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The Madawaska Highlander

July - Aug
2018

FREE Vol.16 Issue 3
Next issue August 22

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

It's finally time to escape to the Highlands and go jump in a lake, but do it now, because Summer never waits.

Welcome!



This herd of Charolais cattle in Matawatchan have the right idea. Sometimes you just have to drop everything and cuddle up for a nap on the grass.

...To the halcyon days of summer in the Highlands. Explore and indulge in the many exciting musical, artistic, historical, and foodie events going on in villages, towns, farms, lakes, caves, and fairgrounds. Just make sure to leave time to float, paddle, listen, breathe, and indulge in a mid-day nap in a hammock. Tempus fugit.

Speaking of time, our talented volunteer contributors seem to have time, money, and travel on their minds. In Happy Trails, Lesley tells how cyclists leave a trail of money in these hills in exchange for meals, accommodations and unforgettable experiences. Howard concurs, with his tale of American nickels he picked up in exchange for bait in the 30s.

Marcella tells us how to travel back in time and Ernie gives us good reasons why we should. Skipping a beat ahead in time, the Pete Seeger saga hits a crescendo, revealing how one person can change history through the Power of Song. And Noreen reveals how much can change in one person's lifetime, as we follow Chief Shawanipinesi's brief success and eventual failure in a lifetime dedicated to preserving ancestral territory.

Derek tells us why it's smart to avoid processed foods and stay as close as you can to whole foods and wild foods and Colleen tells us how to pick, dry, and preserve wild St. John's Wort, the super healer. David Arama explains how to go into the wilds and get back safely. Don't rely on cell phone maps! Your phone isn't as smart as you think. Cats, on the other hand are smart, and according to Antonia they are all unique, especially Mr. Black.

There is so much going on, we're running out of room on our Events page. Look for hidden gems in articles like Art in the Highlands and if you skip by the ads, don't ask why you didn't know about an event. The ads aren't just for decoration.

Enjoy!



Any spot is a good spot for a cuddle when you're tucked out. These two baby raccoons (yes, two) are chillin' in the composter over a pile of sunflower seeds. There will be another fine feast at dusk tonight.

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The Madawaska Highlander

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**Next contribution deadline:
August 10 for August 22
publication**

Message from the editor:

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

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

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

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| Angela Bright | Jens Pindal | |



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



reviewed Urban Ford —

I would like to thank Urban Ford for another great job well done. I deal with Josh and his team at the service department and never ever have an issue or need to second guess their advice on repairs. I have had some horrible experience with other places but feel so at ease with Urban Ford. My car runs Top Notch because of these guys

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By Anne Dougherty & John Neale



For most adults, fishing is a relaxing day on the water, but excitement was in the air during the Griffith & Matawatchan Fish & Game Club's Kid's Annual Fishing Derby, held on July 7th, which was free fishing week in Ontario. Wow!



Above: Stewart Thomson and Vern Rose helping Helene Thomson (not seen here) untangle fishing lines for the Kids Games on Canada Day at the Hall. Left: Creative sign for Saturday socials at the Matawatchan Hall. Good work John Reid!



After the Tall Boyz performed at the Matawatchan Hall on Canada Day, they invited 13 year old "Young Vern" Rose to join them on stage for some impressive harmonies at his singing debut.

Since our last issue of the Highlander and much of July, we have all been living the heatwave. After our late spring the warmth has been welcome, but we are hoping it will let us out of its grip for the rest of the summer.

Canada Day festivities at the Hall were well attended considering the heat. Special guests from the petting zoo looked to be comfortable in the heat. Kids enjoyed the crafts, and the beer garden was shall we say, popular! The Lions had wonderful Canada Day gifts for all the kids participating in the activities. The musicians entertained all.

Thank you to Ben Copeland, The Tall Boyz and The AshDads, and young Vern Rose who made his debut as a singer on our outdoor stage.

The BBQ lunch was great, but if you like desserts, I hope you didn't miss Victoria MacMillan and Kathy Flagler's baking, with gluten free choices. Wow!

Local artisians displayed their work. And one of our local artists also was included in the Madawaska Valley Studio Tour this July 21 and 22 as a guest at Madawaska Metal Works. Congrats to Reina Coulthart.

Water based activities have been

popular. Those who can get out on the water have done so with water skiing and tubing and of course many cottagers and year-round folk have had fun putting up and down the lake on pontoon boats.

The GM Fish and Games Club annual kids fishing derby was very well attended this year. It was held during Free Fishing week on July 7th on Airs Lake.

Swimming lessons have started up again, helping kids learn to swim and also learn about water safety. They were

held at Snider's on Centennial Lake.

Areobics classes with Andrea are being held at the Hall every Tuesday and Thursday at 10 am for the rest of the summer. \$5 donation suggested, when you can. Saturday morning July 14 marked the beginning of the Matawatchan Hall Saturday Get Together for coffee, tea, home baking, and great company from 9 to 11 through until September 1st.

Come out and enjoy the Hall!

Continued next page...

Denbigh-Griffith LIONS CLUB
11th Annual Classic Car SHOW & SHINE
Saturday August 25, 10am - 2pm
 Griffith Hall, Hwy 41 Griffith
 Rain date Sunday August 26

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...continued from preceding page



Many of the animals from Waddles and Wags Family Zoo from Eganville are rescues and are lucky to have such good care. Income from the petting zoo helps pay for their upkeep. This lucky snake didn't seem to mind the heat on Canada Day at the Hall one bit!

The Matawatchan Hall Board has arranged a special bread baking workshop using the outdoor adobe oven, led by Ken Birkett. While the bread rises, Colleen Hulett will take participants around the grounds and down Spencer Trail to identify and gather local wild foods to eat. (Colleen writes the Highlands Hiker column for the Highlander - pg. 13). Herbs grow wild right in the parking lot! Bring closed toed shoes and a pair of long pants that can be tucked into your socks for the walk. It all starts at 9am and ends when it's over... Only \$10 a person, which includes ingredients to bake your own loaf of bread on site (gluten free available), adobe oven bread making lessons, and Wild Food Foraging with Colleen Hulett. Contact Lois at info@reelimpact.tv to reserve space.

Also on August 11, the Matawatchan Community Cemetery Service will be at 2pm, with Pastor Elaine Kellogg. This is the only annual event to honour our loved ones, decorate their graves and the only fundraiser for lawn maintenance and care for our community owned and run non-denominational cemetery.

On August 12 The Matawatchan United Church will host a special lunch after the 11:30 anniversary celebration.

The Denbigh Griffith Lions Club is at it again, with the 11th Annual Classic Car Show & Shine on Saturday August 25. See the ad on page 17 for details.

NEW - Every Tuesday is Games Night at the Matawatchan Hall, 7 - 9. Cards and board games available or bring your own. Hall donation appreciated.

Come out to enjoy Hamilton based "The Redhill Valleys" at the Matawatchan Halls' big debut in the Festival of Small Halls concert series on Saturday September 15 at 7pm Tickets available online at thefestivalofsmallhalls.com or 613-402-1425. Our own Tall Boyz



Thank you to everyone who uses the boat launches for keeping them clean. Signage helps, but it's up to you. with special guest Pete Chess will open for the band. St. Andrew's United Church, nearby, will have a chili supper with buns, grated cheese, sour cream, veggie tray, squares, tea and coffee for \$10 from 5 to 7pm. before the show. All are welcome!

Greater Madawaska Township posted some new signage at the Centennial Lake boat launch reminding visitors not to camp and to leave nothing behind but footprints. Littering remains down since we pointed out the situation in this column. And a dump update, compost is again being collected in Griffith. Good news!

If anyone is wondering why the trees are being cut down along Calabogie Road near Camel Chute, it's to let more sun in to decrease ice build up. Hopefully the winter roads will be safer this winter.

Happy Summer to all! Stay safe, play safe and observe the fire ban. Lighting likely started a fire on Crown Land between Calabogie Peaks and Ferguson Lake on July 17. It was spotted early and put out with water bombers before it could spread. We live in a beautiful place. Let's all keep it and each other safe.



Anne Dougherty and John Neale found Matawatchan in 2005 and fell in love with the wild beauty of the area. They have a 4-season cottage on Centennial Lake near the bridge. Anne was born in the Soo, moved to Montreal then settled in Ottawa 36 years ago. John was raised in Dundas, Ontario. They love traveling and spending time in these Highlands but still have a condo in the city (Kanata). Now mostly retired, John & Anne love the friendly people of Griffith/Matawatchan and have made many friends here. John is a member of the Tall Boys music band. Anne and John attend St Andrew's United in Matawatchan when they are here.

Eat Whatever You Want, Just Make It Non-processed! By Derek Roche



Only a few countries have incorporated food processing considerations into their official dietary guidelines. Is it time for Canada to follow suit? If you want to eat better, shop the outside aisles where the fresh foods are. You don't have to read ingredients on whole foods. If you want to go one better, go for locally grown organic whole foods. Zero pesticides are always better than "acceptable" levels of toxins.

In the previous edition of the Madawaska Highlander, I wrote about the many physical and emotional health benefits of meditation, and how important it is to take time to pause and reflect on life. In this article I would like to discuss the importance of eating "real" food as well as suggesting that you avoid packaged or processed food.

My experience as a natural health practitioner over the last 20 years has taught me that those who think they have no time for healthy eating, will sooner or later have to find time for illness. I could write a lengthy article about the dangers of genetically modified foods and refined sugars, or how vegetables can help to cure most of our top ten chronic diseases including cancer, diabetes and heart disease. However, perhaps the first step in eating healthy is simply to eat real, non-processed foods.

Since the end of World War II the food industry has been convincing people to stop cooking at home and to buy industrially processed foods. Slowly they have convinced us that cooking is for losers with nothing better to do. Kentucky Fried Chicken even advanced an ad campaign based on two words, "Women's Liberation".

There are many problems associated with eating foods industrially processed outside of the home. They are prepared with more sugar, fat and salt than we would ever use in our own kitchens. They also use ingredients such as preservatives as well as other chemicals for appearance such as food coloring and other additives. This includes many packaged goods touted as "health foods". Always read the label!

In addition to these chemicals,

the food industry demands a form of agriculture, which necessarily requires levels of toxic pesticides and herbicides in order to grow individual foods in massive amounts. All of these chemicals affect our health in a myriad of ways, but perhaps most importantly, they affect our intestinal flora. Doctors and scientists are only just beginning to recognize the importance of bacteria and other microbes to our overall physical and mental health including immune function, and the devastation caused by toxic chemicals and broad-spectrum antibiotics. Healthy flora boosting foods such as yoghurt and sauerkraut can be made at home with simple, healthy ingredients.

It is not surprising that the present epidemic in obesity and type II diabetes is directly associated with figures that show greater consumption of processed foods, and reduced consumption of home-made cooking. A good rule of thumb to remember for maintaining optimum health is, "Eat real food, not too much, mostly vegetables"! (From "The Omnivores Dilemma" by Michael Pollan)



Derek Roche is an Acupuncturist, Nutritionist, Allergy specialist, and Zero Balancing practitioner with over twenty-five years experience working in Cambridge (UK), Halifax, St Catharines, and Ottawa. He practices in Ottawa at 2211 Riverside Dr, suite 106 and runs Natural Healing Retreats in the Madawaska Valley in the Spring and Fall on a private lake. Call 613 333-2368 or visit Natural-Healing-Retreats.com for more information.



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Quebec Algonquins Planning Canada's Biggest Land Claim Ever. The five-band group will seek resource-sharing, given that outright ownership is not feasible. The Ontario portion overlaps existing claims about to be concluded. The Pikwaknagan claim it as their ancestral land, while the Anishinabeg tribal council holds that the lands technically belong to all Algonquin, not just one group.

Sixties Scoop settlement may be in jeopardy over 'excessive' legal fees. Settlement agreement awarded \$75M in fees to be divided among 4 law firms. Survivors were set to receive \$25,000 to \$50,000 each.

Ontario Scraps \$100M Greenhouse Gas Reduction Fund Used To Fix Schools - funding that came through the now nixed Ontario Cap and Trade program.

Ontario' orders hiring freeze for public servants. Essential front-line services will be exempt from the hiring freeze.

Ontario is cancelling the Green Ontario Fund on August 31. Lead-time for window installation tends to be 15 to 20 weeks, so if the government sticks to its Aug. 31 deadline, some customers who have planned for fall installation won't qualify.

Ontario Making OHIP+ More Cost-Effective, by focusing benefits on those who do not have existing prescription drug benefits. Those who are covered by private plans would bill those plans first, with the government covering all remaining eligible costs of prescriptions. Since insurance plans can cover thousands more drugs than the 4,400 currently available through OHIP+, children and youth would have access to more medications than under the current program.

Scientist marvel at the accuracy of climate predictions by NASA's top climate scientist in 1988, given the technology of the time. Hansen, now 77, wishes he had been able to make his story clear enough for the public, so his predictions wouldn't be right.

A scorching heat wave kept crowds on Parliament Hill smaller than usual for Canada Day festivities in the nation's capital. Temperatures were above 34 C with a humidex that reached 47 C in the afternoon.

Six people in Montreal died from severe heat wave in early July

Sections of Highway 3 in Essex County buckled under the heat on July 1, causing the road to be closed.

As of June 15, parts of Labrador still had 6 ft. of snow, which is unprecedented.

Winnipeg mosquito level breaks record for lowest numbers ever due to dry weather.

Health Canada tests 27 sunscreens after skin reactions reported, finds no problems.

Fresh fruits and vegetables have been linked to 46% of all foodborne illness between 1998 and 2008. Commercially produced (not home made) mayonnaise is acidified to reduce spoilage and kill off human pathogens. It is really low risk on its own.

E. coli outbreak in romaine lettuce tied to tainted Arizona irrigation canal. 1 of 8 Canadian cases required hospitalization, but no deaths were reported.

Video game addiction listed as a mental health problem by WHO.

Canadian dairy Saputo criticizes supply management system, siding with U.S. in ongoing dispute, saying the Class 7 pricing agreement, struck in 2016 between Canadian dairy processors including Saputo and farmers, allowed processors to pay lower prices for domestic milk ingredients used to make cheese and yogurt, and to export the rest.

Chinese telecommunication firm ZTE, is opting not to fix urinals that require US parts for fear of breaching a ban on buying products from the US.

OPP partnered with the Ministry of Transportation and stopped a total of 1,692 trucks, laying nearly 700 charges against transport truck drivers during a day-long blitz in 24 hours June 13 and 14. They say that of the 697 charges laid, 226 were for speeding, 176 were for defective equipment and 28 were for distracted driving.

Study looks to uncover cause of Crohn's disease to develop predictive test to discover what triggers underlie the development of the disease and ultimately develop treatments to prevent its occurrence.

Life insurance companies no longer treating marijuana use as high risk as tobacco. Looking to legalization, firms seek young people as long-term clients, broker says.

Even though recreational marijuana is legal in several U.S. states and will be legal across Canada on Oct. 17, possession of marijuana is still a criminal offence under U.S. federal law. Answering a U.S. border officer's questions about your marijuana use could have serious consequences.

Authorities in Argentina seized marijuana and cocaine being smuggled in fake World Cup trophies. They also confiscated crack cocaine, cash, firearms, and vehicles from the "Narcos de la Copa" or Drug Cops.

Two Toronto officers allegedly consumed cannabis-infused chocolate that had been seized as evidence hours earlier during a dispensary raid — only to have to call for backup and be taken to hospital. Criminal charges were withdrawn against seven people who were arrested during the earlier raid.

Ontario has hit the brakes on rebates of up to \$14,000 for motorists buying electric vehicles. The purchase incentives have been funded in part by the cap-and-trade program the Progressive Conservatives are scrapping.

Toronto police seized their largest single stash of guns in raids targeting street gangs. Some coloured guns could be mistaken for a toy. The guns had been purchased in Florida, where police said they retailed for \$500, selling in Canada for \$4,000

Smiths Falls District Collegiate Institute students 'right historical wrong.' Two Sikh soldiers' names, Waryam Singh and Lashman Singh, were engraved onto Smiths Falls' main cenotaph nearly 100 years after their deaths. According to the research done by historian David Gray, who helped uncover the existence of the Sikh soldiers, death records of all Canadian soldiers with last names beginning with the letters "Sim" to "Z" are missing in the Canadian archives.

Jogger accidentally crosses US border from BC to Washington State and is held for two weeks. There were no signs along the border, just surveillance cameras.

China, which has imported a cumulative 45% of plastic waste since 1992, recently implemented a new policy banning the importation of most plastic waste, begging the question of where the plastic waste will go now. Bold global ideas and actions for reducing quantities of nonrecyclable materials, redesigning products, and funding domestic plastic waste management are needed.

Oregon biology student Discovers Plastic-Eating Bacteria Which Could Solve Global Pollution Crisis.

Costa Rica will be the first country to ban all single use plastic - bottles, bags, straws, cups, etc. It's investing in alternative materials and offering incentives for businesses to switch their models so that by 2021 it's single use plastic free.

In December 2017, Belize passed a landmark moratorium on oil exploration in its waters and coral reef, making it one of a few countries with such legislation.

Coldwater Indian Band alleges someone 'tampered' with Kinder Morgan report to avoid route change near an aquifer that provides drinking water for the First Nation. The sealed draft is different from the final version submitted with identical seals.

Trump revokes Obama's ocean plan, a document 10 years in the making when issued in 2010. His executive order replaced it with a new ocean strategy that values resource extraction over conservation and climate change adaptation and weakens ongoing regional ocean planning efforts.

Americans paid tribute online to their northern neighbours by saying sorry for U.S. President Donald Trump while sharing what they are thankful for as the Great White North celebrated Canada Day.

Driver of Uber autonomous SUV involved in fatal crash was watching TV on phone. Arizona Gov. prohibited Uber from continuing tests after the incident.

A cruise ship worker who went overboard near Miami treaded water for 22 hours was in stable condition a day after being rescued by a passing cruise ship.

Astronomers have captured the first ever confirmed image of a newborn planet forming around a young dwarf star – an ambitious task that has previously proved elusive to scientists.

The used SpaceX Falcon rocket blasted off from Cape Canaveral, Florida with 6,000 pounds of cargo, including the first robot with artificial intelligence bound for space, genetically identical mice, or mousetronauts, and super-caffeinated coffee for the crew of the International Space Station.

SpaceX urges Congress to expedite commercial spaceflight regulation reforms, committing to conducting 25 launches in 2018.

After three-and-a-half-year journey, Japanese spacecraft reaches ½ mile wide asteroid and will attempt a brief landing later this year to collect rock specimens for return to Earth.

Octopus, starfish and shrimp fall from the sky as a very severe storm, with hurricane-force winds and powerful waterspouts strikes Chinese city.

UK Military Reinvented the Wheel. A new wheel transforms into a tank-style triangular tread for harsh terrain, without causing any passenger discomfort.

On July 17, Greater Madawaska Firefighters, aided by MNR water bombers stopped a wildfire between Calabogie Peaks Resort and Ferguson Lake.

Bogie is a Happenin' Place!

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

By Skippy Hale



Wire-wrapped jewelry by Tracey Telgen with local polished stones. We were entertained by busker Laurie Telgen on guitar and Irish tin whistle. L to R: Laurie, Tracey and Scott MacLaren at the Calabogie Summer Market under the Rink Roof!



Jennifer Woodland discusses her locally procured and produced food with a customer at the Calabogie Summer Market under the roof of the rink.



The Calabogie Market moved under the rink roof because of the extreme heat on opening day. It will continue under the roof on Saturdays.

I seem to always start with the weather. Now that is so Canadian, eh? It has been so hot.... "How hot is it?" Remember Johnny Carson? Please send me your responses to that question and I will publish them next edition. I am lucky to live in a house built by smart pioneers so there are good cross breezes along with ceiling and floor fans. I have AC but do not use it. I prefer fresh air and would even have more breezes if so many screens were not torn!

Speaking of the weather, on Saturday June 30, we opened the Calabogie Summer Market. The temperature was to go to 40C with the humidity. Severe thunderstorms were also predicted, so Janet, Glenn and Susan decided to go to Plan B and we moved to the covered rink at the Community Centre. This proved to be a great idea since we had a breeze all day. The roof kept the sun off us and the concrete floor kept us cool. Signs were quickly moved to point out the new venue. Facebook and email were put into play and the vendors set up their booths at the rink and we opened on time! Signs were erected at Heritage Point to direct visitors to the rink. There was a steady stream of visitors all day. Some of the vendors sold out. Many of the visitors were just checking it out and I'm sure will return with a look to purchase next time. I hope so. The variety of vendors displayed fresh local produce, preserves, baking, bird carvings, felted baby slippers, hand-crafted polished stone jewellery, paintings, silk-screen scarves, greeting cards, local coffee and garden art and bird feeders. It was a fun day and a great meeting of friends new and old. This will continue every Saturday from 9am until 1pm at the Rink Site, not Heritage Point. It is closing one hour earlier than the first day so come early and enjoy... and Buy Local!

Speaking of 'Buying Local', you can buy frozen dinners at the Calabogie Home Support Office in the former Township Chambers and

more recently the Greater Madawaska Public Library at 4984 Calabogie Road. The office is open 9-12 Monday to Friday. The cost is \$5.50. They are nutritious and there is a lot of variety. I buy them. For my appetite, they are better for lunch, but not enough for supper. Some people add a salad to them. They are available to everyone, not just seniors.

Home Support is an organisation to provide transportation so seniors can stay in their homes. They will drive folks to appointments in the village, to Renfrew, Arnprior, Pembroke and Ottawa. Rides are provided to the airport and train station in the city as well. Depending on the distance, there is a fee. Right now, there is a shortage of drivers. If you would like some volunteer work and you love to drive, this might be perfect for you. You will be required to get a form from the office for a police screening. Drivers get paid mileage. Call Marg Neudorf at the office (613) 752-2828 or drop in. There is a Board Member leaving, so they could use volunteers on the Board as well. You can even do both! Think about it!

If, like the song says, 'The children are our future' then Calabogie's future is in good hands. I had the pleasure of attending the graduation of three young gentlemen from St. Joseph's School. Cory Benoit is graduating from Grade 8 and his brother Khole and friend Parker Mulvihill are graduating from Grade 7. The graduates are off to a new adventure at St. Joseph's High School in Renfrew come September. The ceremony was a Leave Taking Liturgy celebrated in the gym. Principal Heidi Fraser welcomed the parents and friends. Father Kerry Brennan gave a beautiful Homily relating the Scripture readings to the lighting of candles by the boys from the Easter candle and Jesus as the light of the world. All of the children in the school from Grades one to six shared the readings and prayers.

Below, Left to Right: Cory Benoit, Parker Mulvihill and Khole Benoit.



Their teacher, Amanda Cameron, produced a touching video of the lives of the three boys in and out of school. Since it is a very small school, Amanda taught them throughout their school careers and shared an emotional address to the boys whom she watched grow from wee lads to mature school leaders and role models to the younger children. It was a very personal ceremony for each lad.

I once commented to a former principal how impressed I was at the confidence the readers at a School Mass expressed. She explained that in a small school no one can hide so all get individual attention and can grow in confidence. The activities available to these children are unique. The local rink, ski hill and lake provide winter activities close by. The golf club is also a summer sport. Here is a perfect example that bigger is not always better.

Calabogie Motorsports Park is hosting many events this season. I checked out their website and as a collector of antique furniture and tools, I was intrigued by one of their

events. Some folks collect classic and vintage machines and since 1980, they are bringing their racers back on the track. These motorcycles date from the 1940s to 1980s. Racers are from 16 to 75 years of age. Check out the website for dates and other events.

The gardens at Barnet Park have been planted and cared for by the Over 55 Club. Hank Schaly once again organized the crew. They look lovely. At various places around the village, the large planters are overflowing with Calla Lilies and other beautiful flowers. I bet Hank was involved there as well. However Chuck Rigelhof and Kim Lepine can be seen on their bikes, watering cans and assorted gardening tools strapped on, travelling about to care for these beauties they planted, as well as the boxes on the bridge by the dam on Lanark Road. It looks like the Canadian flags on the bridge are brand new. On Canada Day I spied new banners on the hydro poles.

For the first time in several years, Canada Day was not washed out and tents blown into the lake. Last year as we were packing up the Home



Janet Stanley with her collection of Home-crafted cards, felt dryer balls, baby shoes, screen-printed t-shirts and other goods. Janet, her husband Glenn and Susan Allen are the organizers behind the market.

Support booth, we were soaked. One year the weather was so bad, the fireworks had to be postponed until a later date. This year they went off (pun intended) without a hitch. Earlier in the day the bouncy castle, face painting, minnow races and other booths were set up and at 4:00 pm, the street was blocked off and the fun began with lots of activities for all ages including an 'Open Mike'. We have a lot of talent here and it was good to see the entertainers sharing their gifts.

We thank Allison Fay Turner for setting up and sharing all her sound equipment. Thanks to her generosity, the musicians had what they needed. One hopes that the musicians showed her their appreciation. She is now the United Church Organist and Choir Director. From what I hear, St. Andrew's has a rockin' good time on Sunday mornings!

The Friends of Barnet Park are busy again this year. Griffin Mulvihill is the summer student and is working hard to keep it pristine. On Tuesday, August 21, between 10 and 3, there will be a "Friends of Barnet Park Day: Grand Opening of the Barnet Park Trail". TD Friends of the Environment Foundation has provided a grant to fund two signs in the park and the new Barnet Park Trail. There will

be an unveiling ceremony. One sign will indicate that the land and cottage were gifted to Calabogie by the Barnet family. The other will have the name of the trail.

Noreen Kruzich, freelance author of many publications including 'The Ancestors are Arranging Things' and a contributor to this paper will be a guest speaker. We will also be honoured to welcome Harold Skip Ross, an Algonquin elder who will bless the Native Spiritual Site in the middle of the trail. As you know, we are privileged to live on the Algonquin First Nation Territory.

In the afternoon the Junior Rangers will tidy the trail. For information about this program for youth, google Ontario Junior Rangers. It's a great way to spend a summer, learn about flora and fauna in Ontario and gain work experience. If you are 16 or 17, check it out for next summer.



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. She 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.



Dear Editor (Lois Thomson):

My wife and I spent last week in Calabogie on vacation. We read your local paper, The Madawaska Highlander, and noticed, on page 2, that you accept contributions from your readers.

We enjoyed our stay in Calabogie and thought it appropriate to submit the attached paragraphs of our impressions of this friendly town to your paper.

Please feel free to use our impressions of Calabogie in your next publication.

D. VanDyke...

My wife and I came from Niagara for a weeklong stay in Greater Madawaska. Calabogie Lodge Resort was our home for the week. This beautiful resort reminds us of another resort we've stayed at in Schladming, Austria. Both built on a hillside, surrounded by trees and a short walk from town.

Calabogie, we discovered, is a friendly little town with interesting links to the past. We like to explore the places we visit on our travels. As you approach Calabogie, from Perth on Lanark Road (Hwy 511), you see a number of old log cabins, some of which are still used as homes. One of them, just outside of town, is a tourist information centre. I imagine that the timbers of those cabins are at least as old, if not older, than Canada itself, and will, no doubt, survive for many more years.

Across the road from the visitor's centre is the Hillcrest Cemetery. One learns a lot about a community by walking through its grave yard. The oldest markers are closest to the entrance. These old stones are moss covered and erosion has taken place so that the names and dates are barely visible. These stones are from the 1860's and 70's. As you walk farther into the cemetery, you see newer markers of various styles, shapes and sizes – more modern stones. One marker, in particular, caught our attention in the newer section of the Hillcrest Cemetery. Usual in style but unusual in construction. It is a beautiful wooden marker. We have not seen this type of marker before so examined it closely. It is evident that this marker was expertly and lovingly crafted by someone who built it to last, to memorialize much loved parents and grandparents. No doubt this unique wooden marker will stand the test of time for as long as the timbers of the log cabins.

Farther along Lanark Road, just before the bridge over the dam into Calabogie, we crossed the K & P Trail. Our daughter-in-law biked a portion of this trail a number years ago as did we on our visit this time. The K & P Trail is the old rail line of the Kingston and Pembroke Railway. This historic old rail road was affectionately referred to as the Kick and Push when it was in operation. When I was a boy, the K & P route was still in operation and went past our home in Verona. I still recall the sights and sounds of the mighty steam engines pulling into the Verona station. The K & P's most famous cargo was the remains of Canada's first Prime Minister, Sir John A. Macdonald in 1891. Sir John's funeral train, draped in black, took him to his final resting place in the Cataraqui cemetery at Kingston.

Turning left off Lanark Road, just after the bridge, is Madawaska Street. St. Andrew's United Church is just down from the corner. What a beautiful location on the bay. We decided to join the congregation for Sunday worship. The pastor is a young man from Korea. He serves three churches in the area since each congregation is relatively small. We discovered that when it comes to worship, it's not the number of worshippers in attendance that matters, rather the spirit in which the worship takes place. This is a very friendly church that makes guests feel welcomed.

If ever we needed anything, Charbonneau's Grocery store, next to the LCBO, just up the hill from the Lodge, supplied our every need. We recommend the home baked cherry pie from Charbonneau's!

We enjoyed our week at Calabogie Lodge in friendly Calabogie and hope to arrange a visit again next year for a family vacation. Calabogie is definitely one of our favorite tourist destinations.

Pete Seeger and the Power of Song - Part 16, Absolution

By Peter Chess

When Pete Seeger returned to the States after his triumphant tour of the UK, he did so with a renewed enthusiasm - not that he had ever publicly exhibited any hint of despair. He seemed undaunted despite being blacklisted in the US and facing potential incarceration after his conviction for contempt of Congress several months prior, now under appeal.

The good press he received while on tour led to a flurry of bookings in those colleges, union halls and concert halls who ignored the blacklist at their own peril. Then, in May of 1962, it was announced that his appeal was successful and the charges dismissed. During the five years following his freedom he became even more active in the civil rights movement, appearing frequently alongside Martin Luther King and performing the anthem "We Shall Overcome", which he helped to popularize. During this period, while extremely busy, he was still not allowed to appear on Network TV, even though the newly produced and very popular TV show "Hootenanny" showcased many musicians who had directly been influenced by Seeger and Woody Guthrie who, ironically, were responsible for the term "Hootenanny" itself.

The Smothers brothers, Tom and Dick, were among the legions of musicians indebted to and inspired by Pete Seeger's artistic and political contributions. Their comedy routines were often sarcastic in nature, directed toward the powers to be regarding civil rights and humanitarian causes. In 1967, CBS invited the brothers to host their own variety show, called "The Smothers Brothers Comedy Hour", which attracted a huge audience and appealed to young viewers by inviting major rock and folk artists as well, along with a troupe of talented characters in comedic support roles who reflected the political and cultural rebelliousness of the time. One particular scathing sketch that lampooned then president Lyndon Johnson, so angered him, that he called William Paley, president and founder of CBS, at home, at 3 a.m., and gave him hell for allowing such blatant disregard for the office of President and being so overtly critical of the government's foreign policy.

The brothers had requested that Seeger be allowed to appear on the show but refused, afraid of any potential political fallout. Midway through the season, however, the huge popularity of the show gave the brothers some leverage with the doubtful executives. Paley agreed but on the condition that Seeger not perform any controversial songs; a demand which was guaranteed from the outset to provoke the Smothers Brothers' and Seeger's renowned defiance in the face of authority. Seeger showed up for the pre show taping of the show's second season premier, to be aired September 10. He sang four songs, including one called "Waist Deep in the Big Muddy", a song he had written a year earlier, inspired by a photo he had seen of American troops slogging through a deep river in the Mekong Delta. The song tells the story of a platoon of soldiers wading in the mud of a river while on a practice patrol in Louisiana in 1942... WW2 preparations. In the story, the captain, referred to as "the big fool"



Peter Seeger plasters the ceiling of the 17-year-old home he and his wife built near Beacon. Seeger is acknowledged worldwide as America's greatest folk singer. --TH-Record photo by Chris Farlekas

CLOSE-UP **SMOTHERS BROTHERS** **8:00** **4**

COLOR The Brothers' guest is folk singer Pete Seeger, whose appearances on the show last September sparked a censorship row that raged for months.

Seeger's song "Waist Deep in the Big Muddy" was deleted by network censors. The song, written about military maneuvers during World War II, was called "anti-Vietnam and bitterly anti-Administration." Tonight, Pete is scheduled to sing the song, as well as others that "get the history out."

Also: an audience sing-along, a three-line musical composition, Leigh French's hints for hippie householders, and the Smothers Poll on TV programming.

Louis DaPron dancers, Jimmy Joyce singers, Nelson Riddle orchestra. (60 min.)

Highlights

"Round and Round Old Joe Clark," "Turn, Turn, Turn"Pete, Dick, Tom
 "Lazy Days"Dick, Singers
 "Lloyd George," "Legman"Tom, Dancers

Pete Seeger

ignores his sergeant's warning that the river is too deep to cross. The captain, ignoring common sense and exercising his privilege of rank, forges on and is drowned. The sergeant then orders the platoon to turn back. The song does not specifically mention Vietnam, but allegorically, the "Big Fool" obviously refers

to President Johnson, who while in office continued to send more and more troops overseas, getting the country deeper into the quagmire of South-east Asia.

Undoubtedly nervous about another offence to the President, William Paley had the song erased from the tape. The censors had no objection to the other three numbers, "Whimoweh", the African song, which in classic Seeger style had the entire studio audience singing along. The Cuban song "Guantanamo" and the iconic "This Land is Your Land" rounded it out. In his network comeback he chose four songs that reflected his humanistic and international viewpoints; the same themes that helped him escape the media establishment's blacklist. And in prime time no less. Close to 12 million American households, and more than a few Canadian families, including my own, tuned into the programme. But, the Smothers Brothers, particularly Tommy, were upset. Tommy made sure that the media at large were made aware of the censorship. As a result of the mountain of bad press that ensued, the public outcry and the growing unpopularity of the Vietnam War, CBS reversed its stance and allowed them to invite Seeger back later in the year. To whet the public's appetite and likely to just piss off the CBS executives, they leaked the story of Pete's return to the NY Times, announcing as well, that Seeger would be performing the banned "Big Muddy".

A week before the scheduled show, Seeger taped the show in L.A.. He performed five songs, including a medley of anti war songs, which led up to the "Big Muddy". He ended the song with an uncharacteristic dramatic flourish, bringing the guitar up high and close to his chest for the final few chords. Suggesting, perhaps, a sigh of relief and pride that he had somehow managed to pull it off, to get one over on those who had persecuted him. 13.5 million viewers in the U.S. alone tuned in for the show. Two days later, CBS news anchorman, Walter Cronkite, probably the most trusted public figure in the country, called, on air, for President Johnson to begin withdrawal of American troops as a beginning to an end of the Vietnam conflict. In March, half a year later, Johnson, facing increasingly strong opposition from anti war candidates Eugene McCarthy and Robert Kennedy, announced he would not seek reelection the following year.

to be continued...

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.

Also check:

www.matawatchan.ca
www.greatermadawaska.com
www.addingtonhighlands.ca
www.northfrontenac.com

CHURCH SERVICES:

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

Hilltop Tabernacle
 Sunday School 10 am, Sept. – June.
 Morning Worship 11:00 a.m.
 Office 613.762.7130
www.hilltopchurch.ca
 Facebook Hilltop Church in Griffith

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

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

Emmanuel United, Schutt 8:30 a.m.

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

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

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

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

Most Precious Blood Catholic Church
 504 Mill St., Father Kerry Brennan
 Sunday Worship 8:30 a.m.

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

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

REGULAR EVENTS CALABOGIE:

Calabogie Summer Market, Sat.
 9-2 Calabogie Hall, 574 Mill St.
calabogiemarket@gmail.com

Youth Sports Night

Tuesdays 6:00 pm 8:00 at St. Jo-
 seph's Catholic School, Calabogie

Pickleball, Mondays and Wednes-
 days 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 Wednes-
 days 8:30 a.m. to 9:30 at the Cala-
 bogie Community Centre
 Contact Susan 613-752-1540

Pilates and More

Monday evenings and Thursday
 mornings

Back Fitness and Stretch

Mondays 3:45

Mindfulness Meditation

calabogiemindfulnessmeditation.com

Calabogie Seniors Dinner & Meet-
ing Last Thursday – 5 pm Oct. to
 April at the Community Hall. May to
 Sept. Barnet Park Seniors 55+ wel-
 come. 752-2853

Renfrew South Women's Institute

www.rsdwi.ca CalabogieWI@gmail.
 com Branch meetings held at Cala-
 bogie Community Hall 2nd Thursday
 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 Hall, 752-0234.

The Calabogie and Area Ministeri-
al Food Bank 538 Mill Street, Cala-
 bogie 2nd and 4th Thursdays of the
 month 9 am to 10 For emergency
 situations, please call 752-2201

SPECIAL EVENTS CALABOGIE:

Spartan Race Calabogie Peaks July
28 – 29 www.spartanrace.ca

Grand Opening of Barnet Park
Trail Tuesday August 21 – 10:00
am to 2:30 pm Guest Speakers:
 Noreen Kruzich and Harold "Skip"
 Ross. Bring a Picnic Lunch.

REGULAR EVENTS

GRIFFITH & MATAWATCHAN:

Matawatchan Hall Events, 1677
Frontenac Rd.: Check calendar at
matawatchan.ca

Matawatchan Walking Club

Wednesdays April to Oct. 9:00 a.m
Nov. to Apr. 10:00 am Start at the
 G'Day board. Brigitte 613-318-8308

Family Sports Nights, Tuesdays

& Thursdays at 6:30 at the
Matawatchan Hall. Board games
 in the Hall on rainy days. Everyone
 welcome!

Games Night, Tuesdays at the
 Matawatchan Hall, 7 – 9 pm. Use our
 board games, cards, crokinole, or
 bring your own.

Aerobics and Cardio Dance to suit
 all fitness levels at the Matawatchan
 Hall. \$5 Hall donation appreciated.
Tuesdays & Thurs 10am – 11am

Chalk Furniture Painting First and
Third Wednesday of each Month-
12:30-3:00 and Second and Fourth
Wednesday, 6:00-8:30 at the Ma-
tawatchan Hall Wendy at [wmacfar-](mailto:wmacfarlane@hpedsb.on.ca)
[lane@hpedsb.on.ca](mailto:wmacfarlane@hpedsb.on.ca)

Matawatchan Hall Saturday
Socials 9 – 11 am beginning July
14 Coffee, Tea & Baked Goods

Matawatchan Book Exchange at the
 Hall any time it's open, sponsored
 in part by the Greater Madawaska
 Public Library. No need to join, just
 sign out a book and return it when
 you are done.

Denbigh-Griffith Lions Club
Events at the Community Hall Hwy
41 Griffith:

Bingo every second Tuesday at
7:30

TAI CHI at the LION'S HALL Hwy.
 41, Griffith 613-333-1423 Begin-
 ner's Class, Mondays @ 12:45 p.m.
 \$10, Holiday Mondays, class will be
 on Thursdays @ 9:00 a.m.

Lions Fellowship Lunch at Noon-
 Third Wednesday of the month at
 the Lions Hall Griffith (not July &
 Aug). \$8 Everyone is welcome. Con-
 tact Mary McKinnon 613-333-2791

Northern Lights Seniors at the
 Lion's Hall Third Wednesday of the
 month at 1pm. (after Fellowship
 Lunch)

Denbigh Griffith Lions dinner
meetings on the 2nd Wednesday
 and business meeting on the 4th
 Wednesdays

General Wellness Assessment
 by local Paramedics available from
 11:00am until after lunch

Diabetes Outreach Program
 every 3 months

Euchre First and Third Friday of each
 month, 7:00pm – 9:30pm Contact
 John/Nancy Reid (613) 333-9556

Horseshoes at Camp J Weds. 1 pm.
 1748 Frontenac Rd. Matawatchan.
 Come to play or lead the cheers.

Bert's Music Jam Every Thursday
5 to 7:30 p.m. at the Pine Valley
Restaurant, Hwy 41 Griffith

SPECIAL EVENTS

GRIFFITH & MATAWATCHAN:

WILD FOOD GATHERING with
Colleen Hullet & Adobe Oven
Bake-Your-Own-Bread. Aug.
11, 9am Matawatchan Hall, 1677
Frontenac Rd. Buy Ingredients and
 learn to bake your own, (Incl. Gluten
 Free) \$10 Lois at info@reelimpact.tv
 to reserve space.

Chanting led by Lynn Jones and
Ole Hendrickson Matawatchan Hall
July 27, 3 – 5pm followed by
 potluck. Hall donation appreciated.

Giant Flea Market & Bake Sale, Aug
4, 9 – 1, St. Andrews United Church
 and at the Matawatchan Hall

Matawatchan Community
Cemetery Service, Saturday August
11 at 2pm, with Pastor Elaine
 Kellogg. This is the only annual
 event to honour our loved ones,
 decorate their graves, and fundraise.

Denbigh-Griffith Lions 11th
Annual Show & Shine, Aug 25. See
 ad pg 3

Festival of Small Halls is coming
to the Matawatchan Hall
Sat, Sept. 15, 7pm featuring The
Redhill Valleys and Tall Boyz with
Pete Chess Tickets \$25 at
thefestivalofsmallhalls.com or
 613-402-1425

St. Andrew's United Church
Chili Supper with desserts
Saturday September 15 at 5:00
 before the Small Halls Show.
 Everyone welcome!

DENBIGH & VENNACHAR:

SONWEST ROUNDUP VBS
Aug 13-18, 9:30-noon. Ages 3-11
Hilltop Church, Griffith Stories,
 songs, crafts, games and puppets.
Call Lynne at 613-333-1226 or
text 941-224-9993 All welcome

FREE weekly "Play to Learn" play-
group at MAYO COMMUNITY CEN-
 TRE in Hermon Tuesdays 10:00 am
 to 12:00 pm. snack provided

Denbigh Diners meal Supported
by Land O Lakes Community Ser-
vice: Full Course Meal \$8.00
 Nancy Dafoe 613-333-5164

Northern Lights Seniors Euchre,
Denbigh Community Hall, Hwy
#28, Denbigh, Fridays @7:00 p.m.

Land O Lands Community Service
Exercise on Tues. at 9:30, Den-
high Hall basement after Wellness
(not July and August) Contact Mary
 McKinnon 613-333-2791

Good Food Box, Fresh fruits and
 vegetables wholesale. \$6, \$11, or
 \$17 Order at the beginning of the
 month. Pick up at the Health Centre
 in Denbigh on the 3rd Thursday of
 the month. Call 613-333-1333

DACRE REGULAR EVENTS:

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

DACRE SPECIAL EVENTS:

DACA Summer Bingo, Sunday Au-
 gust 12 at 7pm. \$15 includes Lunch

CLOYNE & NORTHBROOK

REGULAR EVENTS:
Exercise Bootcamp at the Clar-Mill
 Hall in Plevna Tuesdays & Sundays
 7:00 pm \$5 per class.

Cloyne Pioneer Museum Hwy #41
across from P.O. Open 10 – 4

By Angela Bright



Canada Day in Denbigh ended in a fantastic fireworks display, with many Oooos and Aaaas from the good size crowd



The Pickled Chickens String Band at the Bon Echo Art Festival in 2017. L - R: Dave Guest, Joe Grant, Pete Chess, Sue Fraser and Mark Rowe. We will miss Sue, and the hills will miss the beautiful music she and "The Chickens" played throughout the Highlands. Hundreds attended a memorial for Sue on July 21, outside Denbigh. Our love and prayers go out to Mark, friends and families.

*We will forever remember Susan Fraser for her talents and the many ways she blessed our community in her heart for volunteering with Denbigh Rec. at the children's Easter, Halloween & Christmas parties and family events, and Denbigh Diner's just to name a few. Mark and family, we send our love and prayers.

*The fireworks display on Canada Day was wonderful as usual, with a great turnout too. Many thanks to Denbigh Recreation, with help from our volunteer firefighters.

*Please be advised the date for the annual Rose Hill Nature Reserve nature walk hosted by Mississippi Madawaska Land Trust has been rescheduled to this Saturday, July 28th, 10:30am to 2:30pm. This is a great opportunity to explore this beautiful space. There is another event planned for the fall on September 30th. Visit mmlt.ca for details.

*The Denbigh-Griffith Lions Club 11th Annual Classic Car Show & Shine, will take place on Saturday, August 25th, 10am to 2pm at the Griffith Hall, HWY 41 Griffith. There will be food, refreshments, market, games, music & fun! Tailgate Flea Market for show participants; sell car parts from your trunk. All exhibitors and vendors welcome; just bring your own tables. Admission is by donation. Rain date: Sunday, August 26th. Info Jan 613-333-1748.

*The Wellness Group meets every Tuesday in the Denbigh Hall basement; weigh in at 8:30am and the meeting starts at 9:00am. Please join us as we try to help each other lose weight. For information call Betty at 613-333-2366. Following the Wellness Group is Land O Lakes Community Services sponsored exercise at 9:30am. Join in the fun every Tuesday! Everyone is welcome! Offered by Land O Lakes Community Ser-

vices; contact Lori 613 336 8934 ext. 221, l.cuddy@lolcs.com.

*Summer hours for the Denbigh Library are as follows: Monday 4-6, Tuesday 10-2, Wednesday 4-7, Thursday 12-6, Saturday 9-12. The library is located at 31 Central Street, inside the Addington Highlands Community Centre.

*Denbigh Recreation hosts Coffee Time every Friday morning 8am until 10am at the rink building. Coffee or Tea is \$1.50 unlimited. There is something different for breakfast each week, from an English Muffin-Egg-Sausage, Western, Pancakes and Sausage, 2 Eggs Home Fries Bacon and Toast, Ham Bun with Lettuce & Tomato and Egg. Breakfast costs \$3.00 to \$4.00, Cinnamon Raisin Toast & Jam \$1.00. There is also a treat of the day: muffin, home baked cinnamon bun; something different each week.

*Fresh fruit and vegetables are delivered once a month to our commu-

nity through the Good Food Box. Boxes come in three sizes and prices: small \$6, medium \$11, and large \$17, with all produce at wholesale prices. Place and pay for your order at the beginning of the month, and it is delivered on the third Thursday of the month. Good Food Box orders are placed and picked up at the Lakelands Family Health Team located in the Addington Highlands Community Centre, 31 Central Street, Denbigh. Contact 613-333-1333.

*A couple of hacks for summer living; after taking your footwear off at the beach/lake/pool, flip your sandals upside down to avoid stepping into a hot pair when you're done. Use your crock pot, toaster oven and your good old BBQ (my mom uses her pressure cooker) rather than your stove to get dinner on the table, so not to heat up your home and save on energy use.

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

Chief Pierre Shawanipinesi

By Noreen Kruzich

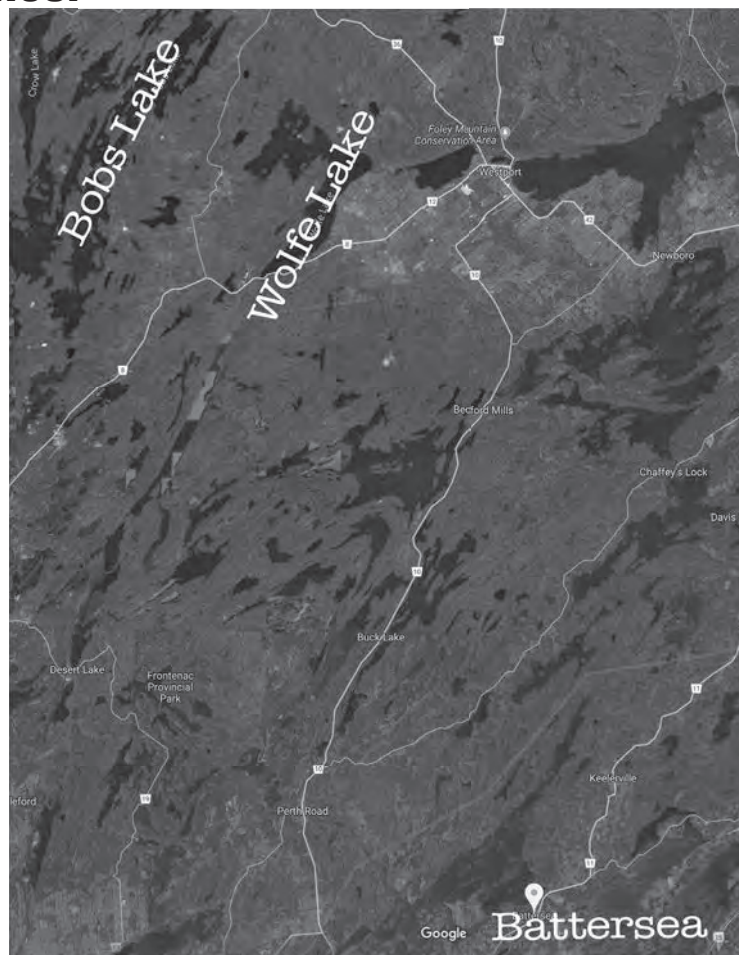
Pierre Shawanipinesi was born in the late 1700's at Lake of Two Mountains, (Oka) Quebec. There his family would have frequented in the summer months, going inland in the winter. Shawanipinesi was of the Algonkin tribe whose bands had traditional hunting and gathering grounds on both sides of the Ottawa River from its headwaters to the convergence of the Saint Lawrence. The river did not divide their homeland, but rather provided a passageway through it. Inland, their homeland stretched across the greater Ottawa Valley and into most of Algonquin Provincial Park and far north into Quebec from Oka. So too did the tributary rivers, the Madawaska, Mississippi, Rideau and others provide a passageway.

Shawanipinesi's traditional hunting territory is recorded in and around Bob's Lake (Bedford Township, Frontenac County). Bob's Lake is part of the Tay and Rideau watersheds, tributaries of the Ottawa River and the Saint Lawrence, placing this Algonkin traditional territory in the southern most part. Perhaps why his name –Shawanipinesi, "Southern Bird" in Anishinabemowin, the Algonkin anishinabe language.

It was said he resided on an island in the east basin of the lake at least as early at 1817. "Contact created the records," points out Doreen Davis, Chief of the Shabot Obaadjiwan, an Algonkin born and raised in Frontenac County. "We've (Algonkin Tribe) been here since time immemorial," indicating that Shawanipinesi's ancestors and others in the band were in the region long before any paper trail. Part of that paper trail led to the Battersea General Store where English immigrant Benjamin Tett ran a trading post. His ledgers and receipts recount the trades and purchases of the day, often listing Algonkins of the area. That included Shawanipinesi, who also was known as Peter Stevens/Stephens. Today, the Battersea General Store is still in business on a corner of main street, standing as a relic of the past.

Pierre Shawanipinesi was among fellow Algonkins, (Pierre Louis Constant Pinesi, Jean Baptiste Kigons, Francois Kandinoketch, Michael Pesantawatch and others) who petitioned the Government of the day to acknowledge their traditional homelands and set aside at least in part an area where they could continue to support their way of life and their families without fear of intrusion by lumbermen or settlers, land that was in all rights theirs, not the Government's to occupy or control. The Government had made no agreement for the land. There was no Treaty. Modern negotiations for a land claim began over 25-years ago, but this injustice began over 250 years ago.

"We ask for all of Bedford," says Davis. Shawanipinesi's petition dated July 1842 for a license of occupation on lands near the headwaters of the Rideau and Mississippi did get a favourable an-



Shawanipinesi's traditional hunting territory is recorded in and around Bob's Lake (Bedford Township, Frontenac County). Bob's Lake is part of the Tay and Rideau watersheds, tributaries of the Ottawa River and the Saint Lawrence, placing this Algonkin traditional territory in the southern most part. Perhaps why his name is –Shawanipinesi, "southern bird" in Anishinabemowin, the Algonkin anishinabe language.



Above: Battersea General Store 5234 Battersea Road (1905)

Below: The same building from the same angle in 2013. Cars and phone and power lines and poles have replaced horses and wagons. Photos from vintagekingston.ca.



swer- although not for the area of Bob's Lake where Shawanipinesi lived, but for a portion of land near Wolfe Lake, that had been inhabited by the Mississauga Tribe of Indians. A license of occupation by the Government's definition did not permit or promise ownership.

However, what was asked for and received in part did not last for long. Lumberman with a legal license from the Crown began cutting in the area that had been reserved. Why the Government had allowed for this its not known, but the paper trail shows an ineptness in

their accounting of lands.

"The loggers needed the timber, so it (the reserved land) was taken back," states Davis. And indeed, the Government deemed there were no Algonkins residing at the Wolfe Lake site so in a turn about decision under a new Superintendent of Indian Affairs, they sold the reserve land. It was documented that Shawanipinesi occupied the land, as on two occasions he wrote the Government to say he encountered and had conflicts with timberman while hunting. Two definitions of occupation it seems.

Threats by lumberman, land taken up by squatters and the Algonkins overall decline in sustenance for their families sank them into poverty. The Government recommended that the Algonkin move to Manitoulin Island—some 700 hundred miles away-where other tribes had been directed to. By 1857 the Bedford tract of reserve land had been sold by the Government to private owners.

"Some sources indicate that the Bedford tract of land was sufficiently described by the Indian Agent who made the agreement with Shawanipinesi," says Maureen Bostock, who is a member of the Lanark County Neighbours for Truth & Reconciliation. "This opened the door to the later refusal by the successor. It is difficult to fathom how the negotiation between Shawanipinesi and the Indian Agent could have fallen through the cracks given that the Indian Agent left a very detailed diary of his interactions with Algonquin people," adds Bostock regarding the granted license given to cut timber, "but clearly the actions of the successor served the interests of the European settlers as more land became available to them as a result." Bostock has taken time to gather as much about the Chief as she can in her role toward truth and reconciliation.

Today, compared to other reserve lands across Canada, the Algonkins have, without a doubt, a small share. And when you look at the land they now occupy under Federal jurisdiction compared to the entirety of their ancestral homeland-- it's very minimal.

Shawanipinesi finally left Bob's Lake for the Algonkin Golden Lake Reserve (Pikwakanagan) where some of his children had moved. He is recorded in an 1881 census and in an October 1882 report by Indian Affairs as living with his daughter and having given his age to be 101 years and 7 months. The inspector records his state as helpless, much emaciated, and bedridden.

Bostock's interest and research in the history of Shawanipinesi is her hope to popularizing it and as she says, "The important role he played in getting the Bedford tract set aside for his community can help people in this area understand the history of colonialism and how it played out locally."

If you descend from the Jocko, Green, Whiteduck, Benedict, Constant, or Lagrave families who once lived in and around Calabogie, I would like to hear from you this month
noreenkruzich@gmail.com



Noreen Kruzich is the author of *The Ancestors are Arranging Things...* a journey on the Algonkin Trail (Borealis Press/Ottawa/2010). She specializes in First Nation/Metis genealogy and social history and has worked on the

documentaries *Colonization Road* recently nominated for the Donald Britton Award at the Canadian Screen Awards and on *Trick or Treaty* winning the Prix Gêmeaux for Best Research. She lives along the Madawaska River outside of Burnstown. Visit her site at www.noreenkruzich.com

Greater Madawaska Library's Bring Back the Bees Project

By Sharon Shalla



Our little gardeners - These children were the planters in our Bring Back The Bees project. So cute, and they even painted the boxes the week before.

We couldn't have asked for better weather for our summer program, and although a bit hot on some days, it was perfect for planting. Our library participated in the Bring Back The Bees Project by planting wildflower seeds that were provided to us free of charge through Honey-Nut Cheerios. Did you know that one in three bites of food we eat is made possible by bees and other pollinators who spread the pollen that crops need to grow? We signed up for the program, received our free seeds in the mail, and then took to the outdoors with our little storytime gardeners to plant the seeds. The children had fun painting and decorating the planter boxes at a prior storytime. Shown here are pictures of the children who participated on planting day. For more information on the Bring Back the Bees project go to www.BringBackTheBees.ca

And speaking of summer, our children's TD Summer Reading Program is in full swing. Every Thursday from 10:30 - 11:30 a.m. Krystal and Jamie have fun themed activities and stories planned

until August 30th. This year's theme is "What is Your Passion." Maybe your passion is collecting baseball cards, or playing soccer, or reading, whatever it is, come celebrate with us.

We are well settled into our new location and enjoying the bright and spacious rooms. We have received many good comments from parents and caregivers on the Program Room where we have set up our Early Literacy Centre, Lego Activity area, and crafting area. We are delighted that we can now have all the children's books in the same room as the activities. Here's some good news in the Lego department. We have decided to have the Lego set out all summer instead of just Saturdays, so now you can come anytime we are open and enjoy building and creating with Lego. We have kits for all ages from 3 to 103. Much thanks to the Calabogie Lions Club for their generous donation which has allowed us to purchase more Lego sets.

Mark August 11th from 1 - 4 p.m. on your calendars. That's the official Open

House day and time at our new location, 12629 Lanark Road, which is also the same address as St. Joseph's School, but we have our own separate entrance. Highlights include a presentation from the Lions Club at 1:30 followed by Special Guest author Mary Cook who will be doing a presentation from 2 to 3 p.m. Everyone is welcome. We'll have cake and refreshments too.

Our book club is taking a break until September 2018. New members are welcome! This is a casual gathering of book lovers who enjoy sharing their views and recommendations on the good and sometimes not-so-good literature out there. However, it's all a matter of taste and sometimes makes for lively discussion. Please contact the library at 613-752-2317 for more information. We meet the last Wednesday of the month at the library from 11 a.m. to 12:30 p.m.

Membership at the library is free to all residents and taxpayers of Greater Madawaska Township. Just bring in proof of an address in the township, whether you own or are renting. Seasonal resi-

dents who pay taxes are welcome to bring in their tax bill as identification.

We hope to see you soon at our new location, and don't forget about our Open House, August 11th.

RECENT ARRIVALS:

- Adult Fiction**
 Macbeth by Jo Nesbo
 Turbulence by Stuart Woods
 Belleweather by Susanna Kearsley
 Year's Best Science Fiction & Fantasy 2017
- Youth and Juvenile**
 Pirate Day by Nicole LePage
 Felix at the Amusement Park by Arianne Leduc
 The Solar System by Andrea Dante
- DVDs**
 Call Me
 I, Tonya
 LBJ
 The Post
 Tomb Raider

JUNE STATISTICS:

- Circulation - 673
- Library Traffic/Visits - 264
- Public Computer/Internal Wifi Use - 31.5 hrs
- New Patrons - 7
- Electronic Books Downloaded - 143

LIBRARY HOURS:

Tuesday from 1 - 7 p.m.

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We hope to see you soon!



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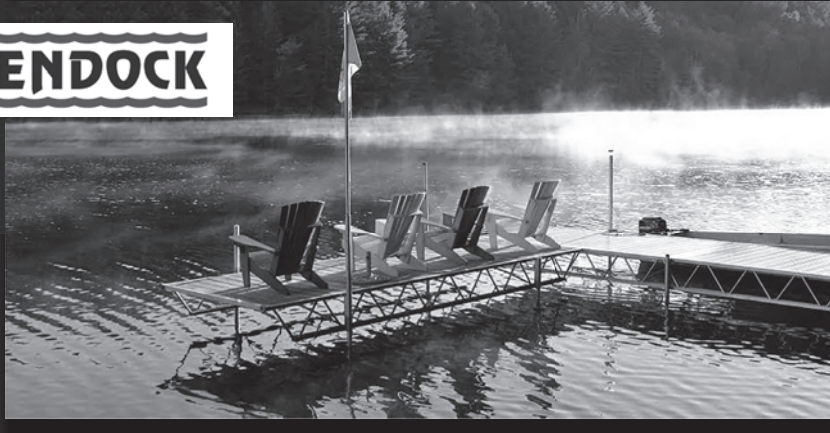
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The Blood of St. John, you say...

By Colleen Hulett



This is one of the more peaceful paintings, with head intact "St. John the Baptist in the Wilderness", most likely foraging.



How many times have you walked past the humble St. John's Wort plant without knowing about its super-powers to heal? It's named after St. John the Baptist who was beheaded.



If you rub the little red dots on the edge of the petal they will bleed red onto your fingers; the blood of St. John?



If you hold the leaves up to the light, you will note the dots are actually transparent oil glands that make them look perforated. (Hypericum perforatum)

St. John's Wort (SJW) or Hypericum perforatum is the very first plant I had to study while taking my herb course in the late 1990's. It impressed me then and still is one of my favourite herbs 20 years later. SJW is always in my medicine cabinet and kitchen pantry. I collect it every summer and have been making a wonderful skin-healing salve with SJW as one of the ingredients for years. Those

who have used it can attest to its efficacy.

My brother-in-law hounds me now and again to give up this special recipe to him. Maybe in my Will! This herb has so many uses that I really don't know where to start. I do know that I cannot live without it.

The earliest references to the healing properties of SJW date back to

6 A.D. and in the last 50 years SJW has been clinically tested extensively. Many of these studies have confirmed what the ancient Greek and Roman healers already knew centuries ago. There are tons of legends and folklore about this interesting herb and I encourage you to investigate that, but my favourite tale is about John the Baptist who became a saint after his death. John was a preacher who baptised

many repentant adults. He baptised Jesus. Like Jesus, John had a lot of followers and this made leaders nervous. He was wrongfully imprisoned by Herod and ordered beheaded in 28 A.D. Yikes, if you search you can find many gory paintings of his beheading that were commissioned after he became a saint. Today many Christians worldwide celebrate the Feast

Continued next page...

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5118 Calabogie Rd **COMMERCIAL ZONING 1.9 acre 76,400**
210 Jim Wallace Building lot **NEAR CALABOGIE PEAKS 39,900**
00 Calabogie Rd **COMMERCIAL ZONING 2.63 acres 105,200**

<p>REDUCED - CALABOGIE LAKE!</p> <p>1013 MacNabb Large Country Home on Calabogie Lake. Large gorgeous flat lot leading to the water's edge. Located close to the Highlands golf club house. The waterfront is a separate parcel offering lots of potential for new build closer to the water. Come and see the stunning views and enjoy all this area has to offer. \$579,900 MLS 1087638</p>	<p>BLACK DONALD LAKE!</p> <p>20 Ironside Viceroy "Capri Series" year-round home/cottage overlooking Black Donald Lake. Sought after area offers world class fishing and boating. Open concept main flr. Kit., Liv. and Dining w 2 bdms, full bath and master w ensuite. Partially finished bsmt. w 1 bed, recrm, util. Roughed in laundry and 3rd bath. Deep harbour for boats & sandy shore 499,900 MLS1099086</p>	<p>HIGHLANDS GOLF RETREAT!</p> <p>254 Tatty Hill 1,085,000 MLS 1098650 95 Acre Estate close to the Highlands Golf and Calabogie Motorsports Track near Calabogie Lake. Beautiful, historic, peaceful, well manicured property. Open fields for farming potential and still lots of bush for the hunter and outdoor enthusiast. Come and take in the gated long private driveway that leads to your new retirement retreat.</p>	<p>CENTENNIAL LAKE HOME!</p> <p>1046 Donald Trail 879,900 MLS 1104885 Stunning Lake Front home on the shore of Centennial Lake. You enter into a huge open concept living, dining, great room area. Post and Beam construction throughout. Large games room and master bedroom with gas fireplace and ensuite offer awesome views. Home has a southwest exposure and is set close to the water's edge.</p>
<p>CENTENNIAL LAKE - REDUCED!</p> <p>5015 Centennial Lake 599,000 MLS 1095808 If privacy is what you seek this home/cottage sits on a 2.1 acre peninsula with a gentle slope to the water. Home is a 2011 build with an open concept kitchen, living, dining area, 2 bedrooms, laundry and full bath on main floor. Completely finished basement with walkout has another bedroom, recroom, full bath utility room and lots of storage.</p>	<p>WATERFRONT - REDUCED!</p> <p>630 Long Point 469,900 MLS 1087807 Hurds Lake waterfront cottage/home or rental property with 72 acres! Enjoy the gorgeous waterfront or do a little hunting, fishing, hiking or make some trails for atv'ing. Nice gentle slope to the water with a sandy are on the shore and a deeper area for boats. Hurds Lake is a spring fed lake with no public access and less than an hour to Ottawa.</p>	<p>HIGHLANDS GOLF RESORT!</p> <p>34 Morning Flight 389,900 MLS 1084448 This home is nestled into a 1.3 acre lot and built in 2007. This home offers lots of space with large rooms. Large open concept living, dining and kitchen area with 3 bedrooms on the main and a completely finished basement with walkout. Large windows for natural sunlight. Sitting on the Calabogie Highlands golf course this home will not disappoint.</p>	<p>HIGHLANDS GOLF RESORT!</p> <p>90 Spindle Drift 399,900 MLS 1089074 Impressive Executive 5 bed, 4 bth. Home w/ stunning lake views and golf course. Wrap around hedge for privacy. Large rooms! Finished basement w walkout. Attached garage and separate workshop. Interlock stone driveway leading up to both. This is a great property for retirement, recreation or rental income. This area has a large rental potential.</p>
<p>5030 Calabogie Rd. 329,900 MLS 1106640 Open concept bungalow built in 2014. Three bedroom, two bathrooms with a finished basement. Carport and rear deck with basement walkout. Located close to all that Calabogie has to offer.</p>			

...continued from preceding page



All kinds of insects make herbs their home, but after you pick them and leave them in the sun to dry, bugs get the hint and move to greener pastures. Do not spray!

of Saint John on June 24. In fact, every June 24th, the province of Quebec celebrates its biggest party called the 'Fete de la Saint-Jean-Baptiste' (or 'Fete Nationale' as it has been renamed recently).

Why do I like this gory story you ask? Well, one of the unique identifying features of St. John's Wort is found in its flowers. (By the way, the word 'wort' simply is an old term for the word 'herb'.) The flowers are lined with tiny black dots around the petal edges (see photo included). If you pick a petal and rub those dots between your fingers, they will become stained with a red dye. Legend says this is the blood of John the Baptist! Furthermore, in our region of the Gatineau and Ontario highlands, SJW begins to bloom and makes its presence known on June 24th! Really. Diehard herbalists around the world insist on picking the flowers only on June 24th or the week of the summer solstice. I'm usually on vacation at that time and instead pick it all summer long as needed.

Another unique identifying feature of this herb is in its leaves. The leaves are oval-shaped and if you hold

them to the light they are dotted with oil glands that you can see through as if the leaves were perforated. Hence the Latin name *Hypericum 'perforatum'* was given to this plant. I know you have seen this plant before as it grows everywhere around us and is very easy to find with its bright yellow flowers and 3ft tall leaf-covered stems.

As mentioned earlier, you can use SJW flower for multiple ailments. It can be easily made into an herbal oil, a tincture or tea. You use the fresh flower tops for the herbal oil and tincture but use dried flowers and buds for a tea. I made the miraculous St. John's Wort herbal oil last week and would like to share this recipe and it's uses with you.

Once you have positively identified this herb, you harvest only the tops of this plant with its flowers and buds. I use kitchen shears to cut off the flower and bud tops. The tops I cut are about 2 inches long. Be careful not to accidentally uproot this herb while cutting as its roots are in shallow soil. Always leave the roots of wild plants in place and follow ethical wildcrafting rules. I gather enough tops



A mixture of 80% flowers and no more than 20% stems, dried in the sun, then immersed in high quality extra virgin olive oil, will give you the best results. If you don't have a dehydrator, dry them on newspaper.

to stuff in a standard mason jar. Once home I spread all the tops on my dehydrator rack (if you do not have a rack you can spread them on a newspaper) and place them on the porch in the sun. This allows all the insect inhabitants enough time to vacate the flowers; they understand its time to go. What? Where the heck did you think they lived?

After sunning I carefully remove the wilted flowers and buds from the stems. You need to be careful, so the red medicinal dye doesn't end up wasted on your fingers. Some use the whole plant top, leaves and all, but I do not. It is okay to have some leaves and green parts as its impossible to remove everything, but my teacher taught me the 80/20 rule. That is 80% flower and buds and 20% leaves or less. It makes for a stronger oil. I stuff the flowers in the mason jar and leave 3 inches of space from the top of the jar. I then fill the jar with 'expensive' extra virgin olive oil. Good quality olive oil is medicinal and seldom goes rancid. Trust me. Poor quality or cheap olive oil will ruin your herbal infusion and shorten its shelf

life. Pour the olive oil into the mason jar ensuring all the flowers and buds are covered and that there is an extra inch of oil above the herb. Screw the lid on tight and place the jar in a warm sunny window or outside in the sun on your patio table. This is a solar herbal infusion. Leave the infusion brewing in the sun for 2-4 weeks and swirl the jars around daily to help the red dye mix with the oil. My teacher believes this adds your love to the infusion too. Ain't nothing wrong with that. When its ready, strain out the herbs and bottle the oil. Your herbal oil will keep for a year. Just in time for a new batch! Hold your infusion to the light and you will notice it's beautiful bright red colour that gives it its medicinal qualities. It has a lovely floral scent to boot.

There are many first aid uses for St John's Wort oil. The oil has anti-inflammatory, anti-viral, anti-bacterial, anti-septic and pain-killing properties. Common uses are for rubbing on areas of nerve pain such as sciatica, fibromyalgia, arthritis or muscle pain. Rub a little oil as an anti-bacterial on minor



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Don't tell my brother-in-law where you got this wondergul recipe. It will be our little secret and a welcome addition to your natural medicine cabinet.

wounds. Rub on bruises, hemorrhoids and varicose veins to reduce inflammation, burning, itching and to improve circulation. Rub a little on burns to speed healing. The oil is also soothing on sunburns. As it has anti-viral properties it can be applied to herpes like cold sores and other active lesions. Remember that the skin is an active organ and that any oil should be applied thinly to allow the skin to breathe and heal faster. I should mention that when you pick SJW you should collect extra flowers to dry for tea use. A cup of St. John's Wort tea is pleasant tasting and very calming. Most people drink a cup after work or before bed to relax their nerves but if stressed you can drink it all day. It has mild but effective anti-depressant actions. It helps you sleep too.

I hope you get out this summer and pick some St. John's Wort flowers. Bring children foraging with you and have fun with rubbing the flowers to release the dye. The beheading of St. John and his blood in this flower is a great campfire story. The kids may require a cup of flower tea to help them sleep afterwards but I promise you they will always remember this cool herb!

(Sources: The Science and Art of Herbology. By Rosemary Gladstar. SAGE. VT USA. 1996
The Complete Illustrated Holistic Herbal. By David Hoffman. ELEMENT BOOKS. Great Britain. 1996
Eastern/Central Medicinal Plants and Herbs. By Steven Foster and James Duke. NY 2000)

Meet Colleen Hulett at the Matawatchesan Hall, 1677 Frontenac Rd.

Saturday August 11, 9 am

Buy ingredients and learn to

Bake your own Bread in an Adobe Oven

(gluten free, too), led by Ken Birkett.

While it's rising, Colleen will take you on a

Foraging Walk

around the Hall and down a short trail.

\$10 fee includes one loaf of bread and trail walk.

Bring closed toe shoes and pants you can tuck into your socks for the walk.

Bring a bathing suit if you would like to swim in nearby Dunn's Lake, a short walk away **Coffee, tea, and home baking available from 9 - 11.**

Space is limited. Contact Lois at info@reelimpact.tv to reserve

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



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GUEST AUTHOR MARY COOK FROM 2–3 P.M.



CAKE AND REFRESHMENTS EVERYONE WELCOME!

Jack Stekelenburg - Forged Expressions
From Crayons to Curiosity



Where you or I might see rusty scrap metal, Jack sees shapes with artistic potential - a mouth here, expressive eyes there, a crazy hairdo over there. When he puts them all together there is no limit to what they might become.

Jack Stekelenburg has always been artistic, from the time he was a child colouring with crayons to the present, creating abstract metal sculptures. When asked, "Where do you get the ideas for your sculptures?" He replies, "the ideas are just there, inside my head... I just go and dig them out." Being curious is a quality related to inquisitive thinking such as exploration, investigation and learning and Jack has no shortage of it.

Like many of us, Stekelenburg has experienced what he calls "the in-

terruptions of life" such as family or career that can often get in the way of pursuing that which we were once passionate about. Such things are important and good but there comes a time when that which we were passionate about when we were young can be re-visited. That is what Stekelenburg has done. In 2005 he took a course in welding and ox-acetylene cutting and began his career in metal sculpting.

He was invited by the Bittersweet gallery to show his metal sculptures as a guest when the village of Burnstown hosted the Burnstown Affair of the Arts from 2005 to 2010. Since then the gallery has witnessed Jack's resolve and passion to become a full-time artist and has watched his work evolve to the point that clearly

merits a solo show. Jack's curious character is evident in much of his work whether cleverly executed in free-standing modern abstracted forms, musical instruments, pirate ships, or more familiar facial expressions.

Jack will be in attendance for the show's duration daily and will offer opportunities for visitors to compose and assemble from foraged metal materials he will have on hand. The compositions will be then taken to be forged at his own Walden Three Studio for a fee.

The outdoor show and sale opens on the grounds at Bittersweet Gallery Saturday, August 18 from 11 to 8 pm and continues to August 26. The gallery is open daily 11 to 5.

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The Exhibition Theme: Original Art of "Canadian Nature, Wildlife or Countryside" This is a juried art exhibition and sale, which takes place in a central location in beautiful Bon Echo Provincial Park. Enjoy art & demonstrations by about 35 artists, BBQ, snake show, and music. Also enjoy what the park has to offer as follows: trail walks, beaches, boat tours, canoe rentals so you can view the pictographs along the magnificent Bon Echo Rock, and Greystores bookstore and art gallery.

All profits made by the Friends of Bon Echo Park go back into preserving the natural and cultural heritage of the Park.

Included, with admission per carload to the Park, is admission to the Bon Echo Art Exhibition & Sale.

Information: (613)336-0830, email: Admin@bonechofriends.ca www.BonEchoFriends.ca

40th Annual CLOYNE SHOWCASE ART & CRAFT SALE sponsored by the North Addington Guild **Friday & Saturday, AUG. 10: 10 am - 5 pm, Aug. 11: 10am - 4pm. at the North Addington Education Centre, Hwy 41, Cloyne, ON, Over 65 exhibitors - wood working, sewing, knitting, jewellery, paintings, soaps, quilting, and more. Food and refreshments, and BBQ are provided by the Mazinaw Lake Swim Committee, profits to the swim program. Profits by the Guild enrich the arts programs at North Addington Education Centre, Cloyne, ON. Admission is FREE.**

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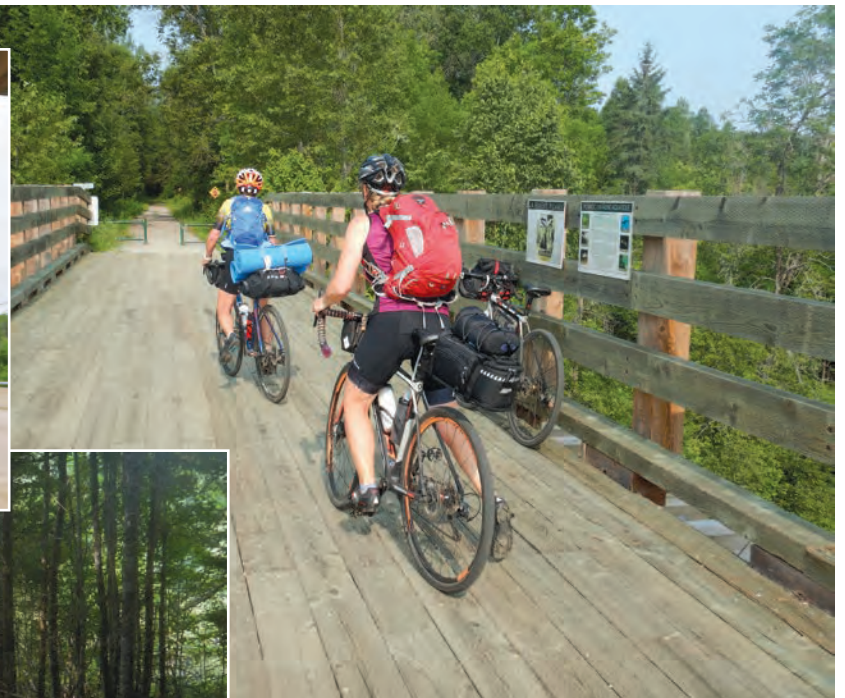
By Lesley Cassidy

Tourism? What do you think of when you hear that word? In the Ottawa Valley, you imagine visitors netting a bass in one of our many lakes, skiers sliding down hills, or snowmobilers exploring over 2,000 kilometres of groomed and snowy local trails. But what about cycling tourism? According to the Ontario Highlands Tourism Organization (OHTO), more than 7,000 cyclists visited Renfrew County, and more than 82,000 travelled to the Highlands area in 2016. That is a lot of cyclists.

Turns out riding a bicycle to explore new areas of the Province is an emerging tourism sector in Ontario. This sector is growing exponentially, with 1.7 million cycling visits to the province in 2017. Cycling tourists spent \$428 million on accommodations, restaurants and tourist attractions. Ottawa Valley and Highlands restaurants, motels, breweries and local attractions can benefit from working to attract this new tourism demographic.

Avid cyclists Val and Chris Hinsperger own the Bonnechere Caves. About eight years ago, they attended a presentation by the Ontario By Bike Network, a tourism project that promotes and certifies bicycle-friendly businesses across Ontario and decided to adopt this approach for their business operation. The Bonnechere Caves staff can offer advice on cycling routes ranging from 10 kilometres to 100 kilometres in Bonnechere Valley, Admaston-Bromley and North Algona-Wilberforce areas, washroom facilities are available for everyone to use, and they provide their parking lot, free of charge, any day of the week, for cyclists to park and start and end their rides at the Caves. Their approach is that if you are friendly and open to everyone, it benefits the whole area.

"It will take time educating people and making businesses aware of welcoming this new demographic," Hinsperger shares. He says that adjusting a few elements of customer service such as having maps available, providing access to washrooms and water and talking with cyclists opens up new possibilities. And there are other businesses who share that sentiment. The Pinewood Inn, in Barry's Bay, was certified bicycle-friendly in 2013 and have hosted a several road cycling groups over the past few years. One group has returned twice to cycle through the area. Yvette Boudreau-Smith, the owner, points out that for the cycling tourist, "everything you need is here. Countless quiet rural roads offer hills, lakes and beautiful views. It's rural, but not remote." She would love to see more cyclists visit and stay. With 25 tourism operators in the Ottawa Valley certified bicycle-friendly, these local businesses recognise that it makes good economic sense to look at the cycling world. In 2016, two-wheeled visitors generally spent \$317/per trip and



If you have been wondering why governments have been helping community groups finance bicycle infrastructure, it could be because of the great return on investment we all get. Cycling tourists spent \$428 million on restaurants, motels, hotels, campgrounds, breweries, local attractions, restaurants, and more in the Ottawa Valley and Ontario Highlands.

Tourism and business associations are working together to bring cyclist visitors to the Ottawa Valley and Highlands areas and improve their offerings for a better cycling experience that will encourage return visits.

almost 94% were overnight visits. Promoting the Ottawa Valley and the Highlands as the place to visit takes a layered approach. The Province of Ontario established 13 regional tourism associations to better work with local tourism operators and understand the unique characteristics, assets and opportunities of each area. The regional association for the Ottawa Valley, the Ontario Highlands Tourism Organization (OHTO) is an industry-led non-profit with board members representing Renfrew, Lanark, Hastings Haliburton, and Frontenac Counties. Specific to Renfrew County is the Ottawa Valley Tourism Association (OVTA) which works with the OHTO. In the words of Melissa Marquardt, a marketing coordinator with the OVTA, "both organisations are working together for one common goal." And that goal is to bring visitors to the Ottawa Valley and Highlands areas. She explained that the association is seeing an increase in cycling visitors and tourism operators are working to improve what they have to offer to cyclists.

One significant step by the OVTA is the publication of a colourful and detailed map with 16 cycling routes that include a list of things to do, dining and shopping in each area and depicts parking, facilities and routes through various communities. As well, the OVTA website lists many more exciting cycling routes. Ranging from flat gravel rail trails such as the K&P to paved roads that wander through picturesque towns and rolling farm fields, the website further highlights attractions such as museums or swimming options along each route and the length of time the ride will take based on different levels of experience. Cycling routes range from a few kilometres to over 55 kilometres in distance. These initiatives are all part

of building the Ottawa Valley and Highlands into a more bicycle-friendly area which encourages cycling visitors to stop and enjoy the numerous attractions.

Both of these tourism organisations work with the Ontario By Bike Network which

promotes bicycle-friendly businesses. In eight short years, the Network has 1,400 certified bicycle-friendly businesses representing almost every single tourism

Continued next page...

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...Continued from previous page

region across Ontario. The Network is a project developed by Transportation Options, a non-profit organisation that works to promote and develop sustainable transportation choices that benefit communities and contribute to their economies through tourism. The Network hosted two workshops in the Ottawa Valley. The first workshop, almost eight years ago attracted between 20-25 local businesses and more recently, in 2016, the regional workshop attracted nearly 40 tourism operators. These workshops introduce tourism operators to the cycling market, share what is happening locally and discuss how other areas of Ontario are attracting this new tourist demographic.



"Welcome Cyclists" signs let people know your business is cyclist friendly, welcoming them to use things like a covered and secure bike storage area, cycling information, and staff able to answer requests about roads, weather reports, etc. Every business along a cycle route becomes a tourism ambassador to tell cyclists about local events and facilities. Washrooms and bike repair kits come in handy, too.

So, what does it take to become a bicycle-friendly business? Transportation Options reviewed what other countries were developing concerning cyclists. Germany was one of the first countries in the year 2000 to set standards for bicycle-friendly businesses and currently has over 5,300 businesses registered. Europe offers a similar network as well, with different variations depending on the country. Some areas provide criteria and certification that focus primarily on accommodation for cyclists; others have standards for all types of businesses that cyclists may be interested in visiting. And despite the declining economy in several individual

countries in Europe, the certifications are increasing with more operators joining, particularly in Switzerland, Croatia, Austria, Germany and Italy.

Transportation Options assessed these countries' criteria and developed their own to meet the Ontario market. Louisa Mursell, the Executive Director of Transportation Options, explains that "if you are already in the service industry, the criteria are quite easy to meet." As an example, the requirements for accom-

modation include: a covered and secure bike storage area; cycling information (such as route maps or access to an internet connected computer so a route can be planned); staff able to answer requests about local roads as well as share weather reports and information about other nearby tourism destinations; a basic bicycle repair toolset; and if food is served on site, healthy and local food options available. These cover most of the minimum criteria, and there are other suggested options for each category.

Standards have been established for accommodations, campgrounds, food service providers, destination attractions, business areas and bicycle-related businesses in Ontario.

Once a business has met the criteria and is certified as bicycle-friendly, the Ontario By Bike Network has numerous avenues to promote tourism operators. One channel is their newsletter distributed to 15,000 cyclists, eight times a year that highlights certain tourism operators and regions. An easy to use interactive online map allows cyclists to select an area of the province, plan one day or multi-day trips, and coordinate their activities where bicycle-friendly accommodation, restaurants and other services such as to gift shops, beaches, wineries, breweries, and cafes are located. Another important marketing tool is their guide, distributed annually to 40,000 people and organisations. Over 35 pages long, the guide is a lively and glossy magazine containing articles on day trips and multi-day adventures across the Province, maps, tourist attractions, suggested cycling routes for different regions and feature stories on various subjects. It is the go-to guide to understand how much cycling is a growing business in Ontario.

However, it's not just marketing that attracts tourism visitors to the area. Community cycling enthusiasts, asserts Ni-

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If you think you have seen an increase in vehicles with bike racks on the back, you are right. There were 1.7 million cycling visits to Ontario in 2017 alone. They aren't just car loads of money dropping in. Cyclists are generally quiet guests who enjoy seeing nature close up and experiencing the food and culture of the areas they explore.

cole Whiting, Executive Director of the OHTO, "they are the anchor of the experience." She explains that groups such as the Ottawa Valley Cycling and Active Transportation Alliance and other like-minded people and local businesses are behind grassroots events such as the Tour de Whitewater, Tour de Bonnechere, BORCA Spring Chicken Mountain Bike Event, the Hastings Highlands Hilly 100, and many more. To host these cycling events, community members, many who

do not cycle, come together to support all aspects from marking routes to providing food and beverages, and it becomes a point of local pride and an anticipated community gathering each year. These fun and well-organized cycling events attract visitors to the area who then spread the word on social media or by word of mouth.

So, let's get outside and enjoy the freedom of two-wheels this summer! There

are many roads to ride and destinations to stop and experience in the Ottawa Valley and Highlands. And if you happen to ride your bicycle up the Foymount Hill – take a picture of yourself or your group and stop by the Bonnechere Caves or the Madawaska River Rentals once you are at the top. You can purchase your bragging rights T-shirt that honours your achievement - that you climbed the toughest hill in the Ottawa Valley and Highlands area.



Thank you for visiting. We hope to see you again!



Lesley Cassidy has been cottaging near Calabogie for over 40 years. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite passtimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley is married to Andre Mickovitch and brings him on her many adventures. Together they love travelling but Lesley always feels most at home closest to her family roots in the Ottawa Valley.

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How to Go Back in Time

By Marcella Neely

Historical books such as "The Oxen and the Axe" by William Warlich of Denbigh take us back in time. You can feel the heart-warming memories he shared and the history he left with us in his detailed descriptions of life in Denbigh, dating from around the 1900s.

Here is an excerpt from the pages of "The Oxen and the Axe", written in 1974:

"Seventy-five Years Ago in Denbigh"
Albert Lockwood's first house was near where Glaeser's store now stands and beside him was Bill Chatson's hotel and livery barn. It burned and Adolph Glaeser's father built the house where the store is now (since then moved into Glaeser's store). Sam Lane built the brick house next to it. The Beebees built the store where the Hartman's now are. (Destroyed by fire in 1994) Gustav Adams was the next owner and Glen Hartman's grandfather bought it from Mrs. Adams in 1930.

There was another store across the road, run by Ephriam Sallans. This is now known as the Roger's house. Charles Both had a blacksmith shop beside this and the Community Hall was over the blacksmith shop. Charles Both's house is the post office now.

Another book with stories from Denbigh, Abinger and Ashby is called "This was Yesterday" by Christina Hermer, daughter of Roy and Judy Berndt. It used to be available in our Sales Corner or can be ordered on line. The Cloyne & District Historical Society proudly collects, researches and archives generations of information for future reference by curious descendants and historians. Folks are welcome to come into the museum for searches or contact us at www.cloynepioneeremuseum.ca. It's amazing what surprises may surface.

Local history is also found in the pages of the semi-annual newsletter "The Pioneer Times" which can be read on our website. In the 2004 Fall Issue Bethany Armstrong describes her father, Charlie Armstrong's work on his book "Away Back in Clarendon and Miller." Armstrong interviewed countless families and searched archives in Ottawa and Toronto to write an amazing account of life in those two townships and closely linked settlements during the



Denbigh Grist Mill. In pioneer days the people who settled in Denbigh found that anything they could not make themselves or access locally was basically out of reach, unless they were able to travel for several days over rough terrain to Renfrew, or to the south on the Addington Road. This led to a spirit of self-sufficiency, and at the turn of the 20th century there were a number of blacksmiths, a very busy grist mill, hotels, two churches and two stores in Denbigh to serve the population. A description of life in Denbigh in 1900 that was reprinted in the Oxen and the Axe illustrates what life and travel were like back then: "They used to gather all the produce that could be spared in the fall and drive to Renfrew to trade. They had butter in 90 pound firkins or in prints, potatoes, grain, beef, pigs, geese and wool in fleece and spun into yarn. The journey took three days down and back They traded their produce for sugar, flour, and meal by the hundred pound bag to do them a year." BELOW: Hartman's store, Hartman's store Denbigh, unknown date, Part of the Glenn and Rebecca Hartman Collection



1800's. In the same vein, we have stories of families, businesses, places, early settlement, road building and more, including accounts from Kaladar, Flinton, Northbrook, Cloyne, Harlowe and Denbigh. You will find some in books available for sale, some in our annual Heritage calendars, some in our archives and so much in artifacts on display in the museum. These items say little but tell us so much. Remarkable photos can be viewed on Flickr via our web site.

The Cloyne Pioneer Museum & Archives is open until Labour Day, seven days a week from 10a.m. to 4p.m. It is located



Photo of the hamlet of Denbigh (formerly spelled Denbeigh) in the northern part of Addington Highlands Township on September 29th, 1928.



Unknown date - The Stewart House (aka Stewart Tavern or Flinton Hotel) was owned by Joseph Yanch (Carolyn's grandfather) just outside the boundaries of Flinton, which was a dry town. The sign above the porch reads: 'Purveyors Of Beer and Wine By Authority of the Liquor Control Board # (number unreadable). Billa Flint was a Belleville based entrepreneur and future member of the Senate. He built a grist and sawmill in what became known as Flint Mills. In 1859 the town was named Flinton and 98 small building lots were laid out in a grid formation along seven streets forming a core village that remains intact to this day Source of Information: Jeff Green, Editor- Frontenac News- Sharbot Lake Ontario, written by Margaret Axford- Cloyne and District Historical Society (CDHS) Photo source: Oxen and the Axe - a book commissioned by the CDHS. Date of photo unknown. The Cloyne & District Historical Society includes fascinating stories, images, artifacts and information from Kaladar, Flinton, Northbrook, Cloyne, Harlow, Denbigh, and places in between.

in the heart of Cloyne, across from the post office.

The web site is updated regularly: www.cloynepioneeremuseum.ca. Visit for special events and guest speakers. Cloyne & District Historical Society meets on the third Monday at 1p.m. at the Cloyne hall, Sept, Oct, Nov, Jan, Feb, March, April & May.

Please come to visit for special events and to hear guest speakers. Everyone is welcome to attend without obligation.

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

We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca

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Our "Old Views" May Improve "Today's View"

By Ernie Jukes of Camp J

Well say now, listen here and I'll tell you a story by this old artist/writer/rover and about a country that is getting fairly old too, but has a lot to say about its place in this very ancient world. Come with me on another journey. Check these beautiful realities and see how they fit into our almost untold Canadian history and our interesting connections to others.

At the exact same time as the Brits and early Canucks, along with our trusted Indigenous Peoples were beating the upstart USA in the War of 1812-1815, giving them the prime reason they have a White House today, the British were into another very important engagement in Europe.

After 25 years of bullying by Napoleon Bonaparte, the Seventh Coalition said "enough" to France! The coalition, included Britain, Russia, Spain, Portugal, Prussia (pre-Germany), Austria, and Sweden. The French were victorious over a large army of pre-German Prussians on the 15th, 16th and 17th, but Napoleon and his gigantic French army finally "met their Waterloo", going down to defeat by the coalition led by the Duke of Wellington, at Waterloo on June 18, 1815.

This great force of 49,000 elite was led by Field Marshall Gebhard Leberecht von Blücher, who was wounded in the right side as his large white stallion was shot from under him just the day before at Ligny. The Russians had already retreated to Russia, no help there. The others, while quite mobile did not have the same aggressive tactics as this military genius. They had a slogan "Ran wie Blucher" - Charge like Blucher". In spite of his age of 74 and his painful battle wounds he pushed himself and his cavalry to victory, leaving Napoleon with 34,000 men killed, wounded or captured. The allies suffered 22,000 casualties saving Wellington from possible defeat. Blucher died at his Silesian home in Krieblowitz at 77. He was the highest decorated soldier in history, then or now. Democratic Europe had been saved.

Back in our corner of the world the ill-gotten U.S. civil War- 1861-1865 took place, about the same time as my family landed in Quebec and went on to happily settle in Hanover, Upper Canada. It seems even then relationships could be difficult from the very new US. The Spanish-American War which started curiously, and they say they won in 1898, was one of them. They have tried to grab Cuba ever since. The other was a weird practice by early US governors who imagined they had a "Manifest Destiny" to simply take land from Canada, Mexico and their own natives to expand their new found states as they wished. Earlier real estate taken in this fashion from Mexico was Texas, California, Nevada, Utah, Arizona and most of New Mexico. And from Canada the new yankee nation simply claimed the whole of Oregon, Maine and Vancouver Territory. Maybe Montana, Washington, Minnesota and parts of other border states could be included. Can some of this arrogant thinking remain? Hope not! Certainly, their paranoia and dependency on guns has not only remained but seems to be increasing. Pity. We have all learned from this but can we control it?



Of course, God did not bestow any such destiny on anyone and we were simply very lucky to have so many grandiose frontiers in huge provinces of land and water north of that border. Interestingly we too were busy building with much the same Anglo-Saxon race on both sides, except, arguably colonizers north of the border may have saved natives and blacks from as much abuse, but Canadians are still learning about it.

The Louisiana Purchase in 1803 doubled the size of our neighbour and made our beautiful "French Connection" permanent within its borders. Our early French method of immigration depended on friendship with our native tribes. Remember it was the Brits that also aided settlement of Louisiana with the families of Acadians they sent down the Mississippi from New Brunswick. Big mistake. Well a lot of water has flowed down many rivers since all that and today we call ourselves "The True North Strong and Free". There's probably less turmoil on our own soil, but it still has not been easy.

An uninformed guy called Trump, quite recently questioned Canada's ability to win at war or even pay our share. May I remind him that we had the first Commandos, first seals, first green berets, first long-distance sharpshooters and we continue as the worlds top Peace Keepers. Our warriors are close to home and have been in this paper. My uncle from Hanover, Ontario, Major H.A. Jukes was awarded bars to his DSO and Military Cross from King George at Buckingham Palace while with the 20th Battalion and won the most medals in the 147th during our 6 years overseas with the Canadian Expeditionary Force fighting his Saxon cousins during WW1. Some of our allies were only there for 15 months total! Many of our immigrants fought to save our North America overseas before the enemy landed on our shores.

So being here in what most of us consider the greatest country anywhere is knowing what we love to do and who we wish to share it with. Be proud. You are the designer of your future. We were in Cuba recently and could feel first hand how

they miss our freedom and human rights. Our guide in Havana was a graduate engineer but made more with his tips guiding than from his profession. Communism has been tested and it simply does not work.

Interestingly, throughout history, we and so many other countries have done much better working together in trade and commerce. While never simply a festival, over time we begin to know what works and how to maintain good relationships and even build closer bonds and quality that lasts with global or continental neighbours. Today's high technology and our rich natural resources have allowed us to work with many nations rather than war with them, as in olden days. And we haven't begun to talk about having the globe's most fresh water.

Perhaps our migrants or immigrants today will add to our human wealth that we have in this great Northern Expanse that we have called Canada since 1500. Remember we are all immigrants and we have each proudly found our own way. The truth is when you think about it, this country is really a unique developing family.

Being Canadian is so much more detail. Isn't it? We learned early on, to

hike that trail, swim and boat that lake and not to make love in a canoe. We enjoy great music that is still musical. We probably enjoy most sports. We are inventive and hardworking. We certainly love nature, animals and art. Do you remember when we were kids we only had one thing to play with---it was called "Outdoors". There have been many changes. I also thought growing old would take a bit longer. How about you?

My paintings and writings attempt to recognise folks from yesterday or places that we are still fond of today. We are creative and feel we have received much more from the wonderful land that we have worked so hard to build. If some of you don't agree perhaps you haven't put enough into it! It doesn't matter how big your house is, or how much money you have or that you have expensive things... our graves will be the same size. So, in the mean time, back at the ranch please remember He who laughs-lasts!

-Old Ern



R. Ernest Jukes
Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a

rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.



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Special Kitties
By Antonia Chatson



All of the cats who have lived with us, stopped by to dine with us, or "owned us" outright over the years have had very distinct personalities, as distinct as their sizes and markings, especially Mr. Black.



We found out there is no universal cat code of conduct for behaviour, relationships, or parenting styles; that every cat is different, especially Mr. Black

Mr. Black was a nice fella. He spent most of his days hanging out with Mr. Smith and Scruffy Wainwright in the barn. Yes, you've guessed it, he was an all-black tom cat. He did have a little white on the tips of his ears and a small white bib under his chin. He never caused any trouble, never fought with anyone and remained a fixture in the barn and shop all of the time. Mr. Smith also was a very peaceable fellow unlike Scruffy who was the terror of the high seas. Scruffy's sole objective in life was to chase off the property all young males coming out of kittenhood. They were so terrorized they never returned and most of them I presume ended up being eaten. Mr. Smith was a tabby and we named him that after a man a Mr. Smith, we knew who had a growth under his chin. And so, did Mr. Smith. This triumvirate had held sway for

ever so long. But then six years ago Mr. Black disappeared. Only twice in the past had our cats vacated to greener pastures, for reasons unknown to us. One of our cats whom my daughter named Ping Pong because he kept jumping up and down on the bird feeder outside the kitchen window, ended up at our neighbor's. In a good spirit they adopted him and named him CC - Chatson's cat.

One spring morning, at the end of March, my daughter brought to my attention that there was a scrawny black, half grown kitten under the tree where I feed the birds. It was gobbling voraciously, no, not sunflower seeds but cheap cat food that I put out for the blue jays. We knew that it was not one of our four black cats as it was so small and thin. We watched for a while, then who should appear

by her side, but Mr. Black. The kitten rubbed up against him and he licked its face. He sat down beside it and watched it eat, then when it had finished he nodded his head and it followed him. It was clear that he was showing it around the place. They slunk under the gooseberry bushes, trailed through the flower beds, jumped up on rocks and tight roped along the top rail of the fences. Occasionally Mr. Black would stop, stand up on his haunches and point out some item of interest to the little fella. Then it would go over, inspect it and nod to Mr. Black in approval. They ended up in the wood pile, where they both scouted around for mice.

Seeing as they were obviously very close, I named the little black kitten, Conrad! Naturally I put dried Bikkies and milk out for

them both and made up a bed for them in the shop. I began considering the circumstances of their meeting. The kitten could have been a feral cat, or it might have been at a place where it had not been fed well. I am assuming that Mr. Black told it to follow him and he would take it somewhere where he knew that it would get good food and lodging.

Time passed. Every day the two of them could be seen parading around the property. They were always together and obviously showed great affection towards each other. As the snow and ice melted off the driveway, I noticed that the kitten was rolling in the sand and gravel. Then one day I was a little closer to it and noticed a white circle on its belly. Oh, oh, I thought. Conrad Black is a female and it has a kitten. So with a quick

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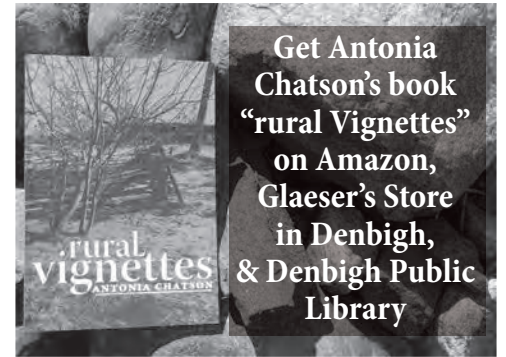
a job taming them all down, especially Comrade, as she was so skittish, but I found that salmon was a tamer of choice! Naturally as the weather became colder, they came into the house with the other cats. Considering that two of them were kittens, we felt we got off lightly when only one plate was broken, and one angel beheaded. They all behaved as if they were born to rule.

When we took Comrade in to be spayed, we knew we would never get her into a carrier, so we brought a large crate in that my husband had constructed years ago. It took us two hours, using multifarious devices to get her into the box and when we did, we left her there all night. My daughter put her into the back of the car to transport her to the vet's. Beside the box, was a blanket. Inside the box I had just put a pile of newspapers in case she had to go.

When we lifted the box out of the car, the blanket came with it, at least a small portion of it. Comrade had pulled the rest of it in bit by bit on the way to the vet's, trying to hide herself. We pulled the blanket out from the box. When we got her into the office, the technician lifted the lid of the box. There was no cat, but the newspapers were piled up in a hump. The vet removed them and all we could see were two very large green eyes staring at us in terror. The rest was up to the vet. We had done our part by getting her there. We had tamed her down some and could pat her, but I am guessing she will never get over the trauma she had been through. We don't know what it was, but in the future she need fear no more upsets. She is quite a cat.

The following spring Mr. Black reappeared. Wonder why? I guess no one had "femaled" him to break the bad tidings to him. The

question of the hour now is, whether or not he can accept a platonic relationship with his wife. But with all the fine attributes that he displayed towards Comrade the previous spring, I am sure that they will work out some arrangement.



slip of a consonant, the little mother became Comrade Black! Never a sign of the little fellow though. But later on, in the spring one day, she brought her progeny out into the open - all THREE of them. They were nice fat little things, in much better shape than she was. And she raised all three of them on one teat. Another consideration. From the time we first saw Comrade she was thin and scrawny. Which indicated that she must have had her litter elsewhere. Which meant that she and Mr. Black between them had carried them here. But how far? We will never know because they will never tell. Main thing was that they now had good lodging in the barn and good food and milk to make up for lost time.

I was assuming that Mr. Black was the father. But then how many tom cats do you know who would take such interest and concern over his wife and children? He was always around them, all the time. Both mother and father were involved in the raising of them. One day I heard a kitten mewling piteously. I looked out the window and saw a kitten by himself who had got disorientated from its mother. Soon Mr. Black came running to its rescue. He licked it all over and comforted it and the kitten rubbed itself up against him.

Mr. Black hung around till the kids were raised then he disappeared again. Where does he go? One of the kittens died so there were two left, one a female and the other a tom. We named the female, Little Miss Muffet and the tom Purrry Blue Bells. It was quite



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.

A Rural Family Festival



RENFREW COUNTY PLOWING MATCH

**Saturday September 15
8:30 am - 5:00 pm**

Hosts - Irene, Brent and Scott
Stewart families of Douglas, Ont.
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(Cobden-Eganville)
Adults \$10, 12 years and under FREE
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Renfrew County Soil & Crop ■ Agri-Business Dealers
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Tent City with Crafters, Vendors & Exhibitors



Canada's Top Performing Talent Comes to Perth's Classic Theatre Festival



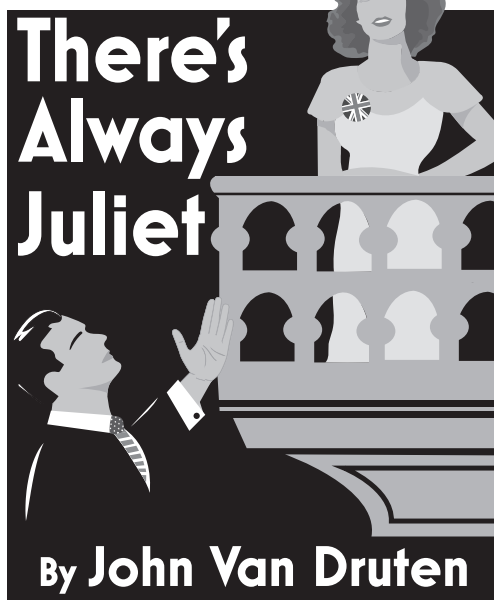
Comedy, History, Mystery, Dinner Theatre, Heritage Walking Plays and More!



Classic Theatre Festival News

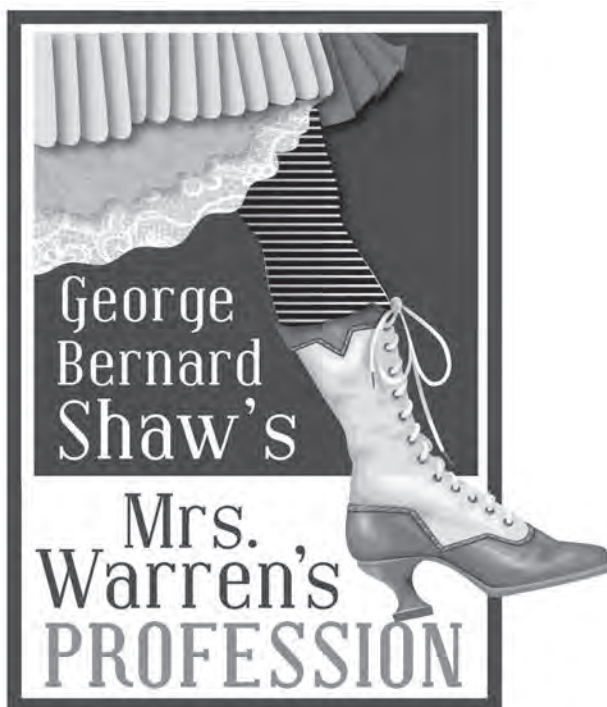
JUNE 5 to SEPT. 9 • 2018

This summer, treat yourself to the most beloved plays of all time as Perth's professional summer theatre, the Classic Theatre Festival, stages hits from the golden age of Broadway and the London Stage. Whether it's a comedy or mystery that takes you down memory lane (like Turner Classic Movies or viewing *It's a Wonderful Life* every December), a historic walking play or ghost walk that brings to life the characters and stories of Perth's fabled past, or a delectable three-course meal combined with a classic comedy at the inaugural Classic Dinner Theatre, we offer 16 shows per week of memory-making, family-friendly entertainment.



The Festival's air-conditioned, wheelchair accessible mainstage opens with *There's Always Juliet* (June 22 to July 15). Written by John Van Druten (*I Am a Camera*, *Bell, Book & Candle*), the play asks whether love at first sight truly exists. Sparks fly after a British woman meets an American man at a London tea party, but how far will things go in this charming, cross-border romantic comedy set in 1930s London, England? If you love the charming romantic comedies of the 30s and 40s (think Cary Grant, Jean Arthur, Jimmy Stewart and Carole Lombard), this one's for you.

It's followed by a warm, witty, engaging tale of conventional morality and unconventional lives, George Bernard Shaw's *Mrs. Warren's Profession* (July 20 to August 12). When Vivie Warren and her mother, Kitty, get together after Vivie's graduation from Cambridge, a classic mother-daughter conflict arises with questions about the source of Mrs. Warren's wealth. One of the most beloved plays of all time, it still speaks to daily life in the 21st century.



The Festival's annual mystery thriller, *Angel Street (Gaslight)* by Patrick Hamilton (August 17 to September 9) is a gripping psychological nailbiter about mind games and the nature of truth. When seeds of doubt invade your mind, how strong is the pull towards insanity? In this timeless classic, a worried wife wonders if she is going mad. What is real and what is illusion? A 1944 film version, *Gaslight*, starred Charles Boyer, Ingrid Bergman, and Angela Lansbury.



All mainstage shows run Tuesday to Sunday at 2 pm, with 8 pm shows every Wednesday and Saturday at 54 Beckwith Street East (free parking). A pre-show chat takes place 30 minutes before curtain, explaining the history and context of the play and the playwright. You can savour an ice cream sandwich and coffee at intermission as you browse thousands of loonie and toonie book titles at our popular book sale.



The annual *Perth through the Ages* walking plays return with brand-new stories for 2018. The morning story, running Wednesday to Sunday from 11 am to 12 noon, features a story set in Perth during World War II. *The Lonely Ghosts Walk*, running Thursdays and Fridays from 7 to 8 pm, features a story this year about the ghosts of war brides who arrived in a strange new land, facing new delights and challenges in rural Ontario.

New this year is a special partnership with Michael's Table, a downtown Perth 5-star favourite featuring home cooking at its best. Every Tuesday from 5 to 7 pm (June 5 to August 28), diners at the **Classic Dinner Theatre** will enjoy the hilarious G.B. Shaw comedy about two couples confronted by an unconventional challenge – *Overruled* – along with a sumptuous three-course, home-cooked meal.



#ComeWander with us

The award-winning Classic Theatre Festival in heritage Perth is a cultural hub that also serves as a gateway to the many wonders of the Ontario's Highlands, where authentic experiences, unrehearsed days, and unexpected moments await you. Dance like no one is watching at the many festivals throughout Ontario's Highlands. Embrace the arts and heritage in our region's towns. Grip those handlebars and discover the great views along our vast expanse of cycling trails. Whether you're looking to slow the pace, uncover a hidden passion or recharge by trying something new, our friendly communities will surprise you – and relax you – all year long. Visit comewander.ca #ComeWander.

Packages and Unexpected Delights

When planning a trip to the Classic Theatre Festival, visit classictheatre.ca to learn more about our special "Dine, Play, Spa and Stay" packages, which feature gorgeous heritage bed and breakfast/spa accommodation, a unique pop-up restaurant experience, award-winning entertainment, and the beautiful backdrop of a community voted Ontario's prettiest town. If you enjoy taking your bike down rural routes, there's plenty of great itineraries, and the Classic Theatre Festival will welcome you with a secure bike rack, a repair kit, and refreshing beverages and snacks. There's always plenty to do when you book with the Classic Theatre Festival, so plan a day away, a full weekend, or more.

Grab your calendars, give us a call, and we'll get you prepared for a summer of wonderful memories.

Order your tickets online at classictheatre.ca or toll-free at 1-877-283-1283



American Nickels

By Howard Popkie

We were at the Madawaska River and a tourist man and his wife wanted to take our photo. We were standing on Jack Box's wharf in front of his cabin, just a little way downriver from Mountain Chute Dam. It was about 1940, so the dam was not built yet. The man lined us up for our photo. Rueben had a red handkerchief with white dots all over it and tied with knots on each corner to make a hat that he always wore on his head. The man put Donald next to Rueben. Don was wearing bib overalls without a shirt and was holding the man's fishing rod for the photo. I stood at the end wearing short pants and had my hands in my pockets. We must have looked like Huckleberry Finn and Tom Sawyer, because the man and his wife thought they had a real treasure to take back to the USA – three brothers from Black Donald in bare feet.

A few days later I met those two walking on the road along the river. I walked and talked with them and found out they had no children of their own. Before I left to go home, the man gave me the finest thing I had ever owned, a little bone handled hunting knife, brand new in a leather case with flowers stamped on the leather. The price was written on the back of the case, \$2.25, a lot of money.



When the first mining families came to Black Donald in 1906, the coins they brought with them to buy things at the only store in the company town stayed in town. They were spent at the store and went back up the hill in the change they got from the paper money they spent for groceries and everything else they needed at the time. I was old enough to notice the coins were badly worn. Maybe it was because money was so precious when I was a child during the Depression, that I paid so much attention to them. One Queen Victoria ten cent piece only had a shadow of the Queen left on the thin dime. Every three months or so Mom would get it back in her change. When I went to the Catholic Church on Sunday with Mom, she

always let me carry the 25-cent coin for the collection. I would rub the smooth face of King George the V or sometimes Edward VII as we walked. I loved coins so much that one time I had a one-dollar bill and I gave it to my Uncle who worked in Toronto. I asked him to buy me 100 pennies at the bank in Toronto when he came back. He gave them to me in a little brown bag you get penny candy in. They were all King George V pennies. I started school at 7 years old in 1941 and could already add and subtract and make change. Sometimes I had to buy a can of sardines at Jack Wilson's Store to go with the bread for my school lunch. He knew I liked old coins and when he got a large old penny at his store he would give it to me in my change. My nose was just up to

the height of the counter and he would look over the top of his glasses, then he would snap the big penny down on the counter just by my nose. I would grab it without a thank you and get out of there.

I wore short-legged pants with a little pocket in them for a pocket watch. I took those old coins out of circulation and retired the four Kings inside my little watch pocket. There was one Edward VII and three George V coins.

When we got a parcel from the Eaton's catalogue, sometimes Mom got change back with it. It was the first time I saw a different coin in town. It was strange looking with a King without a crown and a beaver on one side and was very shiny and new. When the Americans came to Black Donald to fish, the Depression was over and they had money to spend. WWII had begun, but the Americans wouldn't join in for another couple of years. Their money was different, with a nice five-cent coin with a Buffalo on one side and an Indian Brave's head on the other side. I wondered if their King was an Indian.

The Americans used live frogs for fish bait and the little lake at my home was hopping with frogs. I was five years old and started my first business. I could sell as many as I could catch and soon had many of the American nickels.

EDITORIAL

There are currently over 1 million Canadians living in the US and 1 million Americans living in Canada. This doesn't include the many millions more who are descendants in either country, such as the 20–25% of people in New England who are of Canadian descent.

Most of us know about cultural influences of immigration from the Old World to the Americas, but cross-migration between Canada and the US has shaped Canadian and US culture much more than one would think. The US hasn't always been our friend and recent changes in US foreign relations serves as an important reminder that although Canada and the US are similar in many ways, Canada is a separate country, shaped in large part by people (Indigenous and European Immigrants) who came to Canada because of Canada-US conflicts. That cross-migration continues today.

Desperate people who fled to the US because of war and political unrest in their home countries, are now fleeing the US. They no longer feel safe there because of recent changes to US foreign policy and changing attitudes. Although there are likely many who will be refused permanent entry to Canada, there will be many more who will stay here, work hard, raise families and become proud Canadians, as so many have done before. Although Canadians are now proud to call ourselves multicultural, most waves of immigrants were not welcomed by those who came before – at first anyhow.

When about 6,000 French Acadians were expelled from Atlantic Canada in 1755, an interesting French-African Creole cultural blend arose in Louisiana. When 30 to 40 thousand African-American slaves escaped to Canada through the underground railroad, a different blend of English, French, and African culture developed, despite a lack of integration.

And when 46 to 50 thousand United Empire Loyalists fled the Ameri-

can Revolution, those newcomers helped develop English culture in Eastern Canada.

A second wave of United Empire Loyalists were encouraged to come to Canada after the war of 1812. Many of them were former British and Irish citizens who had crossed the Atlantic to the US during Colonial times. The British born tended to settle in towns and become merchants and politicians, while the Scots-Irish went into the wilds with their fiddles and dancing traditions to become farmers, trappers, and loggers, or to take on the dangerous task of building Canada's Rideau Canal – our main defense against US invasion.

As well, after Britain won the war of 1812, they couldn't afford to bring home their army regulars, so they offered them "free" land in Canada. These abandoned British soldiers built roads and cleared the land wherever they were told to do so. They laid out new towns such as Richmond and Perth with military precision, thus developing a farming economy further into the interior of Eastern Ontario. Part of their retirement payout was a life-long ration of whiskey, which was at the heart of the development of a thriving distillery and saloon industry all along the roads they had created, at least until prohibition began in Ontario in the 1920s. After that, booze had to be made in secret or smuggled in from the US. Al Capone famously had a hideaway near Palmer Rapids Ontario. That's another interesting cultural exchange.

By 1815, 80% of the 250,000 English-speaking population in Canada were either American colonists, or their descendants, but by 1851 the percentage had dropped to 30%. Afraid of losing their grip on the nascent Canadas, and afraid of further US invasions, the British Crown introduced The Dominion Lands Act of 1872. The government once again advertised free land to promote settlement in backcountry areas along newly constructed settlement roads, mostly in

Ontario's Highlands. Most of this "free" land was on traditional Algonkin territory that was never ceded. The culture here is a mixture of Irish, Scottish, French, English, Polish, German, and Algonkin to this day, with a different twist and blend of cultures in every small village, and at Pikwàkanagàn First Nation.

When logging in the area began to diminish in the 1920s and the government woke up to the fact that the Highlands weren't suited to cash crop farming, they advertised cheap Crown Land in US magazines like Rod and Gun, with the hopes that the tourist windfall would help small-town economies. Some of Highlander contributor Howard Popkie's earliest memories are of selling frogs to Americans for bait, and contributor Ernie Jukes remembers guiding many American fishing expeditions in his youth. Some of the high-end fly-in fishing resorts folded after the stock market crashed, but Americans continued to come here. This made an important contribution to Highlands economy during the early years of WWII, when Canadians were fighting in Europe, and the US was not yet in the war.

Back to 1896–1905, Canada needed farmers and ranchers on the prairies. Canadian agents were successful in bringing in a large wave of people from the American mid-west who brought their culture with them. Alberta and Saskatchewan tend to be more Conservative leaning than the rest of Canada, due in part to this US influence. US immigration to the Klondike in search of gold was responsible for establishing the Yukon Territory in 1898, with the US remaining the top place of origin for immigrants even now.

In the 1960s, BC received a large influx of US draft dodgers and conscientious objectors. This was a left-wing generation, which is more compatible with Indigenous social ways. All that contributes to the "Left Coast" culture in BC.

Back in Ontario's Highlands, by 1974, US citizens owned 14 percent of cottages and at that time Canadian politicians were concerned about US control of our economy. A 20% foreign buyer's tax went into effect. Today's foreign buyer tax in Toronto and Vancouver are targeting a different foreigner, but the situation was similar to what is happening today.

Over the years, when Canada or the US needed workers they looked across their borders for help, and when job numbers were low, they pushed people out. It wasn't until Prime Minister McKenzie King, that Canada began to realize that forced or encouraged deportations created more labour shortages; exactly what they were meant to overcome.

US – Canadian cross migration is a complicated story, but we really do have to thank this back and forth for helping to shape who we are as a nation. Every wave of immigration left a trail of descendants, new ways of thinking, and a multicultural heritage that became uniquely Canadian.

Canada has increased border patrol and immigration staffing since President Trump instituted travel bans and Prime Minister Trudeau said all are welcome. Canada keeps reiterating that crossing the border illegally has no effect on one's asylum status, but still they come, no longer confident they can make a better life in the US.

This new influx is taxing Canada's capacity to absorb more immigrants. It's going to be tough for a while, but this too shall pass as people gradually are either turned back, or find housing and work, and join our communities - or the US changes policy again. We have made dire mistakes by turning away people in the past and I'm happy we remain welcoming, even if it is a strain for now.

Most of all, I'm proud to live in a country where people want to be; where they feel welcome and safe, as do I.

How to Navigate in the Wilderness

By David Arama

Every year in Canada over 12,000 people get themselves lost in the wilds. The majority have no map, compass, or GPS with them, or Skills to use them! A rising cause of lost person incidents is as a result of trust in automobile GPS systems, combined with a bad case of nature deficit disease.

Automobile Navigation Systems: (and Mapquest, Googlemaps, etc.)

Thousands of North Americans become lost and stranded every year, as a result of trusting their car GPS systems, and also Mapquest and Google Maps. It's easy to plug in the wrong coordinates, and some internet mapping GPS programs have inherent errors. Also, when you give a car GPS and address, there's likely several routes to get there, so your GPS might choose the fastest route, as the crow flies. That might lead you down a logging road, unmaintained road, or into the water.

Dangers of Using your Cell Phone as a GPS and Compass in the Wilds?

Most smartphones now have digitizer screens to give you an enhanced surfing experience. This makes them very fragile, so if you use the GPS or Digital Compass

feature in the wilds, be careful not to drop the unit. Also, they aren't water-proof or temperature resistant like a purpose built GPS unit (except for a special CAT smartphone that's rugged for the outdoors). Furthermore, usually you have to be in cell tower communications.



Tip: Check physical maps whenever you travel in rural or wilderness areas.

Hand-held GPS Units:

For land use, I would highly recommend the Garmin-64 or 62 hand held models, and if you prefer touchscreen with better graphics, the Garmin Montana or Oregon models. Marking a Waypoint is simple. Turn the unit on, wait to be in good satellite coverage, eg less than ten meters accuracy, and hit the market or save button. Always give the waypoints a name, otherwise you will not remember a number.

"Go Tos" or finding a way point is easy, simply hit the Find or Go-to button, scroll your saved points, and choose one. Breadcrumb Trails can be activated in menu and setup, and I prefer them over Go-to lines in many cases. The drawback is that you waste battery juice when you keep the unit on to record your breadcrumbs!

Tip: always carry a compass and physical maps, along with your GPS unit. They don't need batteries, and are dependable.

Topographical Maps:

Scales come in many sizes. Pilots utilize 1:500,000 scale maps, and appreciate features such as airports, runways, oceans, and mountains. Outdoor recreationists use 1:50,000 scale topos, eg Softmap and Fugawi brand software, and for more detail, some (eg hunters and fishers) use provincial base maps, 1:10,000 scale. Types of Maps vary from road maps, crown land maps that show you where Crown Lands are (available from Backroads Map Company), topographical maps, and nautical charts. Topos show you every thing above water, and nautical charts show everything below water.

Software is the cheapest way to go for all types of mapping, and there are specialized off road maps, OFSC snowmobile maps, and very nice Backroads 3-d GPS maps all available for newer Garmin hand held GPS units.

Tip: White Pine Trees are sculpted and shaped to point east, by the predominant northwest winds. We call them compass trees!

Shadow stick sundial (sunshine required):

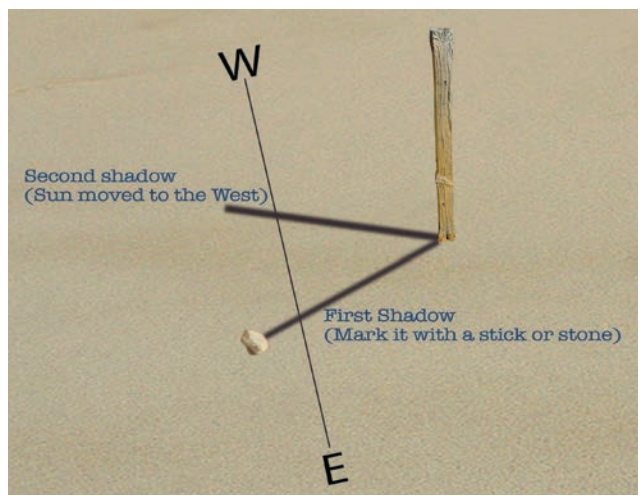
Place a straight stick on a flat smooth ground, and then mark the end of the shadow. With a smaller stick or stone. Wait fifteen + minutes, and mark the new shadow. Draw a west to east line from the first to the second shadow, since the sun goes from East to west.

Watch Method and Sundial

If you point the hour hand of an analog watch at the sun, halfway from the hour hand thence to twelve noon on the watch dial = South. With a digital watch, you can estimate the Watch dial with your hands (angles). Or you can photocopy an analog watch dial, and keep it in your survival kit.

--- small path	--- gully
--- indistinct path	--- steep slope
--- fence	--- cliff
--- power line	--- boulder
--- open land	--- boulder field
--- rough open	--- open water
--- scattered trees	--- stream
--- forest: run	--- seasonal stream
--- forest: slow run	--- human-made obj.
--- forest: walk	--- building
--- forest: fight	--- out of bounds
--- undergrowth	--- control
--- stony ground	
--- distinct veg bndy	

Map features are found in the Legend, and important ones include a grassy symbol for swamps, brown contour lines, green is forested, white is open country, blue is water, intermittent lines are trails or logging roads, black dots are homes, etc. Other useful info includes thousand meter grid squares, magnetic declination, and map datum.



Cottage & Home Transformations you will love!



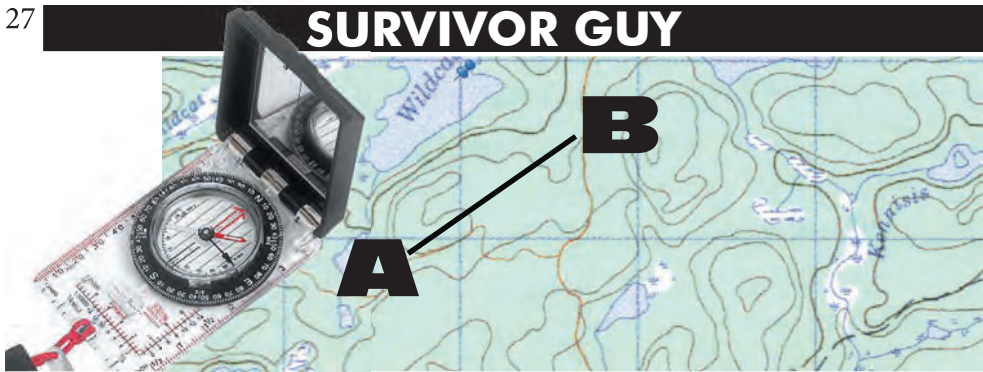
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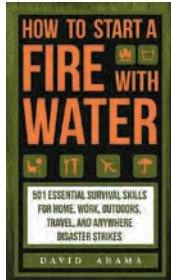
Magnetic Compass Bearings:

There are five steps to a compass bearing. The basic way to take a bearing is to dial your heading, eg. 0 to 360 degrees, for example dial East or 90 degrees, park the red magnetic needle into the orienteering arrow inside the needle housing or bezel, and follow the directions of travel arrow or sight notch to your destination.

The more advanced method is as follows:

- 1) Choose an A to B route on a topo map that makes sense.
- 2) Line the edge of the compass baseplate with the A to B line, making sure that the direction of travel arrow is pointing from A (starting point) to B (ending point).
- 3) Rotate the housing so that the north orienteering arrow is pointing to the top of the map.
- 4) Correct your map bearing for the declination, eg for the Frontenac Region, add 13 degrees, since it's a westerly declination (map points to true north, compass points to the magnetic north field).
- 5) Park the red needle into the north orienteering arrow, sight your bearing through the direction of travel arrow or sight notch, and move toward your point B.

Tip: you can buy a United Technologies Scout Compass on Amazon.ca for \$10, and it's similar to \$60 compasses found at many retailers!



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Happy Navigation, and remember, be prepared, you are biodegradable.



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.marblelakelodge.com
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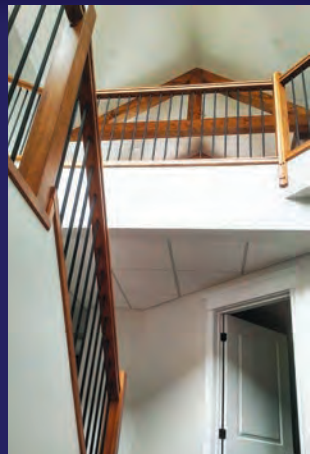
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