

Over 35 Years Serving Ottawa and Area

tbsteenbakkers@gmail.com
613-806-2541



Teresa Steenbakkers
Broker of Record
Teresa Steenbakkers
Brokerage

TSB

Gorgeous and unique country home with a quality post and beam renovation. The premium waterfront is only a stone's throw from the large deck and offers good walk in access. Truly an outstanding property.



\$483,900. Lovely, brand new Cardel home with a full Tarion warranty and pre-delivery inspection. The Inverness II, a popular model with design and construction upgrades is ready for occupancy now.



*Experienced Realtor
and Long-time Calabogie Resident*

WeatherMaster Vertical 4 Track Windows
OPENING VERANDAS & PORCHES TO COMFORT & LIFESTYLE

SUNSPACE

By **carnegie custom**



AS SEEN ON
Cottage Life tv
HGTV fyi,

TOTAL ROOM SOLUTIONS SUNROOMS • SCREEN ROOMS • PATIO COVERS • ENCLOSURES • 4 MODELS

carnegie custom
Sunrooms . Railings. Porch Enclosures
613-433-1397
www.ccsunrooms.ca

THE MADAWASKA HIGHLANDER MAY - JUNE, 2017 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska
Highlander

May - June
2017

FREE Vol.15 Issue 1
Next issue June 21, 2017

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

It's here! It's here! Ontario150, Canada150, and possibly warmer weather any day now. This will be a grand year of proud celebration and quiet reflection.

Welcome!



Are these little turkeys conferring about what to do for their protective, but encouraging mother for Mothers Day on May 14?

...To another great season of news, entertainment, nature, history and life in the Highlands of Eastern Ontario, brought to you by the Madawaska Highlander's team of talented volunteer contributors and the hard working advertisers who provide the goods and services you need that keeps our economy rolling.

Catch up on what you missed over the winter and what's planned for the summer in Griffith and Matawatchan News, Bogie Beat, Cloyne Canada 150, Library Matters, and Vennachar-Denbigh Dispatches.

As we prepare to celebrate Canada150, Garry Ferguson fills us in on the history of Confederation the way you'll never hear it in school, in Griffith and Matawatchan News. And Noreen Kruzich, one of our new contributors, fills us in on parts of our history that never made it to the books, in Our Home On Native Land.



Even little rocks show appreciation for their mothers. Photo by Colleen Hullet, taken on the Skywalk Trail on Dickson Mountain at Calabogie Peaks. Inukshuk maker unknown.

We also welcome Colleen Hulett, our Highlands Hiker, who shows us how to forage in the forest - nourishment or certain death? This info will come in handy if you don't follow Survivor Guy's advice before heading out. Lesley Cassidy cautions us about a little-known issue of trapping and trails. Read this paper then have a wonderful time as you "Come Wander", as Ontario Highlands Tourism Organization suggests.

Our events calendar and ads are full of ideas about where to wander and what to do. Ernie Jukes extols the virtues of a lifetime of wandering, while Antonia Chatson reflects on staying put and enjoying all that her country garden brings to her.

Enjoy...

613-852-2789 Chris or Julie



Authorized Dealer for
LINWOOD
CUSTOM HOMES

Award Winning Designs

Properties • Permit/Site Plan Support
Custom Homes & Cottages • Excavation & Septic
Project Management • Aggregates
Design Analysis • From Start to Finish!

linwoodhomes.com

Visit us at our new
Design Centre in Calabogie
776 Mill Street



The Madawaska Highlander

The Madawaska Highlander
3784 Matawatchan Rd. Griffith ON
K0J 2R0
info@reelimpact.tv
613-333-9399
Business Manager: Mark Thomson
Editor and Advertising: Lois Thomson
madawaskahighlander.ca

The Madawaska Highlander
is a free community newspaper
published 6 times per year by
Reel Impact Communications Inc.
Mailed to 4,000 homes, An additional
2,500 available at retailers
Connecting residents and visitors in
parts of 4 counties in the Highlands.

CONTRIBUTORS THIS ISSUE

Thank you everyone!

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

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

**Next contribution deadline:
June 9 for June 21 publication
madawaskahighlander.ca**

Message from the editor:

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

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

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

**WHAT A GREAT GIFT! ...ESPECIALLY TO YOURSELF.
SUBSCRIBE AND NEVER MISS AN ISSUE !
\$33.90 (tax included) in Canada for 6 issues, May to November
Email: info@reelimpact.tv or call 613-333-9399**



2017 pinrox© walterthecartoon@yahoo.com

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

NOW BOOKING for 2016 ~ We Look Forward to Working with You



J. SCOTT MacDONALD
GENERAL CONTRACTING INC.
jsmacdonaldcontracting@hotmail.com
Home: 333-5207 Business: 333-5596



**Residential Renovations . Soffit and Fascia,
Additions, Roofing, Siding
Commercial Septic Installation
General Carpentry**

LICENSED CARPENTER AND MEMBER OF ONHWP
(Ontario New Home Warranty Program)

**We've been building in The Highlands for 30 years
Renovations and Remodeling • Building Dream Cottages • Constructing New Homes**

By Garry Ferguson

Zoossh-Bang! Whoosh-ZZZZZZ-Boom! Phsssst-shhh "Oooops! Sorry! That last one must have been a dud." Bear with us, readers, but that's the closest we can come to expensive fireworks on our budget at TMH. (The Madawaska Highlander) Time to trot out the imagination. Anyway, that make-believe show was all about a lead-in to...

"Happy 150th Birthday Canada."

For those who may have forgotten our history concerning the goings on in the Colonies 150 years ago, we here at TMH decided to offer a short, unique, all-TMH, Readers-Digest-style historical refresher. Here goes!

We're not sure who sent out the invitations in 1864, but the political lead-hands from the Maritime British American Colonies had a little get together in Charlottetown, PEI, probably because the USA was again threatening invasion; this time as punishment for not joining their un-Civil War. (Battle-hardened Civil War vets, called the Fenians, did attack in 1866) The political ramrods from the United Upper/Lower Canada Colony - including Sir George-Etienne Cartier and Sir John A. MacDonald - were not invited, but a party was a party, so they showed up anyway. After a few rounds of brandy, (MacDonald had himself a good head start) someone suggested that they make a country.

"Yes! Confederation!" someone else added. "You want to name it after our bridge?" yelled the head lad from PEI. After the laughter had died down, someone wheezed, "What you really gonna (chuckle) call this country?" "How about the United Provinces of America?" someone ventured.

This was roundly rejected, probably because UPA could be confused with a certain parcel delivery service or perhaps even the company that brewed an India Pale Ale. When the last, "For shame!" and "Nay!" had died down, Nova Scotia's Charles Tupper, famous for his Tupper Wear (men's long johns) - asked Sir John A. for his opinion. Sir J., who always developed a slight attention deficit at about eight or nine brandies, evidently assumed that the question was, "Where are you from?" "Canada," he slurred. Everybody around, under and on the table liked it and cheered and so the name stuck. The lads then sat down to write a British North American Act. (BNA). MacDonald, being a lawyer was asked to do the writing but shrugged and re-slurred - much louder this time - "Canada."

Fortunately, a literate newspaper fellow who had blundered into the gathering asking directions to a john (someone had pointed in Sir J.'s direction) was conscripted before he could escape, after discovering that he was shown the wrong type of (J?) john. They then nailed the finished document to a church door - sorry, that was someone else. (colour me red for embarrassed). A few of the lads then took their BNA to the Imperial Esso Government in London (a delay was created when they mistakenly took it to London, Ontario), where the British Prime Minister growled something that sounded suspiciously like, "Good bloody riddance." Those of his ministers who were not snoring staged a group mutter with a clearing of throats and garbled utterances that sounded suspiciously like "Mmm. Yes, by Jove! Quite." And so, on July 01, 1867 Canada became a country. And that's the way it all came about 150 years ago.

P.S. Unfortunately, because of celebrations, the lads forgot the BNA in London and it didn't turn up again for over a hundred years.

Another P.S. It is grudgingly understood that TMH cannot compromise its editorial integrity by assuming any responsibility for the veracity or the content of the preceding portion of our GM News and further, that the author alone must bear



94 year-old Charlie of Pittsburg, PA, USA holds copy of The Madawaska Highlander in which he posed last summer with an "I (heart) Canada," T-shirt in honour of Canada Day.



The New Apostolic Church in Denbigh held its decades-old, traditional Carol Sing on December 18. Here the church choir performs, accompanied by the Highway 41 Band



A little thing like a power outage can't keep people in the Griffith and Matawatchan area from coming together for a pancake brunch with real maple syrup donated by local tree tappers and butcher shop sausages donated by the Griffith General Store all served up with a smile by our local firefighters. Even the space at the United Church was generously donated to the Matawatchan Hall board for this Toonie or Two fundraiser.



Four of the Denbigh Griffith Lions (DGL) volunteers that gather at noon on the third Wednesday of each month to feed the hungry masses for only \$seven. Many of these same Good Samaritans also host a bingo night to entertain a good chunk of the same masses at 7 p.m. on every second Tuesday. (May 23 and June 06) No doubt they'll be out on the May 19 Toll Road with their DGL pride mates donating blood to needy blackflies at Griffith and Denbigh. From left are Lions: Jan Roche, Pat Dicks, Gail Fritsch and Joan Walton.



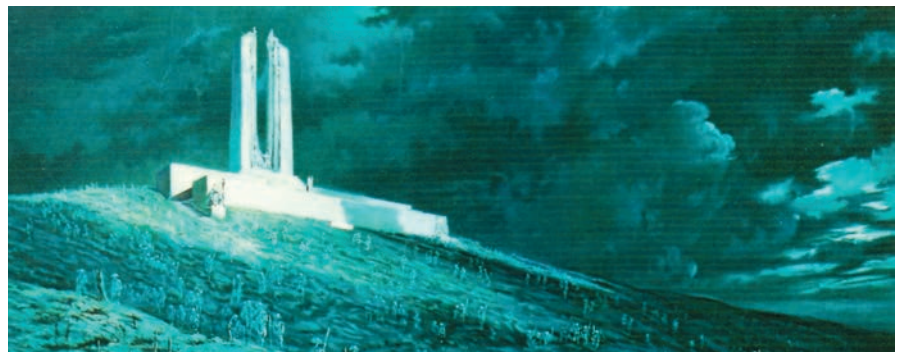
On December 12, The Cap Louck Quartet, from the Ottawa area, came to entertain at the seniors' annual Christmas Feast with a polished Barber-Shop style of music and entertaining witticisms



The Queen's Personal Canadian Royal Standard to be flown when the Sovereign is present in vehicles or in the country.

the blame and the shame for basing research and/or obtaining historical "facts" solely on assertions made during Friday-morning gossip sessions at the Pine Valley Restaurant in Griffith, Upper Canada.

Imagine! Our first edition of 2017! The "Highlander" is coming out of hibernation after - putting it mildly - a winter that was not kind to us. There were a few mornings when the chickadees were so fluffed up against the -C that I thought some crazy crows had taken leave of their senses and had mistaken north for south. Cold wasn't the problem though; (we're Canadians, eh) it



Australian Will Longstaff painted this scene in 1931 portraying the spirit of the Canadian Corps. The Vimy Ridge Memorial stands dramatically on the summit beneath which the shimmering spirits of Canadian soldiers gather in the silvery moonlight. In December 1922, France granted Canada "freely and for all time" the use of 100 hectares (250 acres) of land on Vimy Ridge in recognition of Canada's war effort providing Canada use the donation to erect a monument commemorating the Canadian soldiers killed during the Great War. Crown copyright Canadian War Museum

was that dollop or wallop of snow dropped on us almost every day. With all that daily, dreadful dolloping and walloping going on, I had time indoors to do some contemplating and cogitating on the bigger picture outside of Griff/Mat. (Yes, **insert preferred name here**) there is a bigger world out there - so I've heard)

It occurred to me that, by happen-chance or by some mysterious alignment of the stars, a number of significant anniversaries have already passed or will come to pass in this the year of our Lord, 2017, so we'll try to give readers a heads-up in case some are looking for an excuse

to celebrate more than Friday nights in Griffith. But first, for local info on the big-cat activities at the Denbigh-Griffith Lions Club, just Google those exact words: the site will even permit Facebook access. Matawatchan.ca is still there to keep hall adherents (I learned that word in church) up to date on the furious pace of the social scene at the M end of our GM News beat. And, once again, it's time for scribblers like Your's Truly to dish up pathetic, worn-out clichés such as, "A picture is worth a thousand words," just to rationalize laziness. On the other hand, it

Continued, next page...

GM NEWS Continued...

does beat having to torture readers with my rattling on ad nauseam (that's the only Latin I know and I finally got to work it in) about all the organizing, volunteering, entertaining, socializing, feasting, good-deed-doing and yarn-spinning (translation: dispensing "alternative facts") that has gone on in our area since our last publication. So, if you're already weary of this article, at least have a gander at the pics of some of last winter's carryings-on before you turn to the ads out of for something more stimulating.

There will be a **musical fund-raiser for Renfrew's very popular Golden Age Activity Centre in the Renfrew Legion Hall firing up at 7 p.m. on June 16.** The Centre is a heaven-sent place where members of the Golden Age persuasion can meet for (\$5) lunches, be entertained, engage in activities or just socialize. The program will be designed so that patrons may sit, listen and grin (concert) or step on a few bunions (dance) as several bands strut their stuff. A light lunch will be served. For details, contact Faye at the Activities Centre: 613 431 8289, weekdays 10 a.m. to 3 p.m."

This year, the return of the crow to our little slice of the Madawaska Valley was first announced - at least above the Ferguson spread - with a course of caws and croaks on February 18th. At one time the early-morning call of the crow echoing around these hills meant that winter's back had been shattered; so much so that any subsequent nature-nasty was dismissed as merely a crow winter or sugar snow. Seems that's changing and first arrivals get erratic(er) and erratic(er). From this year hence, my personal harbingers of spring's true arrival will be the sight of Donny Adams and Verner Hiderman sitting out on their front porches. I'm predicting (guessing, not prophesying) that in the springs to come that there could be many returns - and many crow winters - before spring gets sprung and the green grass grows all around.

Go back to article's beginning and read "Boom." Do one "Ooh" (or "Aah") and return to this # hashtag. This saves on valuable space and readers' nerves - not to mention the strain on their imaginations - by not repeating too many make-believe fireworks. Anyway, this less-spectacular version is to wish **Les Montrealais, from Les Griffithais and Les Matawatchanais, a "Happy 375th birthday."**

On February 06, 2017, Her Majesty Queen Elizabeth II completed her 65th year on the throne. Actually, she didn't really sit on the throne for all that time: she got off once in a while to do other things too. It was good to see her beat old HRH Vicky's time in harness - and in a much more gracious and humble way. In spite of having absolutely no authority as the figurehead tying together 52 independent and equal, democratic countries



Try to remember that kind of December... On second thought, it's behind us; so try to forget."

in the Commonwealth, she has approached the task with extreme seriousness - even adopting a Royal Standard for each country. See the Canadian Royal Standard in the accompanying pics. Go Liz

Author's Note: All other anniversaries mentioned in this article have been, or will be, causes for celebrations and joy. This last one is different. The violent, gruesome deaths of 3,598 young Canadians and the years of immeasurable suffering caused by the 10,602 additional casualties, suffered over just a few days, is not cause for either - only for honouring their pain and sacrifice in an inglorious, four-year bout of madness that might well be termed, "One of humanity's ultimate profanities."

At 05:30 on April 09, 1917, 20,000 Canadian soldiers from the four Canadian Divisions, gathered at **Vimy Ridge, France,** surged out of their trenches and into a driving sleet to begin the first wave of an assault on what was considered an impregnable German position. **April 09, 2017** marked the sombre **100th anniversary of that battle.** It's to be hoped that there is **none** in Canada who does **not** know the story of the first major Allied breakthrough of the Great War to end all wars and the price their countrymen paid to win it.



Garry Ferguson was born at Black Donald Mines. After graduating from the one-room Miller and Matawatchan schools and the two-room high school in Denbigh, he joined the RCAF and the world of electronics. After 8 years, he became a civilian and worked in Montreal for the Navy. During this time he joined the Reserve Navy and trained at Cornwallis NS. In 1970, Garry joined Air Canada where he eventually dealt with flight simulators until retirement. He was asked to join the Canadian Corps of Commissionaires and spent six years in security at Toronto's Pearson Airport and Nav Canada's Air Traffic Control facilities. In 1960 he married Carol Pearsall and they had four children - now middle-aged adults. Carol and Garry live along Lake Centennial and try to keep up with the hectic local social scene.

Jean Baptist Bernard

By Noreen Kruzich

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



Shooting the Rapids painting by Frances Anne Hopkins. Frances was married to a Hudson's Bay Company official, Edward Hopkins, whose work took him to North America. Frances travelled alongside him. While sailing, she was able to sketch extensively, therefore, capturing a now lost way of living - the last days of the fur trade. This could be an image of one of the canoes piloted by Jean Baptist Bernard.

(Library and Archives Canada, acc. no. 1989-401-2, c002774)

Navigating the waters of the Ottawa River and literally taking a back seat to Hudson Bay Company Governor-in-Chief Sir George Simpson was voyageur, Jean Baptist Bernard.

Bernard's instinctive piloting skills and muscle-powered dip of the paddle through turbulent or calm glistening waters took him into a network of streams, rivers and lakes across Canada. Born in the late 1700's of Algonquin and French descent in Lower Canada (Quebec), Bernard spent his lifetime as a guide in the fur trade where first he joined the NorthWest Company, headquartered in Montreal. These were long and difficult journeys to deliver cargo to the posts, coupled with the hauling of back-breaking packs of trade goods over grueling portages, only to return with a canoe loaded down with bundles of beaver pelts.

The steersman's trips into the vast wilderness led him to inland posts such as Forth William and from Red River north to Norway House. He and the crew would have had a mid-day snack of pemmican (dried meat) and biscuits while continuing the trek and for the overnight would have settled by the firelight to enjoy a meal of pemmican, and perhaps dried peas or cornmeal. Sleep came under an overturned canoe, maybe on a bed of moss and a blanket or furs for warmth. And most likely he and his crew reached for the paddle again well before the stroke of daylight. By 1821 he was retained by the Hudson Bay Company during the fur company merger. A group of wealthy English merchants formed the Hudson Bay company years before in 1670. The King of England had granted that company a fur trade monopoly for all the lands drained by the rivers flowing into the Hudson Bay, even though the land did not belong to the King or his country. Bernard plied the waters of the Ile a la Crosse District (Saskatchewan) and the Athabasca District (Saskatchewan and Alberta) bearing the Hudson Bay insignia on his canoe.

Known for his "diligent, attentive, sober, good nature" he caught the eye of George Simpson. It was Bernard he entrusted his life with. During 1828-29, Bernard accompanied Simpson to and from the Columbia River. Bernard, like most, bared the elements of the Canadian seasons and in colder weather likely wore a capote, a Hudson bay blanket turned into a coat, a common garment among First nations. In warmer weather, long sleeved white shirts,

leggings and moccasins kept away the bugs. Well into his 60's Bernard traveled the Northern District finally ending up closer to home at the Fort Coloung District where he had settled his family on Calumet island. In this last decade, he guided Simpson's light-canoe listed as a Goer and Comer for the fur trading company.

Bernard died in 1849 and was buried at St. Anne cemetery on Calumet Island. He and his long-time partner Catherine McLean had at least six daughters. Their oldest daughter's baptismal record reveals that Jean Baptist Bernard and his wife were "sauvages du lac des Sables". Lac des Sables is now known as Lac Simon, 32km southeast of Val-d'Or, Quebec. There was a Hudson's Bay Company fur trade post at Lac des Sables well into the 1840's. Lac des Sables or Lac Simon could be easily accessed by canoe from the Ottawa River by either the Petite Nation River or by the Lievre River.

Catherine McLean remained in and around the island finally moving to Bryson with a daughter, and living several years after her one-hundredth birthday. Upon her death in 1884, the Pembroke Observer noted that her family was thought to be the first settlers on the Island.

The couples' daughters all married in the local area, four having weddings at St. Anne's on the island. And to this day, those Bernard daughter's have descendants in the Ottawa Valley and the Pontiac Region of Quebec.

As for their father, Jean Baptist Bernard is truly an icon in Canadian and First Nation history as a noted voyageur of the fur trade era.



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

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

Glaeser's
Country Store

Art & Giftware
Groceries - Fresh Produce
Bacon - Sausage - Eggs
Milk - Cheese - Icecream
Homebaked Pies
Hunting & Fishing
Confectionary
Fresh Brewed Coffee

Open 7 days a week
8:00am - 7:00pm

See you in Downtown Denbigh!

Owners, Karen & Peter Lips

DENBIGH POST OFFICE



BOTTLE RETURN DEPOT

156 Bridge Street, Denbigh 613-333-1313

Drop by for a visit and let us know how we can assist you.

Already attractive because of the low Canadian dollar, Ontario is being regarded as a safe travel haven by tourists who want to avoid the United States because of Donald Trump's moves to tighten the border.

The Ontario Highlands Tourism Organization says will step up campaigns in 2017. In 2014, 4.8-million people came to the region, spending over \$5 million. OHTOs catchment area involves parts of the Madawaska Valley, Hastings Highlands and South Algonquin Township. Come Wander. The brand positions Ontario's Highlands as an ideal place to embrace the ideology of wandering, in both mind and body, embracing unexpected moments and allowing each new discovery to stimulate the senses and nourish the soul. It was chosen for its ability to resonate with city-dwellers looking to escape the everyday and slow the pace in an intriguing new location.

Hastings County going it alone with new marketing approach, opting out of Bay of Quinte Tourism and the Bancroft Chamber of Commerce.

The Eastern Ontario Wardens' Caucus (EOWC) elected mayor Robert Quaiff of Prince Edward County as the EOWC 2017 chair. Three priorities are: Improving our infrastructure and connectivity, growing the regional economy, and reducing operational costs (policing)

EOWC created the Eastern Ontario Regional Network (EORN) to provide higher speeds and bandwidth to at least 95% of homes and businesses in Eastern Ontario. Now the province of Nova Scotia has hired EORN and two other companies, to create a fibre optic network plan.

\$250,000 Government of Canada investment will bring high-speed Internet to 220 households in rural residents in the townships of Rideau Lakes, Tay Valley, South Frontenac, and Leeds and the Thousand Islands to participate fully in the digital economy.

CRTC rules broadband internet is a basic service, launches \$750 million fund. Rural Internet is key for Canada to develop smart farming, which is critical to our economy.

Jackie Gordon, a former police officer, has been named the Ontario legislature's new sergeant-at-arms – the first woman to hold the job.

Métis of Ontario sign agreement with Ottawa clearing path for new benefits. Agreement could lead to financial compensation, access to federal funds for health, education

Ontario general minimum wage will go up to \$11.60 this fall.

Under the new OSAP, over 210,000 students will get free tuition. ontario.ca/OSAP simplifies things for students by taking into account household income and other factors.

Ontario drivers with unpaid speeding tickets to be denied licence plates, not just licences.

Ontario is closing the province's troubled tire recycling agency after Star stories exposed suspicious money transfers, allegations of fraud and wasteful executive spending.

Seasonal hydro rates are higher than full time resident. If you move to your cottage full time, make sure Hydro One knows it.

American utility gets paid by Ontario not to produce power at North Bay plant. 11 jobs will be lost in North Bay. Mayor Al McDonald blamed the provincial government and its cap-and-trade program. The Nipigon power purchase agreement was set to expire in December 2022, but Atlantic Power decided to suspend operations there too, "based on its assessment of the Ontario power market, including the estimated impact on plant economics..." said the release.

Northland Power's Kingston Generating Station near Millhaven shut down in January, with a loss of 18 jobs

Ontario is putting \$19 million to support greenhouse innovation to offset high energy prices. Some growers have expanded in other jurisdictions.

A goat farming boom is expected in Frontenac County, to provide goat milk for the newly announced Feihe International infant formula plant in Kingston. When it reaches peak capacity, the plant will require about 75 million litres of goat milk per year, a supply that will require a herd of approximately 100,000 goats, which is the equivalent of 25 of Ontario's largest existing goat farms.

In honour of its 90th anniversary, the Ottawa Valley Seed Growers Association has established a \$2,500 annual scholarship to recognize interest, knowledge and achievement in the Eastern Ontario agricultural community. The scholarship is intended for eastern Ontario students enrolled in at least the second year of studies at any college or university who are planning to pursue a career in agriculture. An application form is available at www.ottawafarmshow.com and must be returned by June 30.

Renfrew County Plowmen seek help in finding people with antique plows for match on Sept. 16. To celebrate Canada's 150th anniversary, they are asking everyone with an antique tractor and plow to take part in the demonstration.

Scientists identified flavour genes in tomatoes. Flavour has been lost through selective breeding, but genetics might bring it back through selective breeding, not genetic modification.

Approximately 850,000 Ontario seniors, 65 to 70 are eligible to receive shingles vaccine free.

University of Alberta Scientist is developing improvements to surgical masks. When a droplet containing a virus hits the salt-treated mask, recrystallization of the salt destroys the virus.

A southern Ontario doctor who started a not-for-profit clinic for refugees in a local church

basement has seen his infirmary grow from six patients to more than 1,700 in the span of four years. The clinic's success is in part due to its ability to exceed basic medical care with social services, mental health treatment, and help ensuring patients find proper housing and food - a model that could be used everywhere. While the clinic is listed as a not-for-profit in Ontario, he's seeking national recognition so he can accept donations and provide tax receipts.

MIT scientist was able to compress and fuse together flakes of graphene to make a sponge-like configuration that is 5% of the weight of steel, but 10X stronger. Resembling columns of coral, their strength is a result of their unusual geometrical configuration.

Opioid drug use in Hastings County ranks in the highest one-third of Ontario census divisions, with Prince Edward County not far behind

Renfrew County and District Health Unit issued a bootleg Fentanyl warning. A small amount of bootleg Fentanyl can be fatal – as little as two grains of salt. Fentanyl is the leading cause of opioid death in Ontario, but the prescription painkiller hydromorphone is second deadliest

There has been a spike in the proportion of organs coming from donors who have died of drug overdoses in BC. Unfortunately, when there is a donation there's been a tragedy," Landsberg said. "But for patients who have been in desperate need of transplants, it's been a blessing.

Ottawa paramedics are to change dispatch practices that were forcing Renfrew County and other neighbouring municipalities to take an exceedingly growing number of emergency calls from the city. Ottawa paramedics will no longer be taken out of service in the last 30 minutes of their shift.

Hastings-Quinte Paramedic Services pilot project will create a portal so they can better track ambulances in border areas to find the closest ambulances in Northumberland, Peterborough and Hastings-Quinte service area, even if it's on the other side of the border.

County of Renfrew asks residents to ensure their 911 civic address signs are visible. If your sign needs to be replaced, or you don't have a sign, contact your local municipal office to order a new sign. Residents are reminded that there is a nominal cost to purchase or replace the sign.

Renfrew County Red Cross recruiting Emergency Response volunteers 18 years or older, pass a police check and ideally have a driver's license. The Red Cross provides all other necessary training, including first aid. Applications at redcross.ca

Frontenac County Council plans to build one five-unit seniors apartment facility in each of the four townships over 5 years. Public meetings were held throughout Frontenac County to determine need, and Marysville was chosen for a first seniors project.

After 146 years, Ringling Bros. plans to dismantle the circus after final show in May.

Vale to mothball Sudbury nickel mine that was opened in 1890. 230 jobs could be affected.

The Nature Conservancy of Canada purchased over 1,000 hectares on the north shore of Lake Superior that is crucial to species such as bald eagles and peregrine falcons. The Big Trout Bay area is one of the last privately owned, undeveloped shorelines between Thunder Bay, Ont., and Duluth, Minn.

Currently, crowd-sourcing websites take a percentage of donations for themselves. If Lanark-Frontenac-Lennox & Addington MPP Randy Hillier's Bill 77 called "Kickstarting Public Participating Act" is enacted, it will lead to the establishment of a province-wide online crowd-sourcing platform for municipalities and community organizations to use.

The thylacine, better known as the Tasmanian tiger, has been officially extinct for 80 years. Now, reported sightings have set Australian scientists on a fresh search for the animal.

Researchers are near to bringing back mythical giant aurochs that once roamed Europe.

A group of self-proclaimed paranormal scientists claim they have found a giant claw belonging to an alien in caves in Peru. Unnamed "experts", concluded that the fingers had too many bones for the hand to be human.

Google is working on developing artificial intelligence that won't compete with its human creators.

It's been busy in Space. Cassini probe made its closest pass over Saturn yet. Three comets make close flybys of Earth, and two missions update how our Sun interacts with the Milky Way.

A star is on a collision course with our Solar System and could shower Earth with comets... in 1.35 million years. Best to plan ahead.

NASA wants to put a magnetic shield around Mars so that humans can live on the Red Planet. "If this can be achieved in a lifetime, the colonization of Mars would not be far away."

A New York architecture firm is proposing a design for the world's tallest building Analemma Tower, which would hang down from the sky suspended by air cables attached to an asteroid

Sometime before the end of 2017, one or more of the final five groups will shoot for the moon. The Final Five are Moon Express, SpaceCell, Synergy Moon, Team Indus, and Team Hakuto.

Stephen Hawking says humans must colonize another planet in 100 years or face extinction.

The Thunder Bay Centre of the Royal Astronomical Society of Canada (RASC) said Friday that its proposal to name a minor planet (asteroid) in that area of space after its home town has been accepted. It will now be referred to as 11780 Thunder Bay.

'Bogie is a Happenin' Place!

By Skippy Hale

Where to start after such a busy winter! So many activities were happening with lots of community involvement to brighten the dull days. However, it was a real Canadian winter with snow, snow and snow! There was a February thaw and occasional rain storms, with even thunder and lightning... in winter? If you can't beat it, join it, right? I cannot make all of the events, but my little birdies do help.

The Christmas Season starts officially in Calabogie with the lighting of Christmas trees. It takes place annually at Heritage Point at the end of November or early December, which serves as a park and VIP Tourist Centre in summer. The 55+ club (formerly Calabogie Seniors) decorate all of the trees and provide Hot Chocolate, Cider, Hot Dogs and cookies. Hank Schaly leads the singing of Carols and after a countdown, the switch is pulled and all of the trees light up. When I first moved here, every year trees were purchased, set up on stands and paid for by donations from businesses, the Library and other groups. Vandals often damaged the trees. After the Christmas season is over and the ice was thick enough, the trees were set up across the lake to mark the safe route for sleds. As the ice became less safe, the trees fell into the lake. This was not really good for the lake. Finally, one year the Calabogie Seniors decided to purchase trees and plant them. Some were damaged, but most remain as perfect symbols of our community where volunteers are so important.

The Annual Lions' Santa Claus Parade is held the first Sunday in December. As usual, there were very beautiful and clever floats from St. Joseph's School and businesses, led by a fire truck and ending with the merry old man in red and his prancing reindeer. Afterward, everyone gathered in the Community Centre for goodies, and visits with Santa whose elves passed out bags of candies.

We have a fantastic bunch of volunteers raising the roof, over our beautiful rink. The most exciting event was the arrival of our Olympia rink cleaner. As Nick Emon and the donor drove onto the rink surface, it was a wonderful moment. This will keep the surface better for skaters. It arrived in time for the Hockey tournament and Winter Carnival Weekend. Once again, the volunteers worked tirelessly.

Hank and Henny Schaly are having a Plant and Birdhouse sale at their house on Mill Street. They are both Master Gardeners who have shared their horticultural knowl-



Destination Imagination

I often worry that imagination has gone the way of the 8-track. Kids are often more spectators than participants due to the time spent on electronic media. Not so, ten Grade 8 RCI students are off to the Global Finals of Destination Imagination (DI) in Knoxville Tennessee. Three teams, DI of the Tiger, Five Tones of Creativity and DI-Namite each placed first in the regionals in Stitsville in March then they competed in Toronto. DI of the Tiger won gold and Five Tones of Creativity won silver which earned them the path to Knoxville May 24-27. Students are challenged to use problem-solving skills, creativity, brainstorming and imagination skills. STEAM (Science, Technology, Engineering, Arts and Mathematics) engages students to prepare them to be productive citizens in this century. Each team is given a problem, five minutes, and limited materials to solve it.

Alex Wroe and Carson Lefebvre are from Calabogie. All of the students are busy fundraising to help pay for their trip. If you wish to help, please visit their tables at the Great Downtown Garage Sale in Renfrew May 6 or rdsbschoolcashonline.com. Meanwhile, on to Knoxville!



Calabogie and Area Home support say 'Good bye and Thank you' to long serving volunteers. (L to R) President Mike Maw, Fran Kennedy, Elaine Gorra, Fran Davidson, Coordinator Marg Neudorf



Paint Night for St. Jo's



Hank Schaly's birdhouses

edge with us for many years. The sales will support St. Andrew's United Church and the Raise the Roof Committee. Drop by; tour their beautiful gardens; pick up some plants; and choose a beautiful Bird House crafted by Hank's talented hands.

There was no shortage of entertainment over the winter. Musicians, singers and comedians performed at the various eating emporia. Peggy Williams, Pierre and other musicians participated in another Kitchen Party on St. Patrick's Day to raise funds for the Calabogie Food Bank.

Paint. Paint and enjoy a girls' night

out. There have been several of these held at Shooter's Bar & Grill. One was for Calabogie and Area Home Support. Another was for the purchase of sports equipment for St. Joseph School. It is a fun way to raise funds for your non-profit group.

Barnett Park is a gem in the village. Every year volunteers gather to clean up the park and prepare the gardens for the summer events. So much time and many funds have been donated over the years to maintain this spot which has been home to weddings, showers and re-unions.



Newly rescued cat above. A happy rescued cat below



Oh Give me a Home

Why would anyone think that abandoning litters of kittens in our village is a wise act? What or who could benefit from this? Who is going to feed and care for these homeless animals? Fortunately, there are some kind volunteers who are giving time, money and food to them. However, it should absolutely not be necessary.

There are about four colonies in and around the village. When the Munford family sold their business, Allison Graham, Danielle Broomfield, Tracy Lettner and Sharon White captured all of the cats and kittens and gave them to folks for fostering. Some of these cats have been fixed and adopted into permanent homes. Some are still being fostered and are awaiting surgery. This will cost money. If you drop beer, wine and liquor empties off at Shooter's, they will be exchanged for deposit by the volunteers. At the Showcase Paradise 2017, Calabogie Homeless Cat Caregivers will have a table with baked goods for sale. They will also bring their Art Tree. If you make a donation, you can sign a cat on the tree. They cannot give tax receipts since it is not a registered charity, just a group of concerned citizens who care about these animals.

The long range aim is to rescue the cats in the other colonies, fix them and find homes. Some will never be tamed, but if they are neutered, they will no longer be multiplying. The ears will be clipped, thus the cats will be identified as sterile. While ambitious, it is doable with funding and support from organisations and the powers-that-be. If a grant is obtained, this will help. In the meantime, contact Allison Graham (613) 752-1150 or me (bogiebeat@gmail.com).

This is your newspaper. I have yet to clone myself so please inform me about family and group events. I will give you photo-credit for pictures.

Skippy Hale: bogiebeat@gmail.com



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



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

JOEY ROSENBLATH

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

Congratulations Mitchell Bennett

Accepted in
Pre-service Firefighter
course at
Sir Sandford Fleming College in Peterborough

You make your Grandparents proud!

Denbigh, Vennachar, Griffith & Matawatchan updates
www.matawatchan.ca/Events

Greater Madawaska updates
www.greatermadawaska.com

Addington Highlands updates
www.addingtonhighlands.ca

Cloyne & Northbrook updates
www.northfrontenac.com

CHURCH SERVICES:

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

Hilltop Tabernacle
 Sunday School 10:00 a.m.
 Morning Worship 11:00 a.m.
 Office 613.762.7130
hilltop.pastor@gmail.com
www.hilltopchurch.ca
 Facebook Hilltop Church in Griffith

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

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

Emmanuel United, Schutt 8:30 a.m.

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

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

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

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

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

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

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

REGULAR EVENTS CALABOGIE:

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

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

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

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

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

Pilates and More
 Monday evenings and Thursday
 mornings

Back Fitness and Stretch
 Mondays 3:45

Mindfulness Meditation
 new programs starting
calabogiemindfulnessmeditation.com

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

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

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

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

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

SPECIAL EVENTS CALABOGIE:

5th Annual Bogie Days & Showcase
 Paradise May 25 to 27 at the
 Calabogie Community Centre
 Showcase Paradise:
 Thursday May 25, 4 - 9pm
 Friday May 26, 11am - 9pm

REGULAR EVENTS GRIFFITH & MATAWATCHAN:

**Matawatchan Hall Events, 1677
 Frontenac Rd.:**

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

Matawatchan Mashup
 Saturdays Beginning July 8.
 Get in on the planning stages
matawatchancentre@gmail.com

Family Sports Nights Tuesdays and
 Thursdays at 6:30 beginning July 4
 Kids choose the sport of the day

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

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

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

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

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

Diabetes Outreach Program
 every 3 months

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

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

SPECIAL EVENTS GRIFFITH & MATAWATCHAN:

St. Andrew's United Church
 Ham Supper
 Saturday, May 20, 5:00 to 7:00 pm

Plant Sale & BBQ Lunch Saturday,
 May 27, 10 - 2, lunch starts at 11
 Matawatchan Hall, 1677 Frontenac
 Rd.

135th Matawatchan Picnic and
 Canada150 Celebration Noon - 5,
 Live Band "Kick and Push" BBQ, Beer
 Garden, Petting Zoo, Kids Games,
 Fire Department Demos

REGULAR EVENTS:

DENBIGH & VENNACHAR

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

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

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

Denbigh Hall Exercise Group:
 Monday classes at 10:00 am.
 Thursday classes at 1:00 pm.
 TOPS Tuesday at the Denbigh Hall
 Basement @8:30am Contact Mary
 McKinnon 613-333-2791

DACRE REGULAR EVENTS:

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

DACRE SPECIAL EVENTS:

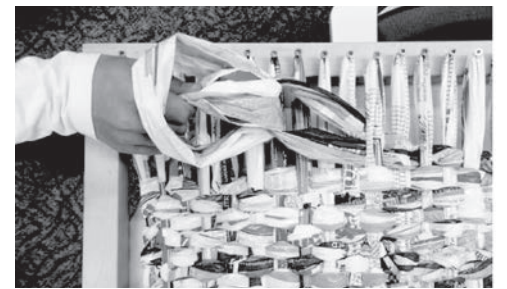
Mark your calendars for Canada's
 150! DACA Centre will be celebrating
 with a Homecoming and Old Time
 Fair to be held on August 19 and 20.

CLOYNE & NORTHBROOK REGULAR EVENTS:

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

Check northfrontenac.com events
 calendar for Star Gazing Pad Events

MILK BAG MATS



Drop off your large milk bags at
 the Griffith and Mount St. Patrick
 Waste Transfer Stations.

**There is a bin for them in the of-
 fice. Please do not leave them in
 the Donation bin, which is only
 for clothing.**

The Vennachar Free Methodist
 Church women will weave them
 into sleeping mats for disadvan-
 taged and displaced people around
 the world. Please help by dropping
 off milk bags.

SEND US YOUR EVENTS:

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

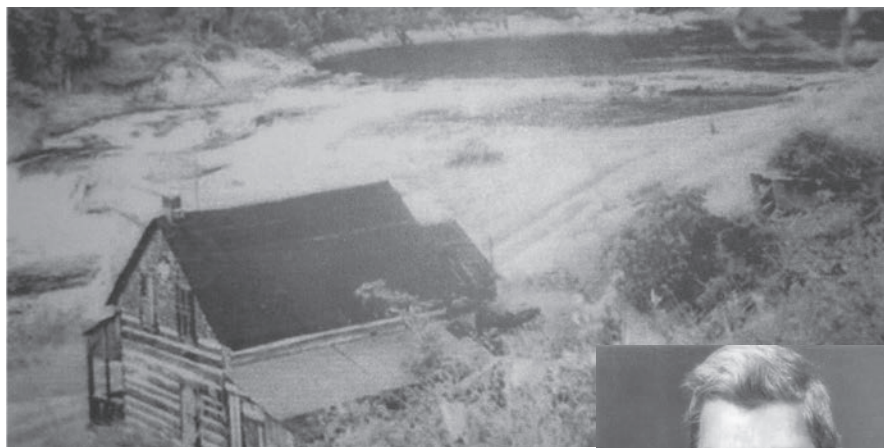
Log Homes and War Medals

By Howard Popkie

On September 29, 1934, Dr. Hanford in Renfrew gave me a good slap on the little butt and I took my first gulp of fresh air. Soon I was running around on the hard packed ground along the paths that made up the streets of Black Donald. By the time I was 5 years old I watched my log home being built. When I first saw it, it was only 4 logs high and I thought it would be a pigpen. I watched the old men swing the broad axes along the blue chalk line to square the pine timber. I watched the team of horses hoist the logs to build the walls with ropes and pulleys. The floor was put in before the roof was on. Mom couldn't wait to get into her new house and made the family sleep there before the roof was on and I could see the stars at night.

One night we were sleeping on the floor looking at the stars above and my Uncle Charlie Murphy, Dad's half brother said, "Did you know when the Little Dipper is upside down it means it's going to rain tomorrow?" My Uncle Charlie was in WWII from 1939 to 1945. I saw him on the sleigh as he left to go fight the Germans.

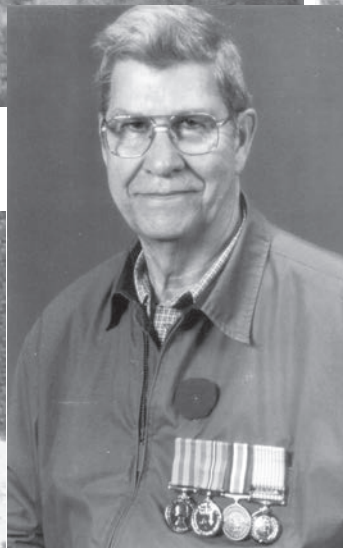
Dad had a steel drum cut in two and at the well it was put in the ground and filled with bags of rock lime and water to plaster the walls. When the roof was on the house and the logs hued and chinked it was time for plaster between



The log home at the power house in Black Donald on the Madawaska River where my Grandfather John Stubinski and later, Uncle Albert worked.



The medals Uncle Charlie received after he returned from the Netherlands. He threw them in a drawer and never looked at them again.



This is me on Remembrance Day, wearing the medals I was awarded after going on an adventure I'll never forget.



My old log home still stands about 3 miles outside of where Black Donald once was on the Madawaska River. It's a little closer to the water now, after the town was flooded 50 years ago.

the logs. After a year when the logs were dry, they shrunk and all the plaster fell to the floor with a crash, some days more than ever and with pieces three feet long at times. When Dad put new plaster on

the logs they were dry and it held well the second time around.

The new log home gave off a pleasant odour. I had an old tin pail with rivets in it that I used to stop water leaks. I used to go around the house outside and pick up chips from hewing the logs, for kindling at the cook stove every day.

All my people lived in log homes. My Grandpa John Stubinsky lived and worked at the powerhouse on the Madawaska River for the Black Donald Graphite Company and then his son Albert took over and Grandpa moved to a log house across the field from my new home. I remember when I went to visit my Grandpa's home, my Aunt Evelyn that always lived with him was pumping the long broom handle type of plunger with a cross of little boards nailed on the base to churn the butter in a long-shaped crock churn. The cream came up from the churn on the pump handle to form a ring around the little hole on the wooden lid. Evelyn would scoop it up with her finger to taste it to see if the butter was ready in the churn of what was now buttermilk. She scooped the yellow butter out with her hand and washed it in clear water, then put it in a wooden mould made by my Grandfather and out dropped pounds of butter. You could buy waxed paper sold in Jack Wilson's Store that was made to wrap homemade butter in it. She used that to finish the job.

I started school in 1941 and in 1945 Charlie came back from Holland. Mother was at the river scrubbing clothes on the washboard on the Madawaska River where the Mountain Chute Dam is today when Charlie came along the shore. He made signs for me to be quiet then he sneaked up behind Mom. When she turned around she got a big

kiss. Uncle Charlie was dressed in an army uniform with a big army packsack. It was good to have him back home safe from the war. He stopped by the newly completed two storey high log cabin he had helped us build and emptied his packsack.

In his packsack was a P38 revolver and a British commando knife. At the bottom of Charlie's packsack was a handful of coins from Holland. Charlie gave them all to me. They had The Netherlands engraved on them. When Canada gave him medals, he left them in our cupboard drawer and never picked them up. The war was over for Charlie Murphy, my Dad's half brother. He came back to us in 1945, healthy and tired and a little deaf and never talked about his life in the army. Uncle Charlie never hated anyone except Hitler.

I saw a lot of log homes around the outskirts of town that were built by the pioneers before Black Donald was a town. When I was a kid I spent so much time in log walls with the white plaster between the logs and rifles hanging on the deer horns and sleeping on the ground deep in the forest with my dog Shep. It is little wonder why the recruiting officer wrote in my Army documented the following, "This man is very strong and large in stature. He would be a real asset to the Infantry. He is definitely the backwoodsman frontier type and would be a good man to have in a pinch, therefore, I am sending him to the Princess Patricia's Canadian Light Infantry in Wainwright Alberta." It was the 9th of July in 1951 and I was 16 years old. In 1952 I was awarded 5 medals for service in the Korean War.



M&R really is MORE than a FEED STORE!

COTTAGE, FARM & COUNTRY

Huge Selection!

GATES & HARDWARE, CULVERTS

POOLS, SPAS & SUPPLIES,

LOW PRICES ON ROOFING STEEL

(Full Line - Coloured & Galvanized)

**NEED SOMETHING SPECIAL?
GIVE US A TRY!**

M&R FEEDS AND FARM SUPPLY (RENFREW)
"We're more than a feed store"

400 Raglan St. S. Renfrew 613-432-8886

Animal Traps and Public Trails?

By Lesley Cassidy



It seems a shame to have to keep your pet on a relatively short leash out on the trail, but it's the best way to keep your pet safe and leave the least impact on the environment.

Trapping and trails are not two words that people automatically think of together when heading out for a walk. Recently a lawsuit was launched focusing on the safety of people and pets using public use trails on Crown Land in Ontario. Almost 3 years ago, Valerie Strain's family lost their dog to a trap located on a popular public snowmobile trail in rural Ontario. The baited conibear trap killed her unleashed family dog that was within her sight and less than 25 feet off the popular trail. It was devastating for her family.

Ms. Strain launched a petition in 2015 to raise awareness about the danger traps present to people and pets near and on public trails, with the petition currently at over 80,000 signatures. The petition and lawsuit has started a discussion on several issues including public safety, livelihood of trappers and reducing risks on trails.

"We just want trails and Crown Land to be safe for all to use; or at least to know when and where they are not safe. We don't want to ban trapping," states Ms. Strain. After asking several questions to the Ontario Ministry of Natural Resources and Forestry (MNRF) regarding trap lines and their location with respect to trails and family pets, her family learned that their dog was not the first. The MNRF could not tell her how many dogs and family pets are killed each year because it is not something they keep track of or monitor. She launched the petition to educate the public about trapping on and near trails.

In Ontario, trapping is managed by the MNRF who has partnered with several organizations to offer a mandatory 40-hour course and licensing. Trapping lines are established on crown land and trappers also can trap on private land with the owner's permission. All trappers in Ontario must follow specific rules with respect to the type of trap, dates they can trap and quotas on several species of animals trapped for their

fur. Trapping is part of rural Ontario's economic heritage. It also provides knowledge of wildlife activity, health and disease in animals and helps manage populations for many species.

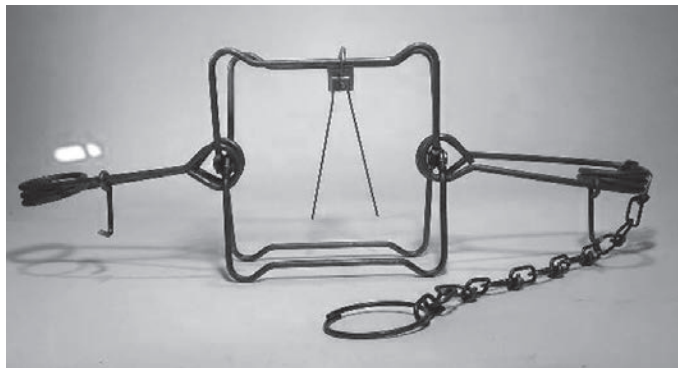
Current legislation in Ontario allows for traps to be placed on snowmobile trails, public trails, beside municipal roadways, on Crown Land and in many Provincial Parks.

Focusing on public safety, Ms. Strain has launched a lawsuit that addresses two main points:

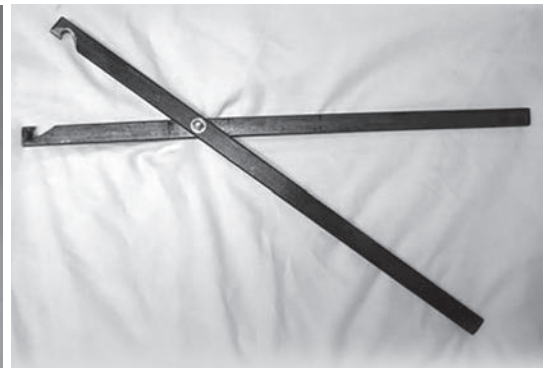
- **Public education and awareness of where trapping occurs for those that use public trails on Crown Land and Provincial Parks and Reserves**
- **Minimum setbacks be established from trails to reduce the risk of a child or pet getting caught in a trap**

These two changes would allow those that use the trails to decide whether they should take their children and pets in that area. With over 73,000km of trails in Ontario, more than 800,000 people accessing hiking trails, and over 6,500 trappers in Ontario, conflict will occur.

Garry Parks of Lindsay, Ontario is a long-time trapper in the area and former President of a local chapter of trappers. He commented that many trappers he knows have made a point of setting their traps off the ground. When set off the ground, traps usually sit about 5 feet up which significantly reduces the chance that dogs and other non-targeted animals get caught in traps. Mr. Parks feels the rules should be changed, especially in areas near trails and places where people access public spaces. With respect to the loss of family pets to traps, particularly dogs, he stated "It's been happening for a lot of years. I think we could do better, at least in Southern Ontario".



A set conibear trap, designed to humanely kill small animals like martins. The animal's head hits the spikes, releasing the small latch at the top and the springs snap open with 90 lbs. of pressure.



Use a trap setter or rope to reset a sprung trap and Google "how to release a dog from a conibear trap". Not all animals are killed instantly.

Darcy Alkerton, another long-time trapper near Ottawa, Ontario doesn't agree with the specifics of the petition and the lawsuit. According to Mr. Alkerton, animals do take the path of least resistance, which means that moving trapping lines from beside trails could affect how many animals a trapper does catch. He also indicates that establishing setbacks from the trails would not protect sport or hunting dogs.

However, Mr. Alkerton, a pet owner himself, feels that "we have to work together on this. I wouldn't want my dog killed in a trap. We need to talk and reduce risks for our pets and there are several ways to make that work". He highlights that in northern Ontario, many trappers do elevate their traps in trees partly because the snowfall is quite significant, to prevent pelt damage, and so that other animals are not caught. In southern Ontario, it is different, because in some counties, it is mainly farmland and access to a tree to elevate a trap is not available. Mr. Alkerton pointed out that there are different dog proof traps available. To reduce the risk to both family pets and children, it is a matter of adopting some of these newer traps or elevating certain types of traps.

In Grenville County where Mr. Alkerton lives, the trapping chapter did bring a motion forward to the MNRF to change the rules regarding several sizes of conibear type traps to elevate them to reduce the risks to family pets and other animals. The MNRF did not adopt it.

In Manitoba, when several family pets were killed, the Provincial Government launched a review of trapping in areas with high recreation activities to look at public safety. The Province recognized trapping occurs in most parts of the province and that Provincial Park use and surrounding areas is increasing with outdoor recreation activities. As well, the Manitoba Provincial Government recognized that traps are more power-

ful, quick, and efficient in order to be more humane.

At the government level in Ontario, little has been done to address this specific issue. The petition did catch the attention of the former Minister of MNRF Bill Mauro who ordered his department to review current trapping regulations. The former Minister felt that the requested changes in the petition were legitimate. The multi-stakeholder advisory group to which this had been delegated to review, ultimately did not feel changes were needed. The current Minister Kathryn McGarry communicated to Ms. Strain that letters were mailed to trappers about reducing recreational conflicts. As well, she indicated that in 2016 a new live capture trap was introduced that allows for the release of animals that were not supposed to be captured.

Recreational activities and visits to Crown Land and Provincial Parks have been increasing across the Province over the past few years and this will only increase the number of conflicts between various users. In Ms. Strain's case with the loss of her family dog, the local All-Terrain Vehicle (ATV) group did not know the traps were there either. The ATV organization was quite concerned as sometimes on their group rides, their kids play beside or near the trail during their lunch breaks. Since approximately 25% of trail users in Ontario are children, this is a concern.

Safety for all users of Crown Land should be the priority to prevent harm to people and unnecessary deaths of family pets. As Mr. Parks states, "If you are going to be a responsible trapper, you should arrange your traps in such a way that pets are not caught, why risk catching non-targeted animals?"

Stay tuned for further developments on this story.

 -552 
(333-5523)

Pine Valley Restaurant

~ Giftware • Groceries • Good Times ~

Hwy 41 in Griffith, East of the Madawaska River

YOUR SECOND HOME:
Home Cooked Meals
Homemade Pizza
Home Baking
Groceries, Movie Rentals
New Unique Giftware
Crafts, Gas & Diesel
Post Office
OLG Lottery



 Live **MUSIC** 
Monday Nights

**FRIDAY NIGHT
is Hand Battered
Fish & Chip Night**

Open:
Monday to Friday 7am - 8pm
Saturdays 7am - 8pm
Sundays 8am - 7pm

FULL SERVICE
DURING POWER OUTAGES

Ethical Foraging and Hiking Basics

By Colleen Hulett

Hiking basics and the rules of ethical harvesting are key to the sustainability of forests. Enjoy your hike and be safe.

Hiking Basics

- Tell a friend where you go and when you will return
- Register with the trail provider
- Know the weather
- Stay on the trail or use surveyors tape for marking branches
- Clap loudly or blow a whistle occasionally to give animals time to move out of the area.
- Wear layered light-coloured sport clothing, preferably quick drying and breathable. Long sleeve shirt and pants.
- Sun hat, sunglasses, sunscreen
- Raingear
- Hiking socks / hiking boots
- Compass/Star guide
- Muti-tool with knife
- First aid kit
- Mini thermal blanket
- Notepad and pen.
- Cell phone, portable charger and cable
- Camera and Binoculars
- Water canteen and water purifier drops
- Wet ones and tissue
- Air tight food containers
- Bear spray
- Bug repellent
- Garbage bag
- Mini LED flash light, batteries, red and white clip on lights
- Gloves, scissors, mini shovel, basket
- Snacks: protein bars and oral hydration powders



Eagles Nest Cliff on Manitou Trail

Wildcrafting Rules

- Follow and study your plants for at least a year or more to confidently identify them.
- Never pick within 10 feet of a roadway or path, or near known toxic areas
- Do not pick a plant with disease, dying leaves or animal/bug bites
- Pick between 9:30am and 11:30m after the dew and before sunlight is stressing the plant
- Bring a basket to carry your harvest, good for air flow and minimal bruising
- Don't harvest continually from one abundant area but gather a small amount from several different areas.
- Harvest only in an area of a dozen plants or more found closely together. Harvest up to 30% or less of the crop. Pick less than 10% if your crop is shared by other wildcrafters. Never pick more than you can use. Understand you may come back empty handed.
- If you want to transplant wild plants into your garden, use rescued plants from areas slated for development
- Never remove or disturb a root and be mindful of picking flowers, fruits and berries as they produce the seeds for new plants.
- Know which part of the plant is harvestable before you pick.
- Know your plant look-alikes and understand the plant or fungi in front of you may have never been identified before...take pictures and notes and get expert advice.
- Know the poisonous plants of the area and what treatment is needed if you encounter an emergency. For example, washing the area exposed to poison ivy with urine soon after contact works very well. (Gross, I know, but the rash is by far worse)
- Never pick endangered species or pick plants in protected areas. For example, American ginseng and goldenseal are endangered plants in our Ontario highlands. Consult the following websites for more information: www.sararegistry.gc.ca or www.northernontarion-flora.ca Knowing the rules in your region is a must as a permit may be required.
- Bring back your litter and any litter you find to leave the forest looking better than you found it.
- Most importantly, share your knowledge with a child so our forests can be protected long after you are gone.



The three leaves below the Trillium flower store the plant's only food. Once it has been cut, food no longer can make its way to the petals or to the stem, it immediately begins to wilt and turn brown as the plant begins to die.

I love hiking. I have been hiking and foraging for medicinal herbs for many years. I especially love the mature and old growth forests found right here in the Madawaska Highlands. Every time I'm under its canopy, I lose track of time and my troubles magically disappear. Every time.

Did you know the health benefits from hiking in a forest are scientifically proven? Japanese scientists have been proving many benefits since the 1980's. Walking in forests is so important to the Japanese that the practice is actually incorporated into their preventative healthcare system. Who'd of thought hanging with trees could measurably boost our immune system? Depressed, sad or angry? I encourage you to venture out into the woods to experience its extraordinary beauty and healing powers.

While hiking in a virgin forest, one should be dressed properly and carry certain provisions. Luckily, through trial and error in the bush, I have compiled a list of basic items to wear and carry in your knapsack. I encourage you to carry them all and to share the load with a friend. If you also go wildcrafting (an ethical way to harvest wild food) on your hike be prepared to lose track of time and stay much longer than anticipated.

I was taught how to harvest ethically through courses with herbalist Rosemary Gladstar and have been practicing her methods for about 20 years. Why 'ethical' does one ask? Knowing the environmental impact, you can have while hiking and foraging, will help you consciously protect the wild foods you



Wild mushrooms can kill you, so never take chances. However, Chicken of the Woods is one of the "foulproof four" because it is easy to identify and doesn't have poisonous lookalikes, but still, don't take chances.

love for many years. Consider the case of the beloved Trillium. If you pick its flower it can take seven years to grow back. Carpeted forests of Trilliums can be a century old and it could be wiped out very quickly because of picking the flowers to fill a vase. However, picking and eating the delicious leaves of Trilliums before it flowers will not harm the plant or disturb its area. Wildcrafting knowledge, you see, ensures the forest can continue to thrive and satisfies your palate and pocket-book for years to come. Before you go hiking, please consider hiring a hiking guide or plant expert to teach you how to identify plants safely, especially if you are afraid of poisonous plants, animals, getting lost, or simply not wanting to spend a couple years following and studying plants you wish to forage.



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

CALABOGIE LODGE Resort

Elite Annual Membership!

FULL USE OF:
SALT WATER POOL & HOT TUB
WATERCRAFT, BEACH, & TENNIS COURT
RENOVATED EXERCISE ROOM
ACTIVITIES & GAMES ROOM
Plus 25% off Condo Rentals!
 (any size - based on standard room rate)

Family \$600 Per year HST included

Sign up Today!

No vacation ownership necessary
 613-752-2676 or 1-844-883-1724
CALABOGIELODGE.COM

Imaginative:

Women's Fashion & Accessories

Local Art & Giftware

Handmade Moccasins

Artisan Jewellery

35% off
 a beautiful selection of Women's Fashion

The log home in historic Burnstown
 1694-A Burnstown Rd. 613-432-0670
somethinspecialburnstown.ca

By Angela Bright

*An evening of family fun is coming your way at the 1st Annual Fun Fair at NAEC, hosted by the Parent Advisory Council on Thursday, May 18th, 5-8pm. It will be an exciting evening featuring Fun & Games, Little Ray's Reptile Zoo, a BBQ, Funtastical Costumes, a Cake Auction, Face Painting, Balloon Animals and a Silent Auction. Money raised will go towards new projectors and equipment.

*Thank you to Denbigh Recreation for a great day on Saturday that started off with fluffy pancakes, tasty sausages, fresh fruit, and baked beans; all the trimmings. The Children's Easter Party followed, with over 30 kids attending, as well as good number of family members. The kids enjoyed some traditional games with an Easter theme twist, and thankfully, the rain held off just long enough for the big egg hunt. Denbigh Recreation would like to say a word of thanks to everyone who joined us for the Pancake Breakfast; it was a great success!

*Denbigh Recreation hosts Community Coffee Time every Friday morning from 8-10:30am, at Heritage Park. Coffee and Tea is \$1.50 unlimited, Baked Treat \$1.00 and a Breakfast Sandwich is \$3.00. Everyone welcome!

*A BIG thank you to all who enjoyed pancakes & maple syrup at the annual breakfast at the New Apostolic Church in support of the Community Food Bank on Saturday, April 29th.

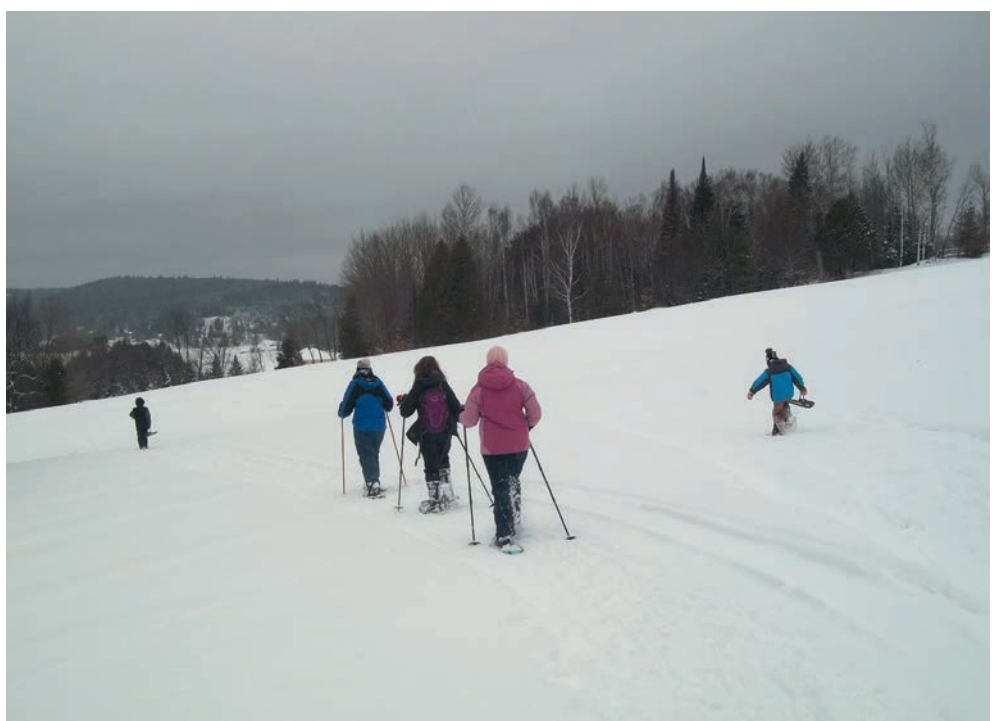
*The New Apostolic Church hosts Family Fun Night Friday evenings at the Addington Highlands Community Centre gym. Enjoy basketball, volleyball, badminton and floor hockey from 7-9pm. Info Rev. Robert Sprague robertsprague@gmail.com.



Children's Easter Party. The Easter Egg Hunt is on!

*Land O Lakes Community Services offers a Range of Motion class every Tuesday at 9:30am in the Denbigh Hall basement. The class lasts 20 to 25 minutes, followed by a social time with coffee & tea. Contact Pam at LOLCS 613 336 8934 ext.229.

*Have you heard about the Meals on Wheels program that is being run by Volunteers in the Denbigh area? They produce a weekly delicious hot meal brought directly to your door. You can have this service every week or as a special treat whenever you'd like. Cost for soup or salad, main course and dessert (including delivery) is only \$6.00!!! If you are interested, or know someone who could use this service, call Lori Cuddy @ Land O'Lakes Community Services 1-877-679-6636 or 613-336-8934 for more information.



A scene from the January Snowshoeing Event. Winter in the Highlands is beautiful and much more fun if you get outdoors to enjoy it.



Family Fun Day 2017 was a whole lot of fun for people of all ages. The Healthy Kids Community Challenge is making a difference. As the sign says, "Water Does Wonders!"



All this for food for just \$11 and you don't have to drive to the city to get it. Wow! Just order in advance and pick it up on the third Thursday of the month at the Vennachar Free Methodist Church.

*The Good Food Box is available in your neighborhood! You place your order near the beginning of the month to receive fresh produce (at wholesale prices) and it will arrive at the pick up location on the third Thursday of the month. Vennachar Free Methodist Church became a Host Site as of October 2016, where you can both place & pick up orders. What you receive in your box varies from month to month and from season to season. Fresh produce is bought in large quantities from a wholesale produce distributor and, when possible, local farmers. There are 4 options to choose from; Large \$17, Small \$11, Fruit Bag \$6, Veggie Bag \$6. Cash only payments are due when order is placed. It is a non-profit, fresh fruit & veggie program run by volunteers and supported by KFLA Public Health and the Napanee Branch of the Salvation Army. The next Good Food Box order day is Wednesday, May 31st from 1-4pm, with orders arriving on Thursday, June 15th and available for pick up between 2-5pm at VFMC, 424 Matawatchan Road. Info Angela 613 333 1901.



Finest
Local Foods & Drinks
Enjoy our Deck
and Gardens by the Lake

Dining Room, Lounge, Bar & Patio on Calabogie Lake
Thursdays: Karaoke 8 - 11 ~ Fridays: Famous Friday Fish and Chips
Mothers Day Brunch with music by Simon Clark: May 14, 10 - 3
Breakfast now served Saturday and Sunday 8 - 11

Casual Dining
Valley Culture & Heritage



Lively Entertainment, all starting at 8pm
Reservations always suggested 613-752-2006 ext. 311
Dinner & Show packages available every Saturday night. 

May 13 - Keith Glass Trio (Juno Award Winner)
May 20 - The Paul Reddick Blues Band, with Steve Mariner
(2017 Juno Award for Blues Album of the Year)
May 27 - The Paul Deslauriers Band
(2017 Maple Blues Award for Entertainer and Bassist of the Year)

729 Mill Street, Calabogie (At Calabogie Lodge) 613-752-2006 ext 311
www.thevalleyfoodanddrinkco.ca Tickets: Eventbrite.ca

Outdoor Survival Skills and Preparedness for Camping Season!

By David Arama

After a very long winter that seemed like it would never end, now it's time to get ready for camping, cottaging, RVing, hiking, fishing, boating, ATVing, and just getting outside in the great outdoors! Do it safely and be prepared.

This past winter saw plenty of extreme weather events, and a rash of drownings via snowmobiling. Many would have survived had they heeded warnings of unsafe ice conditions, and if they'd worn floatation suits. The same common sense and preparedness applies to spring-summer-fall outdoor activities. Here's a review of survival preparedness for a few popular Outdoor Pursuits:



Camping:

In addition to standard camping gear, eg tent, tarp, sleeping bag and underpad, camp stove and mess kit, water purification and food provisions. Bring a rope or pulley system and bag for food hanging and bear proofing. Also have an emergency survival and first aid pack, communication equipment, map/compass/handheld GPS unit, and leave a backup trip plan with someone (or local authorities). Finally, dress for the outdoors: woolens, fleece, gortex shell, merino wool or fleece longjohns, warm hat and sun hat, and Outdoor footwear.

Hiking:

Carry a portable survival and first aid pack. Let someone know where you're going, and when expected back. Carry reliable communication equipment, eg SPOT or In-Reach personal tracking device, smartphone etc. Dress for the great outdoors, employing the concepts of base layer, insulation layer, an outer shell. Wear properly fitted and worn-in hiking boots, and I recommend wool socks for qualities of keeping dry, and preventing blisters.

Automobile Road Trips:

Make sure that you don't trust car GPS units in rural and wilderness regions. Rather, you should double check routes and road maps beforehand. It's a great idea to invest in a cell phone booster amplifier. I have a 'Wilson's Sleek Model', sold at Canadian Tire and The Source retailers. A booster will amplify your signal 20 X's, and give you coverage in many dead zones. Also, you should have a roadside assistance plan.

ATVing:

Carry a bush survival and first aid kit, communication equipment, navigational gear, and a sleeping bag/underpad and tarp or small tent.

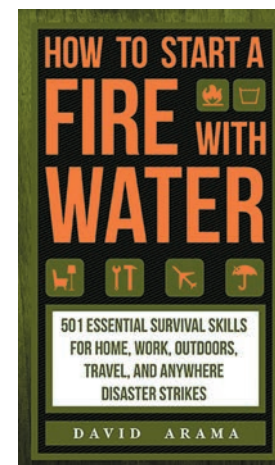
In addition, have winch, battery booster inverter tools and extra spark plugs, and instant flat tire repair can and air pump.

RVing and Cottaging:

In addition to everything in the camping section, have extra wool blankets and clothing, backup deep cycle battery and generator, portable solar system, and extra jugs of water. A chemical portable toilet is a good idea. A minimum 72 hour food supply is recommended.

The following are also recommended:

- instant tire inflater spray can
- fully inflated spare tire
- sleeping bags -20 Celsius rated
- wool blankets
- extra woolen and fleece clothing
- flashlight
- candles
- roadside flares
- bottled water
- high energy foods



David Arama
www.wscsurvivalschool.com

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

Fishing and Boating:

Wear properly fitted, Transport Canada floatation, and have signal flares, fox-40 whistle and air horn. Also, have a PLB or marine working locatpr beacon, survival and first aid pack (waterproofed), and leave an emergency trip plan behind.



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps.

www.marblelakeridge.com
www.wscsurvivalschool.com

Kelly Derue, Broker
29 Raglan St. Renfrew
Phone 613-433-2681
Fax 613-432-8476
Email kelly.derue@century21.ca
www.kellyderue.com

257 Feet of Waterfront!

Priced to Sell!

549 Norlock Lane 257 Feet of Waterfront
Madawaska River at Springtown close to Calabogie Peaks Ski Hill, Highlands Golf Course and Calabogie Motor Sports. Quaint cabin offers a place to spend the night or weekend. The fishing is great all year. Level river access for boating or swimming
MLS#1040266 169,900.00

90 Big Hemlock Trail Priced to Sell
Beautiful lot on Centennial Lake. Hydro to the lot, deck and stairs in place. Ready for your enjoyment.
MLS# 1044171 99,900.00

Cottage on Golden Lake!

Almost 5 Acres in Renfrew!

76 Sleepy Hollow Lane Cottage on Golden Lake
2 bedroom cottage, move in ready. Drilled well, installed septic. Level to the lake, magnificent view.
MLS# 1053726 229,900.00

478 Coumbes Lane
Almost 5 acres in the centre of Renfrew. 3 bedroom home with attached garage. Property fronts along Smith's Creek.
MLS# 1047839 229,900.00

Switch to TD and save up to \$1225 on set up fees!

Ask me how you can save on set up fees for applications submitted between December 21, 2016 and June 14, 2017

Jocelyn Gauvin
TD Mobile Mortgage Specialist
Jocelyn.gauvin@td.com 613 318 9379
Serving Renfrew County
I will come to you

New Programs at Greater Madawaska Public Library

By Sharon Shalla

We've been busy planning some new programs at the library and are excited to tell you about them. Children's Programmer, Krystal Moran, has started a Tween Book Club that meets every second Tuesday at the library from 6 – 7 p.m. So far, we have 8 enthusiastic participants. The first book chosen was Smile by Raina Telgemeier. The next book to be discussed is Charlotte's Web by E.B. White. Children ages 7 to 12 are invited to join the club. If you would like to just drop in and see what it's all about by all means, please do so. You may want to come back again and again, and we hope you do!

Starting Saturday, May 6th, we're offering the Saturday Makerspace Library program. All ages are welcome to come and put their creativity to the challenge by making something from the selection of "makerspace" resources we have. We've purchased Lego and Duplo sets, magnetic connecting building sets, robotic and electronic makey items, and more! This is a great family activity and suitable for all ages. The Makerspace program runs from 10:30 a.m. to noon every Saturday in the library's Program Room, and best of all it's FREE!

Spring has finally sprung at the library and the worms are out...or should I say IN. Our storytime group had fun playing with their "spaghetti" worms at a recent activity. Children's programmer, Krystal Moran, came up with the idea to bring in a big bucket of sand and cooked spaghetti and then bury the worms in the sand so that our little storytime friends to go "worm picking." We all had a lot of fun and laughs searching for worms as you will see from the photos.

Our popular Well Baby Drop-in clinic is now known as the Parent - Child Drop-in and is an excellent program for parents to visit with Renfrew County Public Health Nurse, Jennifer McCuaig, to discuss child development, behaviour, and your child's general well being. Jennifer visits the library the second and fourth Thursday of the month between 10:30 and 11:30 a.m. The Drop-in is FREE!

Showcase Paradise is coming to the Calabogie Community Centre May 25th from 4 – 9 p.m. & May 26th from 11 a.m. – 9 p.m. and the library will be participating.

We'll feature author visits from:

1. Irene Robillard
2. William McNaught
3. Peter Kunstadt
4. David Mulholland
5. Noreen Kruzich

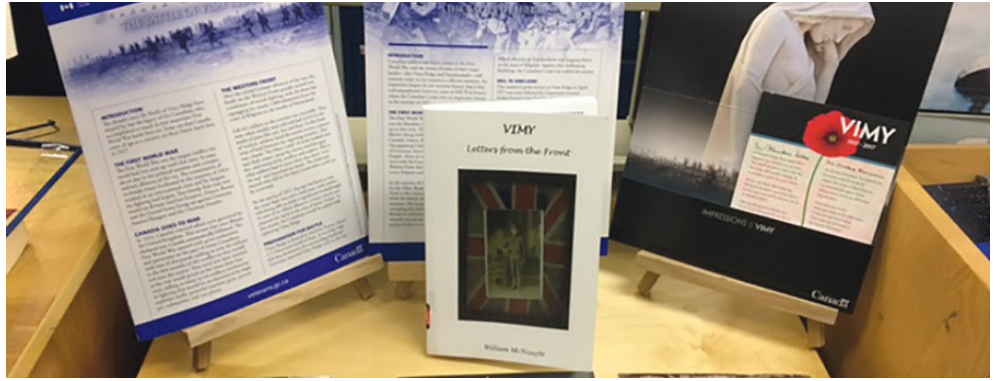
We'll also be playing the Black Donald Mines



Spaghetti Worm Diggers

DVD, and have some prize giveaways. Keep an eye on our Facebook page for the times of individual author visits.

Membership to the library is free for all residents and taxpayers of Greater Madawaska Township. Please bring in proof of address when coming to the library to sign up for a membership. Examples include your driver's license, insurance statement, utility bill, rental or lease agreement, and tax bill.



Vimy display featuring William McNaught's new book, Vimy: Letters from the Front. He will be signing books at Showcase Paradise in Calabogie May 26 between 2 to 5. Meet him and other authors from the area, and if you know anything about the old communities, come on in.

RECENT ARRIVALS:

Adult Fiction

- The Colour of Milan by Ian Hamilton
- The Best Kind of People by Zoe Whittall
- The Couple Next Door by Sheri Pepena

Adult Non-fiction

- Brain Warriors Way by Daniel Amen
- Food to Grow by Frankie flowers
- Guinness World Records 2017
- The Age of Bowie (David Bowie) by Paul Morley

Youth & Juvenile

- I am so Awesome by Joe Fitzpatrick
- Big Dinosaur, Little Dinosaur by Devin Wooster
- The Night Before St. Patrick's Day by Natasha Wing

DVDs

- The 5th Wave
- The Accountant
- 13 hours: Secret Soldiers of Benghazi

RED CROSS BABYSITTING COURSE

Saturday June 3, 9am - 1pm
info: 613-752 or GMP@met.ca

CANCELLED

\$65 per student
To register: www.safetytreecanada.com
click on courses, then babysitting, then find Calabogie

Bring a nut-free lunch and snacks, water and a baby doll

Register and pay online by May 27
If we don't have enough registrations Safety Tree will notify and refund you.

LOCALLY OWNED

LAYTON KNIGHT-LOCKE

CONTRACTING

PLUMBING & HEATING

FULLY LICENSED AND INSURED

WINTERIZE COTTAGE PLUMBING
SEWER AUGERING & DRAIN CLEANING
NEW WATER & SEWER SERVICES
FROZEN WATER LINES AND MORE!

PLUMBING
Repairs, Renovations & New Housing
HOT WATER TANKS, SUMP PUMPS, TOILETS
SUBMERSIBLE WELL PUMPS, **EVERYTHING!**
SALES, SERVICE & INSTALLATION

HEATING & AIR CONDITIONING
Sales, Service & Installation
FURNACES, FIREPLACES
BOILERS (NATURAL GAS & PROPANE)
10 YEAR PARTS & LABOUR

613-433-1111 RENFREW

Excellence
by Kelly Homes...

Turn-Key Custom Homes to your specifications/design

Design for you
Detailed drawings
Challenging terrain & delicate estate properties a specialty

KELLY HOMES

- EXPERIENCED
- LICENSED
- FULLY QUALIFIED
- COMPETITIVE PRICING
- REFERENCES

613-433-1035 KellyHomes78@gmail.com

Art Meets Science in Burnstown

Art meets science with “A collection as strong as the wind”

June 10 at Bittersweet Gallery - Meet the Maker- Anne-Marie Chagnon

Shortly after Bittersweet Gallery first opened its doors in the year 2000 owner Cheryl Babineau and her husband Richard Gill discovered the work of Anne Marie Chagnon at a show in Montreal and have been representing her jewellery designs ever since. Every year for the past twenty, Chagnon has expressed the passion to create a distinctive and unconventional collection as prevailing as they are timeless. Her pieces unite chiseled pewter, iridescent glass, carved resin, gold, bronze, leather, wood and horn along with images taken from her charcoal drawings or details from her paintings.

Over the past 10 years the gallery has celebrated her latest collections with a popular spring launch and trunk show. This year Cheryl & Richard are honoured and delighted to announce that Anne-Marie for the first time will be in attendance with her most recent 2017 spring/summer creations. Also for the first time the gallery is pleased to be showcasing the artist's original abstract paintings.

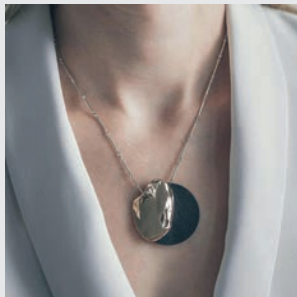
As in previous events Bittersweet will be donating a portion of the proceeds to Ovarian Cancer. This year the proceeds will go directly to the Ovarian Cancer Research Team at University of Ottawa. Cheryl is also pleased to say that Dr. Barbara Vanderhyden PhD who a senior scientist and chair of Ovarian Cancer Research will also be in attendance.

Why is it vital to fund clinical and fundamental research on ovarian cancer? Still very unknown to the public, it is the deadliest gynecological cancer.

“A collection as strong as the wind” opens at

Bittersweet Gallery in Burnstown Saturday, June 10 - from 11 to 5 Anne-Marie will attend from 2 -5

A portion of the proceeds will go directly to the Ovarian Cancer Research Team at the University of Ottawa



J'ai Ca Dans La Gorge by Anne-Marie Chagnon
Acrylic on canvas - 72x48

· No screening test currently exists. Therefore, in 75% of cases, ovarian cancer is diagnosed at a stage too advanced for a cure to be possible.

· Despite remarkable progress in technology and chemotherapy, the five-year survival rate for patients at an advanced stage of ovarian cancer is as low as 15 to 25%.

· In Canada, 17,000 women are battling ovarian cancer right now and 2,600 more will be diagnosed with ovarian cancer this year.

· Research is the greatest hope for ovarian cancer patients and their families – and for all women, as each is susceptible to suffer from it one day

Dr. Vanderhyden is optimistic that all of the recent work in cancer research, including studies in genetic or viral therapy, may in some parts be transferable to the

treatment of ovarian cancer. The approach is to develop the platform for scientists from all disciplines to share their work, and to find ways to transform this information into applicable treatments.

In the meantime those who are interested can make donations to this cause directly online at alumni.uottawa.ca/ovarian-cancer-research

“A collection as strong as the wind” opens at Bittersweet Gallery in Burnstown Saturday, June 10 - from 11 to 5 Anne-Marie will attend from 2 -5

Light refreshments will be served and there will be door prizes of jewellery and art.

New Metal Artist in Plevna



L.S. Design is a new home décor manufacturing company that specializes in custom-made fire rings and metal home décor signs as well as functional art (coat racks, candle holders), and more. Owners Laura and Kirk operate their business out of their home shop in Plevna and sell their products at art shows and cottage & country shows. They also sell their art across Canada online at www.firingringking.ca. They use CAD CAM software to turn their artwork, or your ideas, into designs that can be cut with computer assisted precision. Strips of cut steel are then shaped and seamlessly connected to create round, hexagonal or custom shaped fire rings or other objects.



CUSTOM • DESIGN • COMFORT • QUALITY



www.normerica.com • 1-800-361-7449 • info@normerica.com



NORMERICA™
TIMBER HOMES & COTTAGES

Contact us to speak with a Normerica representative in the Madawaska area.



A Travel Diary

By Ernie Jukes of Camp J

By Canoe, Camper Van, Train, Bikes, Boats, Snowshoes, Skis, ATV's, Ships and Plane's.... with a lotta hiking in between.

Here and there for a variety of purposes we have travelled to many places and enjoyed some very interesting parts of this planet. But perhaps most of all it has been the many wonderful people we have encountered and the rich history they have shared with us over the years that has made these journeys so meaningful.

As many of you know we have always had a great interest in the canoe and I have enjoyed extolling its virtues in family canoe trips down the Madawaska, into Algonquin and camping in our local beautiful back country of Brule and the Schooners. Someone asked why were the natives here first? Did they have reservations? We employed their great craft diligently in many successful moose hunting and painting expeditions on the north shore of Lake Superior deep into Algoma and The Kabenung Hills near Pukaskwa Park.

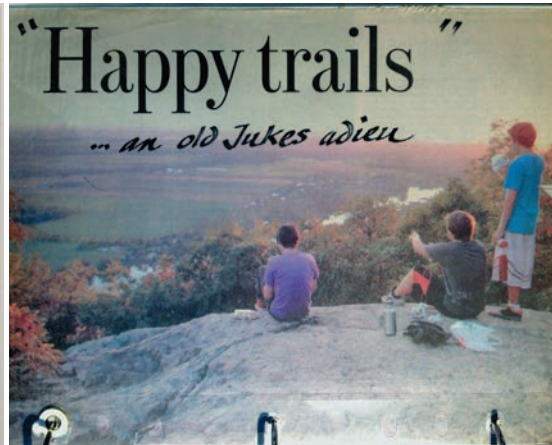
I recall driving Down East to take the ferry out to Grand Manan Island just to study and paint the glorious fogs they have there, plus a unique fishing community to be sure. I told my neighbour and fellow artist Cathy Cooper that I tried to catch those fogs, that never cleared till noon....but I mist! Other Fly fishing trips and more watercolours on the Miramichi and Nepisiguit of New Brunswick offer many great memories. Hey did you know they have a Madawaska too!

Speaking of incredible rivers, if you ever have the opportunity to travel a bit of Europe you may wish to try a small barge cruise on its many waterways. It's popular on the Rhine of Germany, or Mosel where we discovered Bernkastel, and its superb white wine, and others like the Dordogne and Seine of France. It's an economical way of travel which could even fit into our own landscape. Quebec has the waterways, the history and old European style to visit without the 50% higher cost of the Euro. We also discovered a long time ago that you should never make fun of someone who speaks broken English. It usually means they know another language!

About 40kms. NW of Paris situated on the River Epte we camped in our Eurovan at Vernon so as to visit Monet's Gardens, you know the one with the bridge, and waterlilies on the pond and all that. They, and his house, were terrific. Since Claude Monet the "master of light" had taught me so much about this aspect of painting I felt comfortable visiting his grave in the wee village of Giverny. While there we met the Schmidt's



One of my first drawings. Audrey beside the Eurovan. Trains, planes, automobiles and I already had the travel bug. Getting there is half the fun! canoes... Life is about the journey



I enjoy revisiting my travels through my paintings and travel scrapbooks, and by keeping in touch with many of the wonderful people we meet along the way.



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

a swell Dutch couple. Did you know that the Dutch are so proud of the Canadian Troops that saved them from starvation during WW2 that their school children look after all our war graves? Not so in France or England where we taxpayers still pay for that service. Canadians are generally well accepted everywhere we go but we were treated like royalty in Holland. While in that part of Europe we also toured the beaches of Normandy including Caen where we rescued Europe during WW2. We also visited our very impressive monument at the tunnels of Vimy Ridge, where our Canucks were victors a hundred years ago. My uncle Major H.A. Jukes won a bar to his D.S.O. at that epic battle that shortened WWI.

Other beaches Audrey and I have enjoyed include most of those of Hawaii and the many we may all know of North America. We also recall the picturesque Mediterranean and especially Italy, on the Adriatic Sea where we camped and hiked the Gargano Peninsula. Nowadays there are Walking Groups and I don't mean any association with John-

nie Walker... virtually everywhere one goes. We have a dandy hiking group right out of our own village hall. There was a time when we climbed the many wonders of the world such as ancient ruins and pyramids. Our simple local hills and lakes are still inspiring even though we now require a different mode of transportation. Skiing downhill and cross country and snowshoes which were all refreshing but gradually evolved to snowmobiling. I have to say there are so many really funny stories connected with snow that we would require the whole of the Highlander.

I remember golfing a lot of courses and curling many Bonspiels in season while we still had our legs working properly. Good areas for both were in Niagara, Oshawa, and Southern Ontario. We also played courses through Georgia, Jekyll Island, Hilton Head, Runway Bay Jamaica, Bahamas, Mexico and all over the U.S. and Canada as we RV'd. But I was especially content with my old schoolmate Jack Miller's own Three River's Golf Course at Crapaud, P.E.I. It was the last time we saw him alive.

We valued a tour of Greece and Turkey and Istanbul I which was a cool combination of cruise ship and bus of varying size taking us to special places perhaps not as safely done today. Due to my great interest in track and field during younger years, Olympia was a highlight. Here we ran and placed 2nd in the field of about 40 to win our laurel wreaths. The site held the very first Olympics 776 years before Christ was even born!

All Olympic torches are still lit there today. You all know how the float aircraft has become the modern canoe for travel, exploration, hunting and fishing our last frontier called Ontario. Even better is that the best planes built for this gigantic wilderness use are also built right here in Ontario. We also built our phenomenal AVRO Arrow Intercontinental advanced jet fighter 7 years ahead of the rest of the world? Yet surprisingly it was scrapped by an idiot politician. Local residents have heard and seen my son Dave fly in over Shumski's Lodge on Hutson's Lake, buzz us here at Camp J, and then land his Cessna 182 amphibian on nearby Matawanooka Bay off the Madawaska River. But he lacks the impressive power and space of the DeHavilland Canada DHC-2 Beaver which we employed for a few grand expeditions.

One of these flew us from Great Whale River, Quebec to the Belcher Islands of our huge Nunavut Territory. Like Ontario our Nunavut is also bigger than Alaska and twice the size of Texas. Of course the Beaver is also large enough to take 5 men, tent and plenty of game or gear. While fishing and eating fabulous Arctic Char and painting the tundra and Inuit I made a peculiar discovery. I came across a large stone fossil...an exact replica of an ancient palm branch! Yep, palm trees grew there in the distant past and in fact many qualified believe our ice fields are supposed to decline again. Well Gore? Eh?

The other flew 6 of us from Labrador into the treeline of Ungava for a successful Caribou hunt. Again, we used boats for transportation on the many picturesque waterways of the area to virtually select your prey. Some of the watercolours which I did to illustrate my articles of this trip and others for Outdoor magazines may still be seen at my Camp J studio. I must add that the meat of this particular wild game is one of the most delectable that this old Jagermeister has yet encountered.

As many of our readers know we have headed south to Mexico for a number of winters. One morning not long ago we bumped into old amigo Jim Munro, formerly a Madawaska Realtor at the local market. Like many folks, they visited once and returned to stay. He later returned with visitors Jim Ferguson from Griffith and Esther from Arnprior to our rented Casa Amarilla. It's name tells it's bright yellow colour which fits this beautiful area.

Continued next page...

Wellness Natural Health Centre

Calabogie ON 613-752-1540
www.wellnessnaturalhealthcentre.com

Programs

Mindfulness Meditation
Pilates - All Levels
Back Fitness & Stretch Class



Services

Natural Health Care
Massage Therapy
Reflexology & Reiki

Susan Veale BSc. Kinesiologist

Natural Health Practitioner
Mindfulness Meditation Practitioner
Certified Pilates Instructor

www.calabogiemindfulnessmeditation.com www.calabogiepilatesandmore.com

Visit our booth at the Calabogie Showcase Paradise
May 25 & 26 at the Rink

For Sale: Madawaska River Waterfront



240 McLeod Road • Executive Waterfront Home

- Very desirable neighbourhood • High end construction (2013) • Custom Build
- 4 bed/5 bath • 3 acres with gentle slope to the water • Walkout basement
- Self-contained inlaw suite will be in place prior to possession (2 bed/1 bath)

Visit: www.240mcleod.com



Pat Forrest

Broker of Record

Direct:
613-433-6569

Office:
613-432-9123



The View From Here
Continued from previous page

There are thousands of Canadians living on Lake Chapala and many fly direct Toronto to Mexico City and a wee hop over to Guadalajara aeropuerto just north of the Lake. This can avoid current potential U.S. immigration problems. An extra nicety of the Parque we live in is that we participate in pre exercises and a full set of Taoist Tai-Chi 3 times a week. I started enjoying this "Meditation in Motion" 25 seasons ago right there while RVing. We heard it may be coming to Matawatchan soon.

Hey, I have to tell you that one time we drove right from this same Lakeside parque.... right up the West Coast, through Mexico, the U.S., Western Canada, visiting our totem carvers at Haida Guaii, finally to Alaska. We later drove over the Top of the World Highway from Tok, to Chicken (so called because no one could spell "Ptarmigan", the local wild grouse. We caught up to a snow plow at Boundary, Canada where the road became paved. We were also above the clouds! Then steeply down into our Yukon Valley catching the ferry across the giant river to Dawson. The Klondike was the site of the world's largest gold rush and is still producing today. Yep we panned too and listened to Robert Service poems. Then we continued driving east across Canada visiting pals along the way, finally arriving back at Matawatchan at the end of June. This journey confirmed facts that Ontario is bigger than any U.S. state and we don't carry guns unless we are hunting or going to the range.

Finally take it from a pair of fortunate oldies, even if you can't travel much anymore or as my bud Jacques says Don't worry about old age, it doesn't last long. Younger folks too may consider in this modern world... money is numbers and numbers never end. If it takes mucho moola to be happy—your search for happiness may never end. In fact, most of the things folks generally worry about, at any age, simply will never happen....so relax and allow me to repeat my wee motto...

He who laughs -lasts



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

CAD Design
CNC Plasma-cut Steel:
Fire rings & Firepit Inserts
Decorative Railing Inserts
Garden & Home Decor
Personalized Metal Signs

FIRE RING KING

~ Order Online at FireRingKing.ca ~
Designed & Created in Plevna
Wildlife Fire Ring \$175

~ ANY SIZE FIRE RING OR SIGN ~
CUSTOM DESIGN NO EXTRA CHARGE



Shirley Grant celebrating her family's 100 years on the Mazinaw with friends. Photo: Ken Hook

Cloyne & District Historical Society member Shirley Grant's property on the Mazinaw has been in her family for 100 years. Last summer the anniversary was well celebrated by family, friends and neighbours on the lake. Shirley's mother, Maud Miller, grew up with very little. Maud's mother was widowed at an early age and the insurance to support her four children lapsed. Maud left school at age 13 (it was legal to leave at 14) and went to work at Christie's Biscuits in Toronto where she climbed the ranks to become the bookkeeper. At that time women did not vote, and were re-quired to work a 54 hour week. She brought home the broken cookies to help support her siblings.

Her dream was born when her Unitarian Minister, Dr. Robert Hutch-eons, shared stories of the magnificent granite rock near his cabin on Lake Mazinaw in the wilderness of Eastern Ontario. A curious woman, Maud was determined to see it. In 1913 at around the age of 30, Maud boarded a train in Toronto's Union station with some other single women friends and started off on a very remarkable journey. The women packed and carried all of their bedding, provisions, and cooking utensils into a rail car and left Toronto's Union Station on an adven-ture that would change her life.

The Ontario and Quebec Railway was running at this time, and would have taken them to the hub in Peterborough and then on to Kaladar. There was a telephone line from Kaladar to Bon Echo Inn and perhaps that is how the trip of 20 miles to the north was arranged. They boarded a wagon that took them up the Addington Road, and then travelled by foot to the launch (where Smart's Marina is now located).

Bon Echo Inn was in its heyday in 1913. Imagine the fun it would have been for them to board the boat that the Inn provided for their guests and travel to their final destination, a primitive old hunting cabin south of the rock. The memories of that time and place inspired and changed Maud's life. She was de-termined to own a piece of Eden on the Mazinaw.

Maud bought that same property from Catherine Meeks, the mother of Oscar Meeks. It is interesting to notice in the 1916 deed framed on Shirley Grant's wall that women were described only in how they were connected to men. Catherine was described as a "widow" and Maud was labeled a "spinster".



Maud Miller: Widow Catherine Meeks sold the property to Spinster Maud Miller in January 1916 for \$150.00



The original cottage, as painted by Ernest Tebbutt, Shirley Grant's uncle.

In 1922 Maud married Walter Sachs who arranged for a cottage to be built on the property. Each day a local man paddled from Shabomeka Lake to construct it. The cottage consisted of a single large room, an elaborate stone chimney and fireplace, a mezzanine reached by a birch bark ladder which was great fun to climb and a front veranda.

Indigenous Veterans



Elders and Indigenous soldiers in the uniform of the Canadian Expeditionary Force during the First World War. (Photo: Library and Archives Canada PA-041366)

National Aboriginal Day is celebrated each year on June 21, while Aboriginal Veterans Day is commemorated on November 8. Indigenous people in Canada have reason to be proud of their wartime contributions. More than 7,000 First Nations members served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also participated. One Veterans group estimates that 12,000 Indigenous men and women served in the three wars.



A kitchen with a woodshed on the back was built around 1930. It is used today as a workroom.

Another one room building was erected as a kitchen just opposite the back door. An ice house was added at the water-front. Local workmen would cut ice from the lake and fill it during the winter. Afterwards still another cottage was constructed where Shirley now vacations. Her children, and many relatives have developed other parts of the property.



Maud's grandson, David Sachs standing in the crib of the original icehouse at the water's edge.

C & D HISTORICAL SOCIETY



The Alladin's screened in porch, facing Lake Mazinaw.

As children arrived, a large tent platform was constructed that was big enough for four beds and four orange crates as dressers, and this is where the children slept. Putting up and taking down the tent was quite an event.

In 1928 a three room cottage was built with a spacious screened veranda from lumber supplied from the Alladin Lumber Company. This building was built by Walter Sachs and a neighbour in one day. It still exists and is called "The Alladin".



The Alladin, built in 1928 still stands and is used today.



Bedroom furniture (circa 1882) in main cottage be-longed to Maud Miller's mother, Elizabeth Pearson Miller.

Photos: Malcolm McCulloch

In 1935 a large cottage was constructed by a Toronto builder and the original cottage was used solely for storage. It survived until 1971 when a winter of particularly heavy snowfalls brought down the roof.

Blessed by the sublime beauty of The Mazinaw, and a dream worth following, Maud Miller was able to leave a retreat that fostered good times and memories for 5 generations.

History provided by Shirley Grant.



Entrance to the family cottages on Lake Mazinaw, now owned by the descendants of Maud Miller.

CLOYNE CANADA150

Creating a Park with Reforestation

On August 2, 2002 around 3 a.m., a microburst passed through the area from Highway 62 towards Mountain Grove. It destroyed the 200 year old pine grove beside the Pioneer Museum. Plans are in the works for reforesting and creating a park for all ages to enjoy.



The Land O' Lakes Garden Club (LOLGC), the Cloyne and District Historical Society (C&DHS), Mazinaw-Lanark Forest Inc. (MLFI) and North Frontenac Municipality have joined forces to regenerate the area between the Pioneer Museum and Barrie Community Hall in Cloyne that was devastated by a microburst in 2002 during which most of the trees were destroyed (some 200 years old). We will create a legacy parkland with educational signage for all to enjoy.

Ken Chatson, a local artisan, has been commissioned to create a metal bench which will be placed in the above area.

Laura Schwager and her cousin, local members of our indigenous people, have graciously accepted the task of designing a plaque which will honour the First Nation Community whose footprints were first upon this land.

Garden Club members have been busy painting, under the guidance of Lynn Osborne (a co-chair of the Garden Club), the 13 Provin-

cial & Territorial Flowers on plaques of marine plywood kindly donated by Brad Douglas of Home Hardware (Northbrook). These plaques will be mounted on the outside of the Museum for the summer season and then auctioned off in the Fall.

We would like to invite your readers and community to the official unveiling of the projects at the Pioneer Museum Opening Day in Cloyne. We are planning a real Canadian Celebration with our local vocal group (the Bon Echo Singers) singing Canadian songs, a ukelele/guitar/singing group (Tunes and Tea) also performing Canadian songs/composers, a talented local singer (Martine Buissart) performing in French, a local band (The Pickled Chicken String Band) and of course, food.

This event is planned for the morning of Saturday June 24 at 11:00.

Please mark Saturday June 24th on your calendars and join us to celebrate Canada's 150th Anniversary.

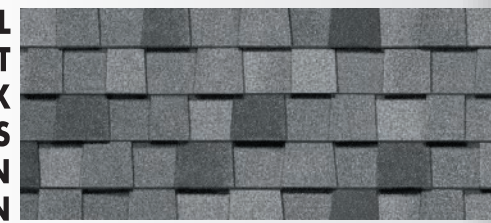
GRIFFITH BUILDING SUPPLY

An Acre of LUMBER & BUILDING SUPPLIES
Planning a Project? See us for a competitive quote.



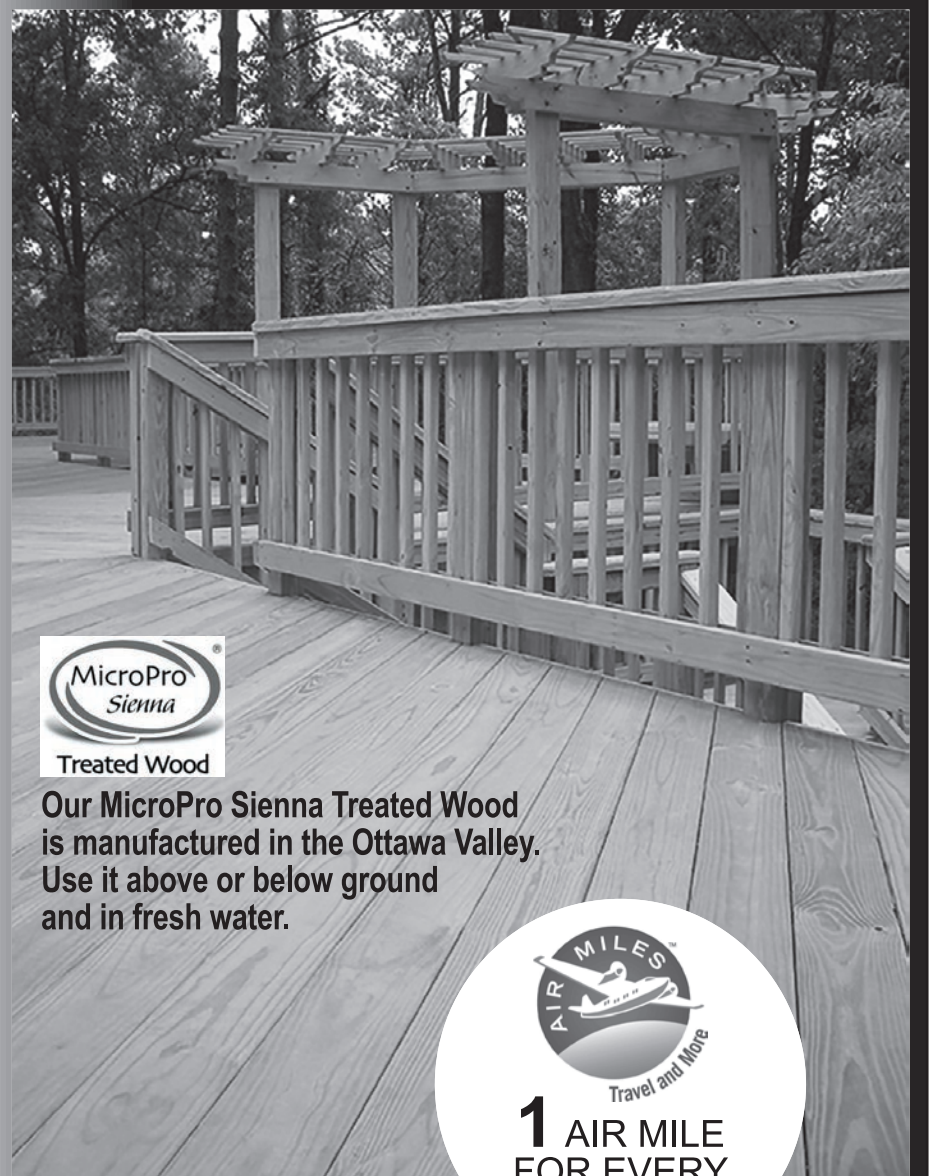
**CONSTRUCTION LUMBER
DRESSED 4-SIDES PINE BOARDS
MICROPRO ULTIMATE SIENNA
ULTIMATE DECKING
CUSTOM ROOF TRUSSES**

**DRYWALL
PORTLAND CEMENT
CONCRETE READY MIX
BP ROOFING SHINGLES
FULL LINE OF FIBERGLASS INSULATION
BLOWN-IN CELLULOSE INSULATION**



**KAYCAN VINYL & ALUMINUM
SIDING PRODUCTS
PLUMBING SUPPLIES
PUMPS, TANKS, WATER HEATERS
FAUCETS, FULL LINE OF FITTINGS
WINDOWS & DOORS**

**GARDEN & LANDSCAPING SUPPLIES
TOPSOIL, BLACK EARTH, PEAT MOSS
MANURE, MULCH, FERTILIZERS
PATIO STONES, DECK BLOCKS
CEMENT PRODUCTS**



Our MicroPro Sienna Treated Wood is manufactured in the Ottawa Valley. Use it above or below ground and in fresh water.



Monday to Friday 8 a.m. to 5 p.m.
Saturday 8 a.m. to 3 p.m.
CLOSED SUNDAYS 613-333-5596 Hwy 41 Griffith

WELLNESS

Aging and Exercise - It's Never too Late to Benefit

By Susan Veale

Spring is upon us and we will want to put away our winter gear and head for the golf courses, the hiking trails and maybe even try out the water skis. Those less adventure-some will still want to enjoy a walk or maybe work in the garden. We are so blessed to live and play in this wonderful county where we can enjoy the incredible opportunities to stay active and fit.

Exercise is good for everyone and intentional exercise is vital as we get older for within aging, changes in the form of damage starts to happen inside our muscle cells. Muscle cells become weaker and do not regenerate as easily. This is because of the mitochondria, the energy generators of the cell, which decrease in number and diminish in vitality. Don't give up and get too comfy on the couch just yet.

There is new independent scientific research that suggests intense exercise is a way to overcome the damage that aging creates. A recent study conducted by The Mayo Clinic in Rochester, Minn., examined the muscle cells of two groups of seventy-two healthy men and women volunteers. The first group was under the age of 30, the second, over the age of 72. They took baseline measures to set fitness levels, blood-sugar levels and gene activity as well as the health of the mitochondria in the cells. The volunteers were then randomly assigned different exercise routines.

The routines consisted of vigorous weight training, stationary bike pedaling with interval training, stationary bike pedaling at a moderate steady pace intertwined with light

weight lifting and the other group did no exercise at all.

After the twelve-week test period, lab tests were repeated. No surprise, those who exercised experienced increased fitness levels and a better regulation of blood-sugar. For the group that did the intense weight lifting, they experienced greater changes in muscle mass and strength. Those that did the interval training (pedaling hard for four minutes, resting for three and then repeating that sequence three more times) had the biggest change in endurance levels.

The most exciting and unexpected results occurred in the biopsied muscle cells. When the muscle cells for the younger population were examined, the activity levels of 274 genes had changed for those who did the interval training compared to an outstanding almost 400 in the older population. For the moderate exercisers, the difference was 170 vs 19 and 74 vs 33 for the intense weight training respectively.

So, it seems that many of the affected genes particularly in the older interval exercisers are believed to influence the ability of the mitochondria to produce energy for the muscle cells by increasing their numbers and health.

Dr. Sreekumaran Nair, a professor of medicine and an endocrinologist at the Mayo Clinic, states that, "it seems that the decline in the cellular health of muscles associated with aging was corrected with exercise, especially if it was intense." In fact, it seems that the older group responded more favourably



Interval training (walking or pedaling hard, then resting or walking slowly in repeated intervals) actually repairs damage to aging genes.

to the intense interval training leaving us to believe...it's never too late to benefit from exercise!

Here in Calabogie, we have various exercise programs... For seniors over the age of 65, we offer the "Senior's Falls Prevention Program." We also have "Back Fitness and Stretch Classes" and "Beginner and Intermediate Pilates Classes." We also have aerobics classes and the new outdoor exercise equipment at Barnet Park. We have Pickleball at the school and Nordic walking. In addition, there are many hiking and biking trails, two golf courses and so much more to keep you active.

For more information on the Seniors Falls Prevention Program and other fitness classes, contact Susan Veale, fitness coordinator.

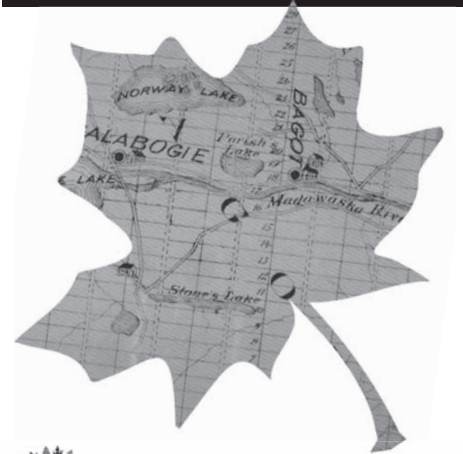
613-752-1540

info@wellnessnaturalhealthcentre.com

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



GREATER MADAWASKA TOWNSHIP CANADA 150 ART TREE PROJECT



CANADA 150 ART TREE PROJECT

Greater Madawaska has joined one hundred other groups in creating an Art Tree. This Art Tree will be a community event.

A call is out for information on the past and present community hubs in what is now the Township of Greater Madawaska.

So many small rural communities once existed and if you know any thing about one of them we would love your participation in sharing your insights.

There is a history committee that you can contact at : 613-433-3274 or schalym@gmail.com There will be a community Art Tree workshop at Bogie Days, May 27th 1:00pm - 3:00pm at the Calabogie community center.

This workshop will be videotaped to later be made into an Youtube: Art Tree Story. This video will be featured on Cogeco T.V, Canada 150 - Art Tree website and Facebook page, and Youtube. There have been two Art Tree Stories created by groups from Calabogie: St. Joseph's elementary school and Oma's Garden. Check them out! This event has been developed and managed by volunteers from Greater Madawaska and now is a national event. It is not for profit and endorsed by Heritage Canada. There are many community art tree exhibits in Renfrew County going on through out 2017. Greater Madawaska is hosting it in Calabogie for Canada Day weekend and for part of the summer.

The Gathering of information on past community hubs is time sensitive since we need the information before the workshop on May 27th. You can get a sneak peak at the first stages of the Art Tree and pick up information on the workshop at the township's booth during the **Calabogie showcase Paradise on May 25th and 26th** which is also at the Calabogie Community Center.

50 Years on Centennial Lake! Snider's Tent & Trailer Park & Variety Store

271 Airds Lake Road
Matawatchan
(613) 333-5551
Sun to Wed 8 - 6
Thurs 8 - Noon
Fri & Sat 8 - 8

Gas Regular & Premium

Our variety store has a real variety... Gas, Propane Exchange, Ice, Worms, Groceries and so much more!

"Honey Do This" Company



YARD MAINTENANCE CALABOGIE AREA

Lawn Care ▪ Seasonal or As Required
Spring Yard Cleanup ▪ Removal of all Debris

PROFESSIONAL HANDYMAN SERVICES

Creative Solutions ▪ Reasonable Rates
Flexible Scheduling ▪ Meticulous Carpentry
Painting ▪ Plumbing Repairs

PROPERTY MANAGEMENT

Rental Properties ▪ Insurance Checks
Security & Damage Checks ▪ References
Emailed Inspection Reports with Photos ▪ Insured

Weiss Maintenance

Bill Weiss 613-570-1488 weissmaintenance@gmail.com



DOYLE CARPENTRY

Certified
30 Years Experience

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

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

Jeff Doyle

Serving Denbigh & Area
doylecarpentry.jd@gmail.com

The Joys of Gardening

By Antonia Chatson



**A garden
is a delight all
year!**



Gardening as a pastime, you say! I really don't know why anyone would indulge in it! It is definitely costly, certainly frustrating, decidedly unpredictable, naturally nerve-wracking, ephemeral and mercurial by nature, constantly demands attention and requires of its owner-operator more work in one year than many people achieve in a lifetime. Or at least it seems that way! BUT - it is the most rewarding business, pastime or hobby that anyone could indulge in. With regards to the high cost of maintaining it, my husband would always dismiss that by saying that it was cheaper than diamonds and furs. When I told a neighbour that I spent about 4 hours per day in the garden, she sardonically remarked that it kept me off the streets! So there is motivation involved - other than that of pure aesthetics!

If I can get past the traumatic experience of entering the garden in the morning to investigate what dastardly acts have been committed during the night by the dark and evil forces of nature, I am always rewarded by something that has not been touched. To see the splash of red on the raspberry and red currant bushes, the blush of purple on the ripening gooseberries, the cobalt hue on the blueberry bushes and the black clusters of berries on the black currant bushes is enough to warm my heart. To view the bean bushes slashed with gouges of yellow, to see the pea vines racing each other to the top of the page wire fence that has been staked in place for just that purpose, the tomato plants vying with each other to reach the top of their stakes and dotted with yellow flowers, the corn shooting forth its flower pointing to the heavens from which it takes its inspiration and the potatoes creeping along the ground in their abundance, dotted with pinky flowers, sets my heart singing.

There are a few things that really set my heart racing - the apple trees covered with snow and the grape vine that, with one five gallon pail of manure every autumn, produces vines that creep up and over chokecherry bushes and crawl over mounds of rocks and produce a sufficiency for our enjoyment. And of course towering over everyone and everything are the government inspectors - the magnificent mammoth Russian sunflowers, keeping a watchful eye on the goings-on below them but also viewing the far horizons, all the time following their lord and master - the sun, for his instructions.

And these are just the utilitarian sections of the garden. One of my gardens is spread out just beyond a row of pine trees that have their bottom limbs cut off. These

are on the south side of the garden, protected from the glaring rays of the sun for half the day. Due to large outcroppings of rock, in which it would be impossible to plants vegetables, much of this garden consists of flowers, mainly perennials, but with dottings of vegetables where the soil is deeper. I call this my 'happy garden'. And happy it must be, for it sports not only what I plant in patterns and sequences, but there are numerous annuals and perennials that seed themselves down any which way. I do not have the heart to tell them that they are not wanted there, so they just stay put. The foxglove's seeds are so minute that when they fall from their pods, they must be blown about by the breeze before they fall. From one foxglove plant that I put in four years ago, have appeared seedlings big and small all over this bed. And I must say that when they all get to blooming in the spring, erratically and at will in this long bed, they make a terrific show. My original plant was pink but subsequent flowers are a variety of colours. My rose bowls with their greyish foliage and passion pink flowerets in the summer also dot the garden landscape.

White puffs of feverfew, on mounded clumps of lacy greenery, fight for supremacy with the pale forget-me-nots (which we couldn't possibly ignore) and another lacy foliage plant, which my mother called Herb Robert. It has a tiny pale pink flower, which seems to bloom mainly in the spring, but also at will during the summer. I transplanted one from the sugar bush as it is a wild flower, years ago and it has rewarded me for my kindness by seeding itself everywhere and growing to five times the size as in its natural setting.

I cannot get dill to grow when I plant it, but when left to its own devices, it seeds itself down and has completely taken over a part of the garden in which I have attempted to plant some other herbs. In the spring, I claw out millions of little dill plants coming up, but still hundreds of plants survive my ruthless attacks on them, to provide us and our friends with enough dill to make gallons of pickles.

One of my beds has a birdbath in the middle of it, on which I pour sunflower seeds during the winter for the birds. I shall have to move it this winter for of course what is spilled on the ground, grows in the spring. I gave up this year planting anything else in that bed, but the sunflowers made a magnificent show most of the summer. But now that the seeds have formed I have rewarded even more by the twitterings of all the gold finches that scoot around enjoying the seeds.

Later in September the sparrows also zone in for a feed and I was even rewarded with a bluebird coming to them. One of our cats caught a goldfinch once. I took it out of the cat's mouth and brought it inside. It had not been damaged and it sat peaceably in my hand while I stroked it. It moved its head intently watching every move I made. When I thought it was alert enough, I took it to the woodpile and placed it on top of the pile. It sat there for a minute regarding me intently, and then it flew off into a nearby maple and sang and sang to me, thanking me for saving it.

And no garden would be complete without the buzzing dive-bombers of the air, the hummingbirds. They seemingly like company, for I am never out for long either planting, weeding, or picking, when they find me. They zip up and down and sideways and then around my head. As they crank up their throttle, they seem to be taunting me - "Bet you can't do this!"

As the days begin to shorten and the nights get cooler, the leaves fall onto the turned soil and the geese V south - the winter starts to settle in and cover the land for its rest. As I cannot reach the compost piles in the winter, I just dump the compost onto the top of the garden. This lures in the wild turkeys, and if I get there before the dogs do, I can watch their stately progress to the mounds of kitchen refuse. Then they become completely unhinged as they scabble and mutter over who is or should be getting the best titbit. And on colder days, I succumb and take them out some turkey scratch to tide them over a frosty night. After the geese have moved on and the turkeys move in closer, the littler birds come to the feeders by the house. The garden guys may change but somebody is always around. The flowery colours in the

garden are now reflected in the vibrancy of colours in the birds during the black and white of winter. There is the blueberry hue of the blue jays, the gooseberry blush of the red poles, the sunflower yellow of the evening grosbeak, the raspberry red of the pine grosbeak, and the feverfew white of the chickadee.

And before you know it the winter's nap is over and the English bluebells are pushing through the earth, the purple crocuses are shyly peeping around to see if it is warm enough and the daffodils are heralding the arrival of another glorious gardening experience.



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

"The Only Place to Go"

**BEST
PRICE**

**Smitty's Warehouse Operation
For NEW or GOOD USED Appliances**

**BEST
GUARANTEE**

Smitty has been keeping customers
happy for 40 years

**BEST
SELECTION**

In the appliance business and

Smitty plans to be around for another 20 years!

This PROVES Smitty has the BEST

PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE

Same-day Delivery, Seven Days a Week

We sell Gas Refrigerators, too!

IN-HOUSE FINANCING AT NO INTEREST

These are just a few of the many reasons to visit

**BEST
SERVICE**

**Smitty's for your
new or used appliances**

**BEST
QUALITY**



**SMITTY'S
"KING OF APPLIANCES"**

(613) 969-0287

Open Evenings & Seven Days a Week
River Road-Corbyville, Just North of Corby's
www.smittysappliances.ca

Pete Seeger and the Power of Song - Part 9, Post War and Relative Peace
 By Peter Chess

The last chapter of the "Power of Song" had Pete stuck in limbo at Keesler Airfield, frustrated and puzzled as to why he had not yet been shipped out with the rest of his platoon, having successfully completed his basic training and technical courses that qualified him to work as an aircraft mechanic. He had suspected it had something to do with his left leaning political beliefs but was unaware that the FBI was actively investigating his personal life and creating a file through clandestine surveillance and interviews with just about everyone he had come in contact with over the last decade, to garner evidence that might show him to be a threat to national security. After several months of being assigned menial tasks around Keesler, he was transferred to an airfield in Texas. Just prior to this move, a lengthy report from military intelligence was forwarded to the FBI as part of their larger dossier. It concluded that Seeger's "communist sympathies... and his numerous communist and otherwise undesirable friends" rendered him "unfit for a position of trust or reliability." However this statement is followed by, "Seeger is intensely loyal at this time. He is eager to join the battle actively against Fascism and is applying himself to improve his military and technical knowledge to be of greatest service."

But it added that if the Communist Party line shifted against the war, Seeger could be susceptible to "potential subversion". The report also focused on his lover, Toshi Ohta. "While this love appears to exist on a high plane, this office believes it to be unorthodox and one which might lead to a divided loyalty in the event this country's treatment of the Japanese was not in accord with the views of himself or the woman he expects to marry."



Pete Seeger in 1941 surrounded by people and singing at Keesler Air Base, Biloxi Mississippi, waiting a long time for his chance to go overseas.



Fred Hellerman, Pete Seeger, Ronnie Gilbert and Lee Hays formed the Weavers in the late 1940s and recorded many folk standards, such as "If I Had a Hammer," "On Top of Old Smoky," "Goodnight, Irene," "The Lion Sleeps Tonight" (also known as "Wimoweh") and "Tzena, Tzena, Tzena,"



The Weavers sold millions of records at the height of their popularity in 1948 to 1952



People's Songs, Pete Seeger's folksy music newsletter.



Pete Seeger playing with Woody Guthrie and various others in his basement apartment on Dougall St. in Greenwich Village, a low-rent, immigrant district.

YOU NEED IT? WE'VE GOT IT!

Come by Car, Boat, Whitewater Canoe, ATV, Bike, Motorcycle, Boot...

Say G'Day at the
Griffith General Store
 A Genuine Country Store
 with a little of a lot and a lot of EVERYTHING!



Hwy 41 at the Madawaska River Bridge 613-333-1553

Fri. - Sat. 8am - 9pm
 Sun- Thurs. 8am - 8pm
 LCBO and Beer Store
OPEN SUNDAYS
 11am - 6pm



Stinson
 Gas behind the store

GROCERIES:

Butcher Shop Meats,
 Fresh Dairy Products, Eggs,
 Canned and Frozen Foods,
 Bread, Butter Tarts
ICE CREAM

HUNTING & FISHING:

Licences & Supplies, Live Bait,
 Sporting Goods & Clothing,
 Hats, Mitts & Moccasins
 Animal Feed
GIFTS

HOME & AUTO:

Automotive Supplies,
 Hardware & Tools,
 Paint & Supplies,
 Keys Cut
AND MORE!

It went on to point out that “as an entertainer, his songs have been coloured subtly toward idealistic classlessness”. The memo concluded “despite his intelligence and desire to apply himself to the destruction of the enemy, this officer believes that enemy to be Fascism and not necessarily any enemy of the United States”. That is to say that Seeger was more loyal to an idealistic abstraction than to his country, which seems to fly in the face of all that he believed in and had fought for up to this point if one could assume that it is people who make a country, and their prosperity and well being keep it strong. The concluding recommendation... “...that he remain under surveillance as a potentially subversive person”.

When Pete did finally get the call to ship out it was not as an aircraft mechanic. Instead he got the call as part of the army division responsible for entertaining the troops. In this ironic twist, Pete sang and played his way between battles for the rest of the war, while still under surveillance by military intelligence. It is interesting to note that during his time overseas he put together two voluminous collections of soldier's songs which he sent back to the archive of the “People's Music Library”. It was a given that all mail sent back to the States from any theatre of war would be opened and censored for sensitive information regarding military intelligence, so it can be assumed that these songs were all read before they reached the library to ensure there was no subversive messages contained therein.

After the war, Pete returned to New York City in 1946 and was immediately immersed in the world of folk music as a political force while remaining, of course, as a target of the FBI. It was a time of witch hunting and this time the witches were disguised as “Commies”. Confidential informants had fingered Pete as a communist party member or sym-

pathizer, leading to hundreds of pages of intelligence on him throughout the late '40's and '50's. They closely tracked his musical performances and appearances at political events. They monitored his associations with persons or groups suspected of being linked to, or controlled by the Communist Party. FBI agents went so far as to call his booking

regulars with the Almanac singers, as well as other, younger artists. Notably, Oscar Brand, Burl Ives, Josh White, Ronnie Gilbert, and a young guitar player named Fred Hellerman. Also, and very importantly for the future of folk music, was a New York Native, Moses Asch, founder of Asch Records before the war, which later became the “Folkways” la-

Fascism is a form of radical authoritarian nationalism characterized by dictatorial power, forcible suppression of opposition, and control of industry and commerce.

Leftist Politics support social equality and egalitarianism, often in opposition to social hierarchy and social inequality. It typically involves a concern for those in society who its adherents perceive as disadvantaged relative to others.

agency, pretending to be people interested in arranging a Seeger performance in order to collect info on his schedule and travel plans in the U.S. and overseas, and monitoring his passport usage. The burgeoning folk music scene in Greenwich Village overlapped with the progressive post war social movement. A movement that the FBI saw as riddled with and dominated by commies and Pete Seeger was at the nexus of this new perceived threat to the security of the United States of America.

All of this attention did not deter Pete in any fashion from his stated commitments. In his basement apartment on McDougall St, which became a gathering place for musicians, artists and lefties, he founded “People's Songs Inc.”, which for three years put out a regular bulletin combining songs and a folksy music newsletter. Ultimately it grew to have a readership of 2000 subscribers. Hanging around the “People's Songs” nucleus were most of the same performers who had been

bel. This became one of the primary sources of material for the new wave of folkies in the early '60's. In retrospect there was not a lot of work to be had by folk musicians in 1946. Joan Baez was 6 years old and Bobby Zimmerman (Dylan) was only 5.

Josh White was lucky enough to become a popular entertainer in Greenwich, the unofficial home of all things Bohemian. He often shared the mike with his friends and fellow singers such as Hudie Leadbetter, known as “LeadBelly”, perhaps the best known of the group. Being black, Hudie was not allowed to play in the uptown clubs, but there were no color barriers in the more progressive clubs in the Village. In fact, he worked alternating sets at the Vanguard with a struggling young white female singer by the name of Carol Channing, who some of you will remember well from the early days of TV. After he died in 1949 from a form of sclerosis, Leadbelly's legacy includes such staples as “Midnight Special”, “Take This Hammer”, Rock Island

Line” and “Goodnight Irene”. All the hipsters knew his songs and he taught Pete Seeger how to play the 12-string guitar, which along with his banjo, gave Pete a diversified quality to his writing and playing. Woody Guthrie wrote of a night at a house party where Leadbelly sang verses to the classic folk song “John Hardy” for three solid hours and ended by chuckling “Man oh man, Just wait 'til Mister Alan Lomax hears about that!”

But it was to be four other people from the People's song group, all as yet, mostly unknown to the American public, who were to change the course of the country's musical entertainment and Pete Seeger was one of them. It was in his basement apartment in the summer of 1948 that he, Lee Hays, Fred Hellerman and Ronnie Gilbert decided to form a quartet. Hellerman was reading a screenplay at the time titled “The Weavers” and suggested the name for the group. It seemed to fit, since there were several known songs about weavers in the pantheon of old ballads and it was apropos as well, of the vocal abilities of the group to weave their harmonies in an original fashion.

Stay tuned...



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

Rebel 101.7 MOUNTAIN MAN MUSIC FESTIVAL JUNE 16-18 CALABOGIE PEAKS RESORT

THE GLORIOUS SONS

ONE BAD SON THE DAMN TRUTH • HELLBROS • IN HEAT • DIAMONDS • ICONOCLAST • DESOSPHERES
 A SCAR FOR THE WICKED • THE OWNS • INIRE • CROSSING JANE • INFRARED • KYLE LALONE

TICKETS AVAILABLE AT

www.MountainManFestival.com

ONTARIO 150 B UNDER PERTH BREWERY Ontario Jeez music Active Green Ross 105.5 HITS HAKIM OPTICAL Ontario Ontario Media Development Corporation Société de développement de l'industrie des médias CALABOGIE BLUES & RIBFEST SkyWordsMedia 103.1 MAX MediA

Return to Vimy Ridge, 100 Years Later - Part 1 of 5

By William (Bill) McNaught



Bernice at the Golden Flame Memorial to Lady Diana. The ugly tunnel where she died is in the background.

The trip began as a pilgrimage to put flowers on the grave of Private John Leslie Ball, #835576, 4th Canadian Mounted Rifles, to remember a lost family member, a great uncle and young farmer who was killed on April 12, 1917 during Canada's most celebrated military victory at the Battle of Vimy Ridge. In discussing the trip with veteran Bob McTaggart before departing, the parallels were eerily identical, another telegram "regretting to inform" and another group of nephews and nieces, grandnephews and grandnieces, their children, all aware that their family photographs were incomplete since the offspring of the fallen soldier, never born, were missing, never to be known.

The second purpose of the trip also blossomed. It was to be an adventure that would strain the patience and endurance of two seniors. But in our own minds, we weren't ready for guided trips where every step and every day was pre-planned, with no opportunity for the unexpected. Rather, the trip developed into a challenge that in the words of songwriter Valdy, we could still "wear our age well, not trying to prove we're still (us)".

We opted for an older hotel, dating from the nineteenth century, the Alane Hotel. It was close to the subway, the Gare de l'Est, just south of the Gare du Nord. This was Central Paris, with crowds of locals surging by in a tide of tourists, each dragging a suitcase behind.

The Alane Hotel, old even in 1917, was standing when Private Ball came to France. The small hotel room with smaller showers seemed appropriate. It also seemed natural to sit in one of the many brasseries to watch the parade go by and from time to time, catching special moments when a young girl celebrated her birthday with a huge ice cream dessert at an outdoor table, while her mother and aunt chatted over their glasses of wine. The one striking trait of the crowds was their youth, all striding purposefully to somewhere, the young women stylish and well dressed and the young men intent to get to their destinations.

It is difficult to drive in Paris with its lack of parking. There is constant traffic, coming from 5 or 6 different directions, as narrow streets spoke off in many directions. We learned quickly to make absolutely certain that the approaching cars actually stopped. We also learned the Parisian response to drivers who didn't respect our space---"Tuh! Tuh! Tuh! Tuh!" like an enraged chipmunk and a wagging finger.

The hotel was "only" 4 1/2 kilometers from La Tour Eiffel. With sunshine abound-

ing, strolling seemed appropriate and the best way not only to see the sights of Paris but to allow the atmosphere to surround and permeate us. The stimulation was total. We felt safe.

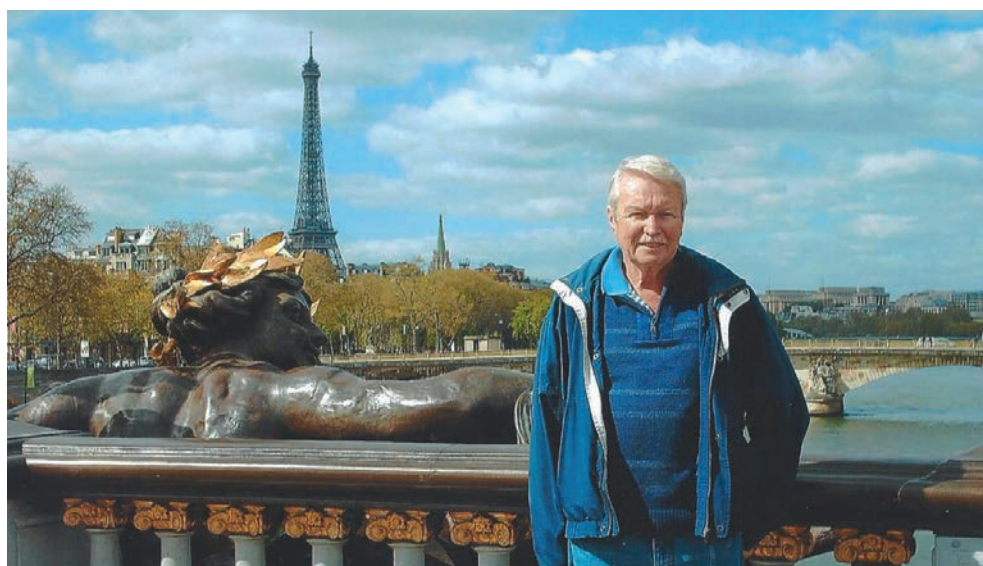
Thursday, April 6, 2017. The first day, we wandered along the Boulevard Strasbourg westward towards the Seine River. Suddenly, the population changed to tourists. We explored the west bank, "la Rive Droite" along the riverside boardwalk and the street above. We encountered the Louvre, where the Mona Lisa is displayed, and passed monuments to La Grande Guerre, including Belgian King Albert on horseback. We discovered the Golden Flame Memorial to Lady Diana, the ugly tunnel where she died in the background. The fence was surrounded by hundreds and hundreds of locks, tokens of love. The tour boats chugged up and down the Seine in both directions in the background.

We crossed to "la Rive Gauche" on the Pont Alexandre III, with its golden faces at each end. It was typically Paris for two wedding couples were being photographed on the bridge, a visual harmony of white in the golden sunshine. The photographers urged the couples to look deeply at each other for the perfect moment, captured forever or whenever.

On the left side, the river began a long curve to the west. Around the corner was La Tour Eiffel. Passing through security, we waited in line for the short ride to the Deuxieme Etage, located at the 115 metre level. From there we could see in all directions as the river cut through the forest of buildings from south to north.

Later we re-crossed to the right bank where we found La Place Charles DeGaulle, the circle dominated by the Arc de Triomphe. Inscribed on its interior are a myriad of unknown and unremembered "victories". The Champs Elysees, the grandest street in the world, ran south and west in a straight wide line from the Arc to the monster ferris wheel at its end. We stopped at the Danish café to have a traditional drink watching the strollers in the afternoon sun, all tourists, no locals. After walking so much, we were glad to see the #32 bus with the Gare de l'Est sign. It was stopped just before the ferris wheel.

Friday, April 7, 2017. It was another walking day, again in bright sunshine, as we retraced our steps to the banks of the Seine. We boarded one of the boats for the river cruise, which passed the new train station, built in the late 1800's and the American University. The river splits into two sides around the "Ile de France", which re-converges at the



Crossing to "la Rive Gauche" on the Pont Alexandre III, with its golden faces at each end.

south end. The island ends in the shape of an arrow head and is the location of "Notre Dame" Cathedral. It is a spectacular view as the river divides around it. Just prior to returning to the dock, the boat passed under the "Kissing Bridge". Tradition has it that if a wish is made below its ancient arched canopy followed by a kiss, the wish will be fulfilled.

Saturday, April 8, 2017. We visited the huge flea market at the "Porte de Clignancourt". Another sunny day, another walking day. Wall to wall masses from every corner of the world swarmed the stalls of the bazaar, searching for bargains. Exiting, we passed under the roadway overpass, where other stall-less "amis" waited to show us their bargains. Maroc from Casablanca, tried to sell us a purse, a knock-off to be sure, for only "Trente Euros". I responded with "20 Euros". I was amused when his face slowly became troubled, flushed with disbelief. "No, Monsieur". That is impossible", he responded. I searched in my pocket for a 5 Euro note to sweeten the negotiation but I had a little difficulty locating it. Maroc saw me bewildered and hesitating. Quickly he said, "Ok. Vingt Euros" I nodded, aware that it was one small victory for befuddlement although I did catch the slight smile on Maroc's face as he took the 20 Euro note and scurried away to offer another bargain to another couple.

The sad realization didn't strike me until the next morning as we dragged our suitcases along the sidewalk to the Gare Du Nord to board the train back to the Airport to pick up a car. Sadly, Private Ball was not in France long enough to visit Paris. He landed in northern France on December 1, 1916 and died 133 days later on April 12, 1917. His cousin, Private Gregg was in France only 138 days before his death. Neither saw the Paris sights, La Tour Eiffel, La Seine, Notre Dame, the brasseries, or the crowds of stylish young women and busy young men. Their lives and their deaths made possible the survival of the two river banks where other memorials to "la Grande Guerre" are displayed to-day but their memorials are far to the north of the City of Lights.

To be continued...



Vimy: Letters From the Front

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

Meet the Author Book Signing:

William McNaught will be at Showcase Paradise at the Calabogie Community Centre in the afternoon on Friday May 26. Books are \$18.95

All profits at the signing go toward the Matawatchan Hall's "Almost There, Toonie or Two" Renovation Fund.

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

Plant Sale & Lunch, May 27 10 - 2
135th Matawatchan Picnic & Canada150 on July 1st from Noon - 5 (Book signing)
Corn Roast and Ontario150 Community Capital Grant dedication on August 19 from 3 -8
matawatchancentre@gmail.ca for info



PURA VIDA

NUTRITION STORE

267 Stewart St. Renfrew
613-433-9437

Mon - Wed 9:30 - 6:00	Thurs - Fri 9:30 - 8:00
Sunday 10:00 - 5:00	Saturday 9:30 - 6:00

info@puravida-nutrition.ca
www.puravida-nutrition.ca

Vitamins, Herbals, Aromatherapy, Homeopathy, Sports & Diet Supplements
Gluten Free, Organic, Specialty Foods, Teas, Books and much more

The Sharing Economy and Community Hubs

By Lois Thomson

The "Sharing Economy" that's hitting the headlines lately goes much deeper than Uber and AirB&B. High real estate prices combined with technology that allows many of us to work from anywhere is causing us to rethink the old industrial era concepts of workspaces. Workers no longer need a dedicated desk and phone in an office with a receptionist, cafeteria, staff rooms, cleaners, and multiple boardrooms. It no longer makes sense to pay for all that space, only to have it sit empty 16 hours a day. This is one of the reasons why we are seeing the emergence of shared office and warehouse spaces.

If your website is now your storefront and you only need to meet face to face with customers, suppliers, or employees occasionally, it is much more economical to rent office and boardroom space when you need it. The company you rent office space from can usually rent you warehouse space, shipping supplies and management, copy and print services, and other business services on a 24-hour basis. This explains why there are so many self-storage buildings popping up throughout the larger cities. They aren't just places to store your stuff anymore.

The sharing economy also benefits nonprofits. The United Way in Ottawa, Lanark, Renfrew and Prescott-Russell will soon be amalgamating, so they can pool their back end costs to reduce duplication and let the agencies share services and knowledge. The money raised locally will continue to be used locally and they will all keep their respective names.

The sharing economy isn't a new thing. For thousands of years Indigenous cultures have survived and thrived through sharing. Traditionally, wealth wasn't about how much a person owned, but how much



A recent Matawatchan Hall Board meeting - collaborating with community groups, library, and entrepreneurs, at St. Andrews United Church provided during construction Pic: Garry Ferguson

they could share. Talking circles are an ancient way of sharing knowledge, finding solutions, and building community. This concept has spread to other groups, such as the new Knowledge Circles Project intended to preserve The Land Between, Southern Ontario's last wilderness.

Collaboration between community groups and space sharing could keep underused schools from closing. If empty schoolrooms can be used to house the public library, daycare, health clinics, or businesses and the school facilities are used by the community in the evenings and weekends, it will be hard for any school board to justify closing them down. In Ontario, the Ministry of Education has funded and designated 220 "priority schools" to enable nonprofit organizations to offer free or affordable programs in high needs communities. Social innovations come from individuals, groups, or organizations, and can take place in the for-profit, nonprofit, and public sectors. Increasingly, they are happening in the spaces between these three sectors as perspectives collide to spark new ways of thinking.

In 2015, Premier Wynne appointed a Special Advisor on Community Hubs to lead the Community Hubs Framework Advisory Group, comprised of a cross section of community, municipal government, health

care and education sectors. The Advisory Group is to review provincial policies, research best practices and develop a framework for adapting existing public properties to become community hubs.

www.communityhubsontario.ca

In my capacity as President of the Matawatchan Hall Board, I was happy to send out a news release in February that stated, "Recently, the Matawatchan Community Memorial Centre (MCMC) learned that it had been approved for a \$56,100 Ontario150 Community Capital Program grant to help winterize its 3,200 square foot Hall for year-round use. Over the coming months, there will be lots of work going on to upgrade the hall's HVAC, insulation, lighting, windows and doors. Administered by the Ontario Trillium Foundation, an agency of the Government of Ontario, Ontario150 Community Capital Program grants will help nonprofit organizations, municipalities and Indigenous communities renovate, repair and retrofit existing community and cultural infrastructure. The one-time, Ontario150 grant has been designed to help honour the province's past, showcase the present and inspire future generations." The grant covers 75% of the costs with Greater Madawaska Township, the Fish & Game Club and people of the community contributing the rest.

Winterization and collaboration with the township and our many volunteer groups is unlocking a lot of potential: The hall serves a lot of seniors, so we have applied for a small grant through the Ontario Seniors Secretariat for equipment so Seniors can record histories, scan photos, make slideshows, etc. We are working with the township and regional recreation groups and received new sports equipment for our family sports nights, and combine forces to encourage active kids (petting zoo, bouncy castles). We're working with the public library 40 minutes away in Calabogie to create a library outpost (small collection, pick up and drop off), with programming such as early literacy, book clubs, public health nurse drop-ins. We're planning Matawatchan Mashup Saturdays that will be a showcase for local artisans and food producers, with lunches, music, etc. to support local businesses and our social life. We're encouraging increased use of our community kitchen for local food producers, wild food collection and cooking seminars, nutrition on a budget, etc. We'll have wellness clinics, Tai Chi, Art and Music lessons. We can now have a community winter carnival. The list goes on, but we're not there yet.

We have more work to do and a loan to pay back. Please help if you can on GoFundMe, through email money transfer (matawatchanhall@gmail.com with password: thehall), pop a toonie or two into the jar at the Pine Valley Restaurant, send a cheque (Matawatchan Hall c/o Alyson Copeland, 407 Glenfield Road, Griffith ON, K0J 2R0), or join us at the Plant Sale and Lunch on May 27 10 - 2, Canada Day between noon and 5, or Matawatchan Mashup Saturdays starting July 8). We're almost there! A toonie or two will help get us through. The community will thank all of us for generations to come.

We are stronger when we share.

R.J. SELLE & SON

Sand & Gravel Ltd.

Snow Plowing
Excavating . Road Building . Topsoil



613-649-2688

Hauling sand, gravel & topsoil
excavating & building roads and laneways in the Highlands
and the Ottawa Valley for over 40 years

Give the GIFT OF HEARING

Since 2012, Robillard Hearing Centres has travelled to China, Honduras, Palestine, Peru, and the Philippines to provide and fit hearing aids to those in need.

Working together with a team of Canadian Hearing Professionals, we are planning our next hearing mission to El Salvador in June, where **2,000 children will receive the gift of hearing.**

Help our mission and save!



DONATE YOUR OLD HEARING AIDS AND RECEIVE 10% OFF NEW A4 SERIES HEARING AIDS.

If you're making your first hearing aid purchase, we'll give you the same 10% discount. Offer expires May 31, 2017.

Centres auditifs
Robillard
Hearing Centres

Call today to save and help contribute to the gift of hearing.

1-800-267-1571

11 locations to serve you better
WWW.HEARINGISBELIEVING.COM

Nepean | Kanata | Orleans | Ottawa East | Ottawa West | Brockville | Carleton Place | Hawkesbury | Perth | Renfrew | Winchester

**J.LACOURSE
CARPENTRY**

& SON Inc.

613.333.1042

over **25** years
of quality work

Cell: 613.312.0704
j.lacourse@xplornet.ca



**Custom, R 2000, Pre-fab and Log Homes
Renovations and Decks**



**NOW OFFERING Environmentally Friendly
Blown in Cellulose Insulation**



Stop by
HUNTER GATE SUBDIVISION
in Renfrew and check out this
home, one of many new modern
style homes being built by
J.Lacourse Carpentry and Son Inc

bittersweet

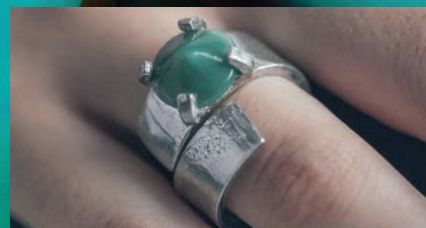
FINE CRAFT & ART

presents

"A collection as strong as the wind"

The 2017 jewellery designs and paintings

of **ANNE
- MARIE
CHAGNON**



**June 10, from 11 - 5
Meet the Maker**

from 2 - 5
at Bittersweet
Fine Craft and Art

Partial proceeds donated directly to University of Ottawa Ovarian Cancer Research Team



uOttawa

Bittersweet Fine Craft & Art
5 Leckie Lane . Burnstown
613.432.5254
www.burnstown.ca/bittersweet