get all the facts on the awards and on the project, see the articles by Richard Copeland and Bill Graham in this issue.

Another "good citizen" story includes the names of David Guest and Linda

Wease. The two whipped up a huge batch of drool-inspiring ribs (at home) for the lunch-time crowd at the Matawatchan Market on July 12 and broke all sales records for the event. They arrived ready-to-go, hauling a full course meal, and were serving within minutes. This was the second time this year that they've lent their culinary skills, time and finances to the lunch project and I'm told that there's another yet to come. All revenues from their generous efforts have been donated to the Matawatchan Hall. Nice going!

Again, a reminder about the Lions "Show and Shine" (I think it's named for the Lions who always "show" up with "shiny" faces) on the grounds around the Lions hall from 10 a.m. until 4 p. m. on August 16, 2008. There'll be some interesting attractions including vintage vehicles, music, door prizes and of course, as always in Griffith Matawatchan, food - a BBQ to be specific. The Matawatchan Market will move kit and caboodle to the event for that day only. The rain date (a wise thought this year) is August 17. Admission will be a donation only.

Other upcoming Lion events are the Toll Road on August 29 and the Picnic at Snider's, August 31. The Fellowship Luncheons will fire up again on September 17, 2008. Check with a Lion for times and places. Bingo dates for September are the second, 16th and 30th.

End

Denbigh Checking In

By Angela Bright

*The New Apostolic Church Canada, which includes the Denbigh congregation, donated over \$90,000 to the China Earthquake relief fund from the offering receipts from Sunday, June 22nd nationwide. This will certainly be a blessing to those in such dire need. If you would like to read more, visit www.nacdenbigh.8k.com.

*Not to boast, but the weather here for Canada Day was perfectly nice and a good number turned out for the celebration. At 12 noon, Janice Kerr welcomed everyone to the festivities and invited Christi Laundrie to lead in the singing of "O Canada" as Paul Isaacs and Mike Kerr raised the flag. The dedication of the pavilion followed, with words from Janice on behalf of the Recreation Committee, thanking all those who donated funds, materials, and volunteered time to make this addition to the community a possibility. Emily Petzold then unveiled the plaque recognizing her father that reads, "This picnic shelter is dedicated in memory of Erwin (Ernie) Petzold", while wife Brenda, and mother Evelyn looked on. A poster was also on display with pictures of the various stages as the shelter was constructed, along with the names of all the labourers, who had a hand in the building and made sure it was ready in



The children receiving their awards following the bike parade on Canada Day.

time for the presentation. It was truly a day to bring all ages together.

Painted faces were everywhere, maple leaves and animal designs, hand done by Janice St. John. The canteen attendants were hopping most of the day and kept us well fed. The children had their bikes decorated for the big ride around the rink, caught fish for prizes in the fish pond, picked a lucky lollipop and took home loot bags packed with all sorts of interesting things. And the big kids (adults), joined in the activities as well by opening the nail driving contest, under the watchful eye of time keeper Karen Weichen-thal. The competition was fierce; for both the men and women, 3rd place tied and rematches were set. As for the chil-

dren, there are certainly some good little carpenters in the making. To the Denbigh Recreation Committee and helpers, thank you for organizing our Canada Day fun, and for the hours that you invest in an event such as this for our community. Remember the picnic shelter is ours to enjoy, a wonderful tribute to bring people together.

The festivities carried over with The Young Family Band's performance on Saturday, July 5th. More than 50 people were entertained with a mix of blue grass and country and western tunes. Looking ahead, Denbigh Recreation is in the midst of the planning for Countryfest in September, so keep watching for details.

End

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*The Denbigh Library was a hub of activity on Thursday, July 10th. A record number of children, 18 in total, came out for the first meeting of the TD Summer Reading Program. So, how do you kick things off when the theme is "Laugh out Loud"? By making slime, of course! Then crafty little hands got busy making monsters with big googly eyes, warts, and other interesting features. Each one also received a poster, by artist Patricia Storms, and an activity book to keep track of the books they will read over the summer. And last for the evening, the story *Sophie and the Sea Monster* by Don Gillmor was enjoyed while munching on rice crispy treats. The kids will meet weekly at the library, until the end of the summer.

*Saturday, July 12th was a great day for the library's Book, Bake & Yard Sale. A steady stream of people browsed through boxes and boxes of books to find some good summer reading. At the cost of only one loonie for a shopping bag full of paperbacks, many left with more than a bag full. There were also tables with games, knick knacks and glassware. And certainly the big draw was the bread, pies, cookies and squares set up in the library. A big pat on the back to all who baked and donated items to the sale as well as those who spent money, all in support of the library.

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Coyotes

By Floris Wood

The relationship between man and coyote (*canis latrans*) has been a rough and contentious one. Where man and coyote are found together, man tries to eradicate the coyote. While wolves are quite easy to eradicate, efforts to eradicate coyotes often backfire. Bounties on coyotes have proven counter productive. Nova Scotia, in 1982, placed bounties on coyotes which had entered Nova Scotia in 1977. The population of coyotes continued to increase annually until, in 1986, when the bounty program was ended and the government began to compensate farmers for sheep losses.

Wolves prey on the much smaller coyote, but the reverse is not true. So, in areas where wolves are eradicated, coyotes flourish. At this point the human population has a stickier problem on their hands. Coyotes are much more compatible with humans. Wolves feed primarily upon large game animals such as deer, moose, elk and caribou, while coyotes feed on animals as small as grasshoppers, almost anything else they can kill or find dead, and fruit. Therefore, human generated food such as garbage, road kill, hunter wounded deer, racoons, possums, and rodents provide easy pickings for coyotes. Hence living in Toronto does not assure you immunity from being visited by coyotes.

As with the wolves of the Madawaska Valley area there is a lot of controversy over the genetics of our coyotes. The very small western coyote found in Western North America all the way down to Panama, seldom interbreeds with wolves so their genes are less saturated with non-coyote DNA. But Eastern Canada and Eastern Ontario coyotes not only mix with wolves but the genetics of the wolves they mix with are not exactly pristine either. Witness the controversy over the origin of the Algonquin Wolf which ap-



peared in the Highlander some time ago.

Researchers are finding that, genetically, there is less interbreeding of feral domestic dogs and coyotes than once thought. And even the interbreeding of wolves and coyotes results in a hybrid that is sometimes sterile or the male has no interest in breeding. But, since this is not always the case the genes are often carried into the next generation.

Suffice it to say that as a consequence of mixing with wolves our coyotes are larger than the Western coyotes and they tend to run in larger packs and kill slightly larger prey. Yet they are distinctly coyotes in appearance.

So, what does a coyote look like? It must be kept in mind that the Madawaska Valley lies on the border line between several subspecies or types of both wolves and coyotes. So the range of physical characteristics can vary a great deal. It is quite possible to find in this area a four legged canine-looking animal that is a coyote, but only vaguely resembles what I am describing. The coyotes' size is between that of a fox and a wolf. A coyote's head may more closely resemble that of a fox's, with large, triangular shaped, pointed ears and a smallish, pointed face. The black tip of the long, thin nose (seldom more than 1 inch in diameter) is

very small compared to that of wolves'. The coyote's eyes are slightly slanted giving it the characteristic look of cunning, which is not unbecoming. The iris is yellow and the pupil round and black.

The weight of both wolves and coyotes is often overestimated due to the very long and thick fur and bushy tails. Male Eastern Wolves weigh between 55 and 75 lbs but can look much heavier, especially in winter. Male Eastern coyotes weigh between 35 and 45 lbs, so size alone is a major factor in identification of coyotes.

When running, a wolf or a domestic dog will hold its tail high while a coyote will hold it low. When loping, a coyote's front and back paws fall into the same plane and the feet remain quite parallel. A dog's feet seldom overlap and tend to be less parallel. Also a dog's front and back paws are almost indistinguishable, while a coyote's front paw tracks are shaped like a frown and its back paw tracks are shaped like lips. A coyote can attain a speed of 50 kph for short spurts and can lope at 30kph for a long time.

The overall coat of a coyote may vary from greyish brown to yellowish grey. A dark strip caused by black guard hairs, may appear along the back with a cross at the shoulders. The side of the head and forelegs appear reddish brown while the throat

and chest are white. The coyote ranges from 90 to 110 cm long, excluding the tail which is about one half its body length. Coyotes can be found in a great number of habitats, wherever food and shelter is available. But the favoured habitat is where woodlots mix with fields and brush. Rabbits, hares and rodents comprise much of the diet. But he is an opportunistic feeder so other small game that crosses his path is fair game. Coyotes sometimes hunt in small packs, so they can take down adult deer under certain snow conditions disadvantageous to the deer. Fawns may be taken as food also. Coyotes prefer to use burrows abandoned by other animals as dens, although they are capable of digging their own. Most preferred are riverbank or gorge wall dens but hollow trees, caves and rock piles are sometimes used. Privacy is key to their survival so dens are in well isolated places.

Much of the hunting is done by mating pairs who stay together for multiple years but not necessarily for life. Coyotes form small, loosely organized, temporary packs mostly of parents and female pups. Male pups disperse from the pack in six to nine months. Mating takes place from late January to late March during which time the female comes into annual oestrus for two to five days. The male too produces sperm only for this period. Pups are born 60 to 63 days after mating in litters that average about six pups. Much larger litters are not uncommon, even up to 19 pups.

Pups are born blind, floppy eared and with pug noses. They are weaned after 35 days, after which both parents feed the pups with regurgitated food. Parents often bring live rodents to the den to help train the pups to hunt.

If there were no hunting regulations to protect wild animals many of the species we still have today would have been eradicated years ago, either because they are considered dangerous, they have some economic value, they

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Middle and bottom: Canada Day in Matawatchan

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Solar Weather Report

By Douglas Vasey

In the June Highlander article (Basics of Space Weather) I outlined the main effects our Sun has on planetary weather and magnetic fields. To recap: The normal release of energy from the Sun is referred to as solar wind. An increase in sunspot activity which is related to the Sun's magnetic field spawns coronal mass ejections and solar flares. These activities can cause significant and undesirable effects throughout our solar system. We are in the early months of a new eleven year solar cycle (cycle 24). The cycle begins with limited sunspot and storm activity and progresses to its highest activity level toward the middle of the cycle then quiets down again. Space Weather Canada reports our polar region to be "active with stormy intervals."

Forecasting the cycle may help society anticipate solar storms, which can disrupt communications and power systems and affect the orbits of satellites. The storms are linked to twisted magnetic fields in the Sun that suddenly snap and release tremendous amounts of energy. They tend to occur near dark regions of concentrated magnetic fields, known as sunspots.

Sunspot 981 which occurred back in January, 08 was small (about the size of our planet) which on the Sun's grand scale is less than imposing. Doug Biesecker of NOAA's Space Weather Prediction Center in Boulder, Colorado, likens sunspot 981 "to the first robin of spring. There's still snow on the ground, but the seasons are changing." According to NASA the solar wind is presently blowing at about 400 km per second.

Peak solar activity levels of cycle 23 in 2003 where one of the strongest on record. NCAR scientists believe the present cycle (cycle 24) will be extraordinarily strong, (about 30% - 50% stronger than the previous one). The cycle's activity peaks in the years 2011 - 2012.

In late October 2003 Massachusetts Institute of Technology's (MIT) Haystack Observatory watched as a surprisingly violent solar flare lashed out from the sun and sent an intense burst of energy and matter racing into space. When this electrically charged stream of plasma collided with Earth's magnetic field, it spurred a series of dramatic changes in the ionosphere (upper atmosphere). The effects observed such as a massive redistribution of the ionosphere were the most pronounced they had ever seen. The associated coronal mass ejection unleashed a flood of charged particles directly toward Earth and triggered Auroral displays as far south as Texas. The material in the upper atmosphere is redistributed from the lower and mid latitudes (equatorial) toward the poles at a rate of about 1 km per second.

During the storms, the Haystack team reported strong disturbances in the ionosphere over the continental United States, accompanied by a plume of plasmaspheric material (electrically charged particles) streaming toward the North Polar Region. The information was integrated into what's already known about space weather and the complex electrical coupling between the Sun and Earth.

John Foster's Haystack team discovered apparent preferential disturbances in the ionosphere over the North American continent during geomagnetic storms. It is not yet understood why North America is predominantly attracting these violent solar storms. Again it must be stressed that the predominant effect of these storms on our planet are so far understood to be of a molecular and electrical nature. The main outcomes of these affects are so far understood as potential damage related to electronics, satellites, power grids (blackouts), the rerouting of aircraft, the Earth's geomagnetic field etc. As a curious note these storms also effect the rate of corrosion in pipelines. Jan Laštovika (among others) of the Institute of Atmospheric Physics, Academy of Science in the Czech Republic has found solar storms also effect the redistribution of the ozone layer.

Terada and Shinagawa of the Solar-Terrestrial Environment Laboratory at Nagoya University, Japan, modelled how oxygen could be lost to the solar wind by increasing the solar wind's dynamic pressure to replicate conditions during the superstorms. During high-pressure periods, such as during the Halloween 2003 storms, they found that the ionosphere becomes compressed, which pushes the ionopause (a boundary layer between the ionosphere and the solar wind) down to a lower altitude. This shift exposes more of the atmosphere, and therefore more oxygen ions, to the solar wind, which whisks them into space. The solar wind essentially scavenges oxygen ions in a process scientists believed happened at a much higher rate in the past. Indeed, the present day loss of oxygen ions, while significant, is small compared to the loss rates 3.5 billion years ago, says Andrew Nagy, a researcher at the University of Michigan who studies the Martian ionosphere. The effects of such storms on Mars are quite different. "Mars possesses no significant fundamental magnetic field (Magnetosphere)," write Naoki Terada and Hiroyuki Shinagawa in an explanation of their recent model results. "The absence of a magnetic protection allows the supersonic solar wind flow to directly interact with the Martian ionosphere." and the behavior of Mar's ionosphere, a charged region of the upper atmosphere from which ions can escape under certain conditions, may help explain the apparent lack of water on Mars.

Scientists think there was once enough water on Mars to cover the planet to a depth of a few hundreds of meters, and what happened to that water is a pressing question in many fields of astrobiology and other related fields. In the early 1980s, based on data from the Viking landers that had descended through Mars' ionosphere, scientists proposed that the solar wind may have slowly stripped away Mar's water, ion by ion, over 3.5 billion years.

The American Geophysical Union (AGU) published a study in August of 2005 that implies that ions of planetary origin are interacting with the solar wind plasma and raises the possibility that significant atmospheric loss may occur during the passage of large solar storms at Mars. It seems that the lack of protective magnetic barrier and the lack of volcanic activity may exclude the possibility of Mars regaining a significant atmosphere. I guess, at least for the time being; we'll all have to cross off Mars from our list of possible vacation sites.

As a note of interest; in June 2008 NASA scientists said that Martian soil appeared to contain the requirements to support life, although more work would be needed to prove it. Scientists working on the Phoenix Mars Lander mission, which has already found ice on the planet, said preliminary analysis by the lander's instru-

ments on a sample of soil scooped up by the spacecraft's robotic arm had shown it to be much more alkaline than expected. "We basically have found what appears to be the requirements, the nutrients, to support life whether past present or future," Sam Kounaves, the lead investigator for the wet chemistry laboratory on Phoenix.

Although the surface of Mars is shielded by a thin atmosphere (mostly carbon dioxide) there is so little of it that astronauts will have to monitor their radiation accumulation very carefully. In NASA Technical Paper 3300 published in February 1993, Lisa Simonsen and John Nealy calculated the dosages that astronauts would receive at the surface during solar maximum conditions with a major solar storm in progress. Aside from the medical and psychological issues, one of the most significant problems is the radiation exposure and how to reduce its inevitable impact to astronaut health. Most estimates strongly imply that returning astronauts will have exceeded their lifetime radiation dosages, with consequent increases in cancer rates.

Resources: MIT, High Frequency Active Auroral Research Program (HAARP), American Geophysical Union (AGU), National Center for Atmospheric Research (NCAR), Argonne National Laboratory, Space Weather Canada.

End

Community Yard Sale

Once again a community yard sale is being planned for Sat. August the 2nd in downtown Matawatchan. Plan now to bring a table and set up. All are welcome.

If you would like more information call 613-333-2798



September Meetings

Standing Committee Meetings: Thursday September 4, 2008 - Council Chambers - Calabogie (all day)

Committee of the Whole Council Meeting: Tuesday, September 9, 2008 Griffith Community Hall (4 p.m.)

Regular Council Meeting: Thursday September 18, 2008 Council Chambers - Calabogie (4 p.m.)

Fishing with Jim

By Jim Weatherall



The last time I talked to you, bass season was just about to open. There has been a good month of bass fishing which has produced a few good fish.

I'm finding they are still taking the "wacky worms" and for those of you who don't know what this is, it is a 4" or 5" rubber worm hooked in the middle with a 2/0 to 5/0 hook. You let it sink to the bottom. I'm using a garlic scent and am finding the bass are taking it well.

I had two teenage boys out from Calabogie Lodge (Chris & Reid). They each caught a good number of bass, with each capturing a large mouth close to 4 lbs.

Calabogie Fish & Game Club Bass Derby was the held on July 5th and was a great

day. The weather was beautiful, but the bass didn't cooperate, leaving few fish caught. The fishermen caught and released 18 small and large mouth bass, the largest by a senior being a large mouth caught by Joe Bare of Pennsylvania, netting a prize of \$200.00. Junior prize of \$100.00 was earned by David Parsons with a large mouth bass weighing in excess of 3 lbs. Our mystery prize was won by Scott Parsons this year. Congratulations to the winners and to all participants. Well done!

Turnout for this year's derby was down from 66 entries in 2007 to 39 entries this year, but the club still broke even. I hope that we as a club can improve the turnout in 2009 so we can keep the derby an on-going outing. I hope to see everyone out in support of the club in 2009.

In the meantime, I'll see you out on the water. Be safe and protect our natural resources.

Jim

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WINDS TO NEW WORLDS

by Ernie Jukes of Camp J

A loud thud echoed across the water as their large boat grated against the rocky shore. They had decided that it would be as far as they would travel inland up this mighty river. The morning mists were rising like giant grey sombre clouds across the broad St. Lawrence. Captain and crew were correct in their assumption that this huge waterway would carry them such a great distance into this vast new world from the island they knew at its estuary. It was spring and the year was 565.AD.

A loden green cloaked leader stepped ashore with his holy book raised over his head. After a prayer service, half in Irish, half in Latin he had his artisans set about carving a marker in the rocks as they had on the big island they named St. Brendan's Isle. Neither would be seen again for many centuries.

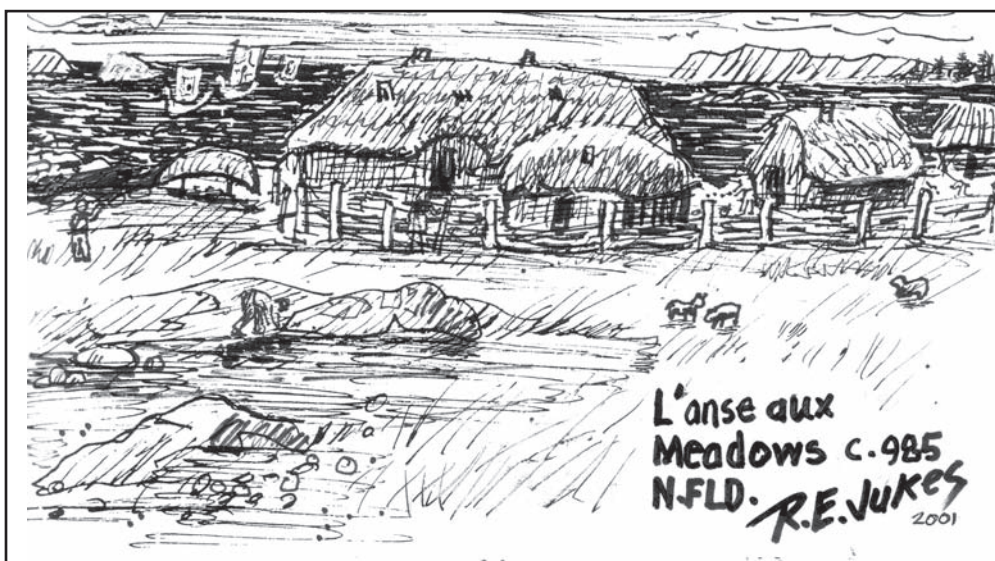
Yes, this was the Christian scholar and amazing navigator St. Brendan. He was born in Munster, Ireland in 488 and died there in 577. His fifteen or so brethren and crew, all Irish monks had set sail from Dingle about four years earlier in a tolerably tough vessel. Their 36 foot, flat-bottomed Curragh constructed of an ash wickerwork shell and an ox hide leather skin had sometimes along with others sailed in small flotillas for many years around the North Atlantic. In fact they were the first to settle Iceland and had sailed to Greenland, and Baffin Island and Labrador long before the Vikings. They produced the first maps showing Canada as it was described to them by the first natives--our first immigrants.

These Irish men of the church may have speculated that God was their guide. St. Brendan, the abbot, sailor, explorer and discoverer travelled for many years charting his way. Certainly theologians would have the confidence and stoicness to endure this 7 year vigorous round trip to the marvellous new world and returning by the Azores that he reported. The grand journey was later codified in "Navigatio Sancti Brendani" by the early Irish writers Adomuan (700) and Dicuil (c 825)

Viking Norsemen were also settling into Normandy France and the northern Islands of Briton about the same time frame (500-600 AD.) Ancient sagas say about the time the Vikings from Norway were raiding Lindesfare in Northern Briton in (790) their brothers were sailing into settlements like Current Bay of Newfoundland. These early explorers were not just rough barbarians, in fact they were probably the finest mariners and advanced ship builders and sailors of their day. They were also fine craftsmen in carving, jewellery and personal objects, as well as minting of coins such as found in Dublin and Jorvik (today's York). They had a language, with writing and design and art. Yes they had to be tough and smart to travel and trade from the Black Sea to the new world. They claimed new lands and left their mark throughout the North Sea from Ireland to the Mediterranean to Labrador and inland to Hudson Bay in Canada. These Scandinavian traders earned their fearful reputation of killing, violence and pillaging. However they also were expert explorers and their early maps and sagas were utilized by many explorers and sailors centuries later.

Their early maps were also used by the Vikings and it is known that Columbus visited Arvert Abbey in County Kerry to study Brendan's ancient charts. Evidently the Italian then headed for St. Brendan's Isle the key to the western sea. Here his group was in the hunting and fishing grounds of the Algonquin, Iroquois and Taddousac, They kept out of sight of these strange looking sailors of giant canoes that stopped to fish, hunt and pick berries and apples along their wide river. They too had migrated to this new hemisphere of wilderness from East and West that was so blessed with food. Some early natives had traveled across the Bering Strait carefully carrying "fire" with them from Mongolia. Some settled as they penetrated inland from the Pacific, others kept migrating south to Mexico. Interestingly there is evidence

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Community Builder Awards

By Bill Graham

The winners of the 2008 Community Builder Award (formerly a volunteer award) not only build community but also infrastructure. Lion's Club members from the Calabogie club and from the Denbigh-Griffith club also figure prominently. As in past years separate awards are presented for each of Greater Madawaska's three wards. This year five individuals and one community association were recognized.

In Ward 1, which incorporates Calabogie, three individuals; Don Swift, John Bonnar and Marilyn Lawrie, were acknowledged for their hard work in the Barnet Cottage Renewal project. The Barnet Cottage has been a labour of love for many Calabogie residents over the last few years.

Lion's Club member Don Swift has lived in the Barryvale area for the past 15 years. Lion Don retired to Calabogie with a desire to slow down after 30 plus years with Ontario Hydro. He was hoping to golf a bit and relax a lot. Instead he has helped on a variety of community projects such as the Lions Boat Raffle which he chaired, the re-building of the Lions Float and calling Bingo.

Reeve Peter Emon notes "Don has spent well over 200 hours working on the cottage. Don crawled with John Bonnar under the cottage many times with the engineer to inspect the structure and to make improvements. Don has been a super chair of the group as he is able to combine humor and hard work and the rest of the volunteers enjoy working with him. He also was able to bring several visions brought forward by the community together and make one they could all agree on and to present it to council and win approval. All of this was accomplished without much funding from the municipality and without any expectation of recognition.. Don is a valued member of our community."

Fellow Lion John Bonnar moved to Barryvale five years ago after a career with the City of Ottawa. John became involved in the Barnet project when

the matter was brought to the attention of the Lions. John liked the look of the cottage and wondered what it could look like if it was fixed up a bit.

John was quite active with Don Swift and then other volunteers in removing and installing the old deck on the porch. During this phase they also needed to replace and install some beams to bring additional strength to the floor. John was active in building the deck at the back of the cottage an added feature which allows a relaxing look up the lake. The group also re-painted the interior and readied it for the installation of up-to-date washrooms.

John is now the chair of the committee and is concentrating on the improvements of the grounds surrounding the cottage. He feels they will be quite an asset to the community as they have so much potential. He is very pleased with the placement and construction of the first gazebo and is eager to get the second one completed.

Reeve Peter Emon says "John is very quick to volunteer an idea and then to follow it up with a plan on how to get the job completed. He is such a pleasure to work with. John takes an idea and then works it through to completion."

Reeve Emon remarked: "what I find kind of funny is both Don and John are true volunteers in that they are uncomfortable with the idea of getting this reward and both have been quick to praise the other volunteers and the Public Works staff. They have already suggested a number of people who they think are more deserving for next year. I have a hard time believing there are people more deserving than these two guys. I know we have people who should also be recognized. We have a number of good hard working volunteers and Don and John have been able to find them and get them roles in this and other projects—Quite a remarkable skill."

Marilyn Lawrie moved to Calabogie

Continued on page 23



Reeve Emon and councillor Lehinhardt congratulate Barry Dick and Erwood Reynolds

The Importance of Protein

By Susan Veale BSc.

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

As a guide line, the Recommended Daily Allowance (RDA) for protein is about 0.4 grams per day for each pound of body weight. For example, a 150 pound person would need 60 grams of protein; however, as no two individuals regardless of age or sex metabolize nutrients the same, protein needs vary.

Often, in my clinic, I find many people to be protein deficient as they live active rather than a sedentary life style.

Men for example generally need a little more protein each day than women as men have more muscle mass.

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

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

Simple things such as improper dieting at any age can create a risk for protein loss. Unlike carbohydrates, protein is not stored in the body. Protein must be continuously replaced as it is used; otherwise, our bodies may draw on muscle mass for the amino acids it needs for important organ function. This is also true when the body is ill.

Over time, lost muscle leads to weakness such as climbing stairs carrying groceries becomes an effort.

Protein goes hand in hand with calories. If a person is not receiving enough calories to maintain their weight, extra protein will not help very much. If weight loss occurs during illness or

any medical treatment, the body is telling that more protein and more calories are needed.

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

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

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

Typical Sources of Protein

- * Meat, poultry and fish: = 7 grams per ounce
- * Beans, dried peas, lentils: = 7 grams per ½ cup cooked
- * One large egg: = 7 grams
- * Milk: = 8 grams per cup
- * Bread: = 4 grams per slice
- * Cereal: 4 grams per ½ cup
- * Vegetables: = 2 grams per ½ cup

How much protein a person requires is specific to each individual as the body will convey its need in various forms. In my clinic, I assess protein needs and make recommendations accordingly.

For more protein information, I may be reached at 613-752-1542 or online at www.mylysis.com

Editor’s note: Susan Veale is the owner-operator of the Wellness Natural Health Centre in Calabogie ON K0J 1H0

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GREATER MADAWASKA LITERARY

By Mary-Joan Hale

Last month, I mentioned about being 'in the construction zone' and our good editor wanted more details about how I ended up in that tiny facility. I will proceed with the condensed version of our road to your refurbished library. If you have read the notices sent to Wards 2&3 depots, and in 'The Weekender', you will know that there was a flood.

Late Friday evening April 11, I received a call from Michelle Smith, our cleaner, that there was a puddle inside the library door. Remember the amount of snow we had last winter? There had been a big storm the week before and that week the rain started to fall, combined with a quick thaw. As I left Friday afternoon under my umbrella, I was worried that the water would flood under the door from the parking lot. My sixth sense, inherited from me Ma, was almost right. It came from underneath the building. We discovered later that the sump-pump had been unable to cope with the sudden influx of water. There was also water coming up from the other side of the library. It turns out that there was a 'hole in the floor' with three drainage pipes presumably aiming toward the pump. It became overwhelmed and sent the water upward. Our dear Michelle was there until 1:30

a.m. shop-vac-ing. She went back at 8:00 a.m. to check on things and was greeted by water coming up the ramp from the library. She was not 'on duty' that morning, but wished to check up on things before the library opened at 9:00. There were 2 1/2 to 5" water all the way back to the furnace room. Jamie Doering was called and when Teri McDonald arrived at the library, she hied it to Home Hardware for a new pump. The ladies called me about 9:30. When I arrived, the ladies were soaked and cold and though much of the water had been sucked up by the shop-vac, there were still puddles and the base of the shelves and desks were still under 1-2 inches of water. At first glance, it seemed that only a few books were lost. As the days passed, it was obvious that there was a much bigger problem.

We discovered that water had seeped into more areas. We lost our puppet theatre, VHS sleeves were saturated, and archival books were soaked. With the help of volunteers, we began the clean-up which took 2 weeks. Needless-to-say, the smell of mould was getting stronger daily. A restoration team was called in and an assessment was done. It was determined that water had wicked up the walls, shelves and my desk and under the floor tiles. Rugs in the back hall and over the 'hole-in-the-floor' were ruined.

Then we waited for insurance approval to proceed. Meanwhile, the trustees of the Library Board wanted the service, which had already been interrupted more than two weeks, to continue and requested a portable to act as a temporary library. We waited another two weeks for the insurance approval and finally made the decision for the restoration firm to order a trailer. Before this, large fans and an industrial dehumidifier were at work drying up the area. A natural fungicide was sprayed to kill the mould after the demolition began. It took over a week for this to totally dry out. Meanwhile insurance approval was delayed every step of the way. We could have been in within two to three weeks instead of over three months! We were lucky that the rain did not continue all weekend, or my 'gift' as the Irish say, would have been correct since the water was about a metre from the outside door.

There is always a silver lining. Though this has been a long and frustrating experience, there is a positive aspect. New walls, paint and flooring has given the library a much needed lift. A storage closet in the middle was removed and it has opened up the area. We have reoriented the placement of furniture and shelving to make it flow better and before the new set of shelves are installed, it will be carefully checked to make it wheelchair accessible. Kayleigh, our summer student,

volunteer Dominique Moisan and I have been restocking the shelves to prepare for reopening. We hope to be back in full service by Tuesday July 29. A Grand Re-opening will happen later in August. Watch for announcements and I do hope you can come and share your 'new improved' library. There will be prizes and grab bags for the kids.

It has been a terrible blow to our patrons who were without library services for over three months. This had started out to be our best year statistically, but this interruption has put a real dint in our services. Please come in hoards to join, use and visit your library! It is yours and now it is prettier. We offer many services besides books, videos, DVDs and Interlibrary loans. You can get and receive faxes; have cards and documents laminated; coil projects; log on to e-books, and we have AC during the summer.

While this has been occurring, the children's programs have continued. Preschool Storytyme is on Tuesdays from 2-3 p.m. and our TD Summer Reading Program is Wednesdays from 1-4 p.m. Last week, the kids started laughing when they arrived and giggled their way out the door! Some did not wish to leave. The theme is Laugh Out Loud (LOL), so I warned the staff upstairs. Kayleigh has planned a fun summer for the children. Come on in and LOL!

End

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Cottage Corner

By John Roxon

The Inheritance II

The construction of our cottage was certainly a labour of love. That much is clear. Bob, the former owner and builder, was obviously erecting a legacy – a shrine to his love of his family and of the outdoors.

That this becomes painfully clear only when something needs repair doesn't mitigate the fact nor does it ease the sense of loss he felt when parting with it. The fact that my family became the next owners wasn't so much a function of a cold real estate deal as it was a function of fate, luck perhaps and more than a little prescience. Bob must have known that we would preserve what he built, that we

would look after it and nurture it as he would himself. I feel like a caretaker to something that is much bigger than merely a building. I'm a caretaker to a permanent connection between man and nature.

To say it's more than the mere human capital that went into the cottage still doesn't quite do it justice. I'm sure most of you who've acquired cottages built by their owners know the feeling. That they were built not with an eye to the possible resale value nor with the intention of constructing something "good enough for now", but with the full intention of staying in their family for at least a few generations.

Bob built "Daniel Boone's Cabin" with his brothers Dan and John using nothing more than sweat equity and their love for the area and each other. Each piece of wood used in the framing and decks were cut from local cedars and finished

at a saw-mill constructed at the rear of the property. There was a lot of laughter and merriment during the building process as there surely must have been cursing over the little mistakes that wipe out hours of hard work. On a quiet evening I swear I can still hear the echoes of laughter and the occasional cuss drifting through the still forest. There was also, to be sure, a lot of blood spilled, beers consumed and quick but tasty lunches lovingly prepared by their wives. And, of course, practical jokes.

Bob was afraid of spiders; John of snakes. Bob would tie strings to sticks under the woodstove and pull ever so slightly to sound like "something's there". John would put spiders in Bob's bed in hopes of seeing who could initiate cardiac arrest in the other first. They both nailed a life-sized stuffed cougar to an outside tree to give their guests double-

takes whenever they visited. Or perhaps it was because they wanted the place all to themselves. I can hardly blame them.

Patiently, they turned a 15x15 hunt cabin into a four bedroom family cottage complete with plumbing and full winterization. But it's really the small touches that add up to so much – a design that's much more visceral than if he were to merely follow blueprints. There's the gorgeous pine cabinetry with etched glass inlays featuring scenes from two of Bob's favourite things – fishing and hunting. The cabinet doors always close perfectly no matter the season or level of humidity. Hand made and hand cut cupboards and beautiful pine flooring round out the kitchen which, incidentally, was the original hunt cabin. Then there's carpet inlays to help keep the floor warm surrounded by ceramic tiles by the woodstove to help keep it safe. All of which are still holding without any popping or peeling. Pine walls and ceiling help to keep in the warmth of the woodstove in the winter and keep out the heat of the summer. The acoustic properties of pine seem to make conversations much fuller and laughter more sustained. A couple of doors hung backwards is further evidence that the construction was at many times more fun than the finished product. The hinge cutouts are where the latch usually is and the latch – well, you get the idea.

For the pond, Bob decided to use an inverted satellite dish – and not the pizza box variety ubiquitous today – unless, of course, your idea of a large pizza isn't 14 inch but closer to six feet. But it works; works well, in fact.

The water system is reminiscent of the aqueducts the Romans installed during their quest for world domination. There's aquifers and holding tanks and secondary holding tanks and pumps and hoses and fountains – I still haven't quite figured out how it all works, but work it does. All I know is that on the third Tuesday of the month if the moon is new then I have to pump water from the primary holding to the secondary. This I do – religiously – and I haven't had a problem.

There are cows which belong to a neighbouring farmer that graze in the meadow nearby. I was told that the cows would come right up to our fence at around dinner time and that they're the cutest things. I wasn't told that they come to the fence looking for dinner nor was I told that they feel empowered enough to come into the yard and right up to the bedroom windows scaring whatever sleep was left out of us – especially when its breakfast they're looking for and not dinner.

We have managed to preserve the loving touches and idiosyncrasies that make the cottage a very special place. From the byzantine water system to the backward doors they all remain exactly as built. And if the windows let in the occasional breeze, we don't care, for all the breezes are warm ones.

End

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PEOPLE HELPING PEOPLE

Seniors home support

By Judy Ewart, Coordinator of Volunteer Services

Every fall we have our annual meetings with our various groups of volunteers to thank them for the work they do and talk about the many aspects of their volunteering experiences. At our meeting with the Friendly Visiting and Telephone Security Check volunteers we started talking about our role in the community – what we provide and why we provide these services. The idea that came out of this meeting that resonated with me was that many people have an informal circle of caring around them but for those people who do not have this informal circle, your local home support is there to provide those services that they need to stay in their home.

Statistics show that 93 to 95% of seniors remain in their own homes and many of these seniors may have an informal circle of caring around them. Their families,

friends or neighbours may be lending a hand to help them remain independent. This assistance could be as simple as taking their garbage out to the curb on garbage day, assisting with yard work, taking a meal over every now and again, taking them to doctors appointments or out to complete some errands. For many this informal circle keeps them in their own homes and they do not need to reach out to formal agencies for assistance.

Unfortunately there are seniors in our communities who do not have that informal circle around them or experience a break in their circle of caring. There are many reasons – their families may have moved away or had a change in health themselves, friends may move away or be in need of assistance themselves or their neighbourhood may have changed and they no longer know their neighbours or know them well enough to ask for help. Fortunately for these people many communities in our county have a

Continued on page 23

CABA Corner

Local Talent

By Shelley Monaghan

In this month's C.A.B.A. corner, we profile a local who was born in this area, moved away for a while and then came back to settle here. You can find Gareth Brash and his wife Mary, on the front street overlooking the lake, right beside the United Church.

Gareth can build a complete house, but is especially good at dry walling. He is overly particular and insists on doing a job well.

He left this area when he was only 15 and lived in Toronto for many years. He has worked on the CN Tower, First Canada Place and many other well known landmarks.

His work now takes him to the Dunrobin, Carp, and Ottawa areas. He finds it difficult to beat quotes when he is up against someone who is working for himself versus his company because he has to take into consideration the fact that he has other employees to pay as well as liabil-

ity and G.S.T. Naturally, an independent who does not have a registered business to run can usually do the job for less money.

He says it is "too bad that it is hard to find good trades anymore" in fact, in quite a few instances, he has had to go in and correct other's mistakes, "because it wasn't done right the first time."

He speaks highly of his son-in-law who is currently working with him as he himself is starting to slowly wind down... heading for retirement...although I have a feeling he will never completely stop being busy!

Gareth has a quick wit about him, believes firmly that something worth doing is worth doing well and enjoys the casino in his spare time.

He wins quite often at the casino and would like a particular person "that hangs out at Munford's, to read this!

Gareth and his wife really enjoy travelling around Canada and are planning a trip to the east coast shortly.

You can call Gareth if you need a job done well at 1048 Madawaska, 752-2524 Calabogie

End

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For more information, please call Father Pat Blake (613- 752-2224) or Marg Solar (613-752-2995)

Coyote (Cont)

are our economic competitors or just because they are wonderful moving targets for someone's shooting practice.

Coyotes are one of the most persecuted animals in the world and they are frequently not protected by hunting regulations. All four of the reasons above have been used to justify killing them. In many cases the claims against coyotes and other animals, are grossly exaggerated. How many documented cases have there been of unprovoked attacks against a human being by coyotes? Or by wolves, for that matter? They are extremely rare. Seeing a coyote and being hysterically afraid of it does not constitute an attack or even harassment, no matter how much an overly dramatic news reporter, trying to further his or her career or the employers ratings, would like us to believe it was. Certainly one should always take precautions, especially if there are small children nearby. Below are actions recommended by the Ontario SPCA that you can take to

keep coyotes out of your living space:

*Dispose garbage in secure containers that cannot be opened by wildlife

*Do not leave garbage or food waste outside in accessible areas

*Use securely enclosed compost bins and do not dispose of meat, dairy, or egg products in compost

*If you have fruit trees, pick fruit as soon as it is ripe and remove any fallen fruit from the ground

*Consider installing outdoor lights that are motion activated (solar powered security lights work nicely and add nothing to the hydro bill)

*Clear away bushes or weeds close to your home where animals might seek cover

*If you encounter a coyote leave the area calmly, do not make direct eye contact, turn your back or run from a coyote

*When coyotes are in your yard make them feel unwelcome with loud noises or spraying them with a hose

*Teach children to respect wildlife and keep their distance

*Do not allow your dog outside at night unsupervised Keep cats safe inside

*Fence your property to make it less accessible (a fence will need to be at least six feet high and will need to extend a minimum of six inches underground to deter coyotes)

*Spay or neuter your dog (coyotes are attracted to, and will mate with, unspayed/ unneutered domestic dogs)

If you are worried about the safety of your family, including pets, because of coyotes in the area, there are several precautionary measures you can take:

*Never feed coyotes or attempt to 'tame' them

If children are present when you sight a coyote keep them near you. If the coyote sees you, gather the children around you and take the precautions above, and be happy for the privilege of having seen one of nature's finest creatures.

End

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Winds (Cont)

of natives from Europe walking along the edge of ice still clinging to the North Sea. Some travelled in small boats made of skin to settle in today's Newfoundland and others pushed inland using the same St. Lawrence.

Genetics show these men certainly left their Norse and Irish seed throughout the Hebrides and the coasts of Europe. For example there were many settlements in Eire. Interestingly there is also strong evidence of red haired Inuit and Viking artifacts were found in parts of our Far North.

Camel Chute Fishing Derby for Campers and Invited Guests

By Esther MacLean

We held our 8th annual fishing derby on July 5, 2008. All campers and their guests had a great day. We all feel that someone is watching over us because we have never been rained out. There were 49 children and 119 adults in the derby.

The winner of our mystery children's draw was five year old Justin Lafleur. It is the greatest reward to see a child stand proud and hold the trophy in the air as if he were holding a winning lottery cheque.

Our adult division for pike was won by:

- 1st - Cliff Watier – 3.23 pounds
- 2nd - Blake Philip 2.2 pounds
- 3rd - George Martin 2.15 pounds

Our adult division for bass was won by:

They traded in the wares of their artisans, fish, animals and even slaves they had taken from raids in Pic, Scotland, Celtic Ireland and Angle Terre which at that time was ruled by the Saxons. St. Brendan also sailed as far south as Africa, and was so revered by the Saxons that they named the region of Brandenburg after him. It is important to note that many early explorers travelled their sea roads with their women. Thus the first white child born in L'Anse aux Meadows, Newfoundland, was a boy named Snorri Thorfinnsson. It was not until 1960 however that a fisherman named Decker worked with the Danish archeologist Ingstad to prove that the sagas were true.

- 1st – Dexter Konkle – 2.45 pounds
- 2nd – Ryan Konkle – 1.9 pounds
- 3rd – George Martin – 1.35 pounds

Again this year, no walleye were caught. We think that they hide during our derby.

For our pot-luck supper we had 169 people. What a show of participation! Thanks to local stores and businesses for donating prizes. Also, thanks to all the campers for giving prizes and collecting them from sponsors. Through this generosity we were able to give everyone a prize. Special thanks to the Peters family for letting us hold this great event.

End

Brendan and his brave crew now left down river with the tide and west winds at their backs. They just may have paused at Chaleur Bay in today's New Brunswick, on their way across the Atlantic to the Azores, an attractive area mentioned in stories where the Acadians settled with the French (1600's). We can surely call the whole exciting journey "the Luck of

the Irish" but I suppose since we have personally visited most of all of these places mentioned, we can also say that we have had "The luck of the Canucks." Today you may see a very good replica of their ship which is on display at the museum in County Claire.

End

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Community Builders (Cont)

four years ago after living in the White Lake area in the first years after her retirement from the Federal Government. Marilyn worked as a Labor Market Information Manager which involved evaluating applications for grants.

Marilyn heard about the Barnet Cottage Committee and was asked to assist in writing the grant application to Trillium. She worked with members of the committee and completed the application and was rewarded with the news of the funds being granted this year. Marilyn also completed a successful application to Hydro One and with the funds the Seniors Club has been able to build the beautiful Butterfly Park on the grounds of the Barnet Cottage.

Marilyn assisted in the successful Trillium grant application process for the Denbigh Griffith Lions Hall expansion. Marilyn has been active with the Calabogie Seniors Club and has chaired for the past three years the Ladies Invitational at Calabogie Highlands. The proceeds have gone to the Women's Shelter.

Reeve Peter Emon "Marilyn is an energetic and warm person with a great variety of interests which rise from her desire to help others. She likes challenges and wants to improve her community. Our community is so lucky to have so many people like Marilyn who have skills; some they bring with them form their employment, which they can use to benefit others and the community."

Lion Barry Dicks of the Denbigh-Griffith Lions Club in Ward 3 (Griffith-Ma-

tawatchan), has been a long time member of the club and has held a number of offices in the club. Barry felt strongly about the expansion of the hall noting the washrooms were cramped and didn't meet the requirements for allowing persons with physical limitations to use them comfortably. Barry recognized the kitchen was to small and was on the verge of being cited by the local health unit. Barry enjoys working in the community and is active in a number of Lions ventures.

Lion Erwood Reynolds is a charter member of the Denbigh-Griffith Lions Club and is a past president of the club as well. Erwood felt quite strongly about the expansion of the hall as he knew it needed to be improved to serve the residents of the area. He has a background in construction and renovation and felt he could help the club with the project.

Reeve Peter Emon notes "The renovations project would have not been successful without the countless hours of these two men and the efforts of the rest of the club. Barry and Erwood were on site most of the time working at any number of construction related tasks. They also were able to solve any problems and line up more volunteers and donated materials as needed. This project would not have been completed on time, it would not have been completed to such a high quality and it would not have been completed for the community if not for the efforts of these two men. Barry and Erwood are very quick to share the credit with the rest of the club and feel the awards are recognition for the club and not for them. They also want to make

sure the efforts of the people who donated materials is remembered as well."

In Ward 2, the DACA was presented an award on Canada Day for their service to the community. The Dacre and Area Community Association provides a great variety of programs and activities for the families in the area. The programs include soccer, dancing and community breakfasts to name but a few. They celebrate any number of Canadian and Irish holidays with a dinner and dance. The association works to ensure the whole family from grandparents to grandkids can have fun and they hope you bring a friend as well.

Reeve Emon states "This community group has worked hard to make their community a special, caring community which is the envy of other communities. The families in the area all look forward to the events and to helping out at the events. They are a valuable community asset which makes the community what it is. The community and the association built the building when it saw a need and the community association operates the building for the community - what an ideal arrangement."

End

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People helping (Cont)

seniors' home support that is there to provide some of the help they may need to stay in their own homes.

Assessing services through your local seniors' home support is as simple as making a phone call to the office. Many services such as transportation, home maintenance, frozen meals and grocery delivery just require a phone call to get started. People requesting friendly visiting or telephone security checks will have a home visit scheduled so that staff can get to know them and ensure that a successful match is made. First time users of a service will go through our intake process which allows us to collect relevant information and explain how the program/service works in more detail.

If you are requiring assistance to remain in your home and would like us to be a part of your circle of caring, please call the Renfrew office at 613-432-7691 or the Calabogie office at 613-752-2828 to get started.

Author's note: This article was made possible by an Ontario Trillium Foundation Grant

End

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RE/MAX TOWN CENTRE REALTY LTD, BROKERAGE

<p>147 Flying Club Rd \$349,900</p> <p>River with sand beach minutes to Centennial Lake.</p> <p>New Listing</p>	<p>86 Viewmount Dr \$369,900</p> <p>Custom built 3 bdrm, 2 baths on 1/2 acre lot overlooking ski hill in Peaks Village. Boiler gas radiant heat a/c, open concept main floor, 2 car garage. Deeded water access.</p> <p>New Listing</p>	<p>36 Viewmount Dr. \$264,500</p> <p>Immaculate 4 bdrm, 3 baths landscaped 1/2 acre lot with spectacular view of ski hill. Deeded water access. Enjoy living in a four season resort area in this affordable home just an hour to the Capital Region.</p> <p>New Listing</p>	<p>5513A Centennial Lake Rd \$112,500</p> <p>Affordable cottage living on 1 acre lot overlooking Madawaska River just minutes to Centennial Lake. One bedroom with bathroom and living/dining/kitchen area. Outbuildings included. Fish, canoe or swim - come and enjoy!</p> <p>New Listing</p>	<p>23 Corneau Lane \$190,000</p> <p>3.5 acre waterfront lot on Calabogie Lake. 175 frontage on lake, steep slope to shore line. Call for more details.</p> <p>New Listing</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 \$219,000</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>Calabogie Rd \$499,000</p> <p>11 Unit motel with living quarters & office. Completely renovated, all rooms have a/c, TV & cable, highspeed internet, frig & stove. Two units equipped for disabled. Gravel oversized outside parking. Hwy frontage, close to all amenities and ski hill.</p>		<p>\$270,000</p> <p>LOOKING FOR UNIQUE - THIS IS IT! HAND-BUILT LOG HOME WITH OPEN CONCEPT LIVING/DINING ROOM WITH PINE FLOORS THROUGHOUT. LARGE ENTRANCE-WAY/SITTING AREA ON THE FRONT AND SCREENED SUN PORCH OVERLOOKING THE BACK LAWN, 17 ACRES IN ALL. CHAIR ELEVATOR TO LOWER LEVEL WILL STAY WITH PROPERTY. GARAGE/SHED IS 60' X 30'.</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>LOTS of LOTS</p> <p>Starting at \$40,000 deeded water access 1/2 acre to 2 acres in Peaks Village, Highlands and Maples sub-divisions. Call for more details.</p>			<p>Calabogie Rd \$309,900</p> <p>NEW! JUNIPER RIDGE IS the first offering of SKI-IN / SKI-OUT TOWNHOMES at The Peaks at Calabogie Lake. Reservations taken for a sale date in April 2008. OCCUPANCY DEC 2008</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>Majestic WA \$620,000</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>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>Viewmount Dr \$320,000</p> <p>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>

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