

The Women's Institute: A long and successful history

By Bill Graham, Editor

The Women's Institute (WI) is a rural phenomenon that grew out of a meeting of wives of members of the Farmer's Institute in Stoney Creek Ontario in 1897. At that meeting Adelaide Hoodless suggested that women should have their own institute to share skills and promote mutual concerns. By 1905, only seven years later, there were 130 branches in Ontario alone. Obviously a chord had been struck among women of the period.

Independent Scholar Jean Cogswell in a paper about the Women's Institute sums up very well the circumstances of women during the late nineteenth century:

"The Women's Institute has always considered itself as, first and foremost, an educational organization for rural women. One researcher and writer of the history of the organization suggested that the Women's Institute was a pioneer in distance education; another called it a "rural university." Certainly, for rural Canadian women at the end of the nineteenth century and the early twentieth century, the Women's Institute filled a very real need. Rural women led lives of isolation that we cannot really imagine today. Many had rudimentary education. Even educated women did not have access to reading materials. Unrecognized as persons, they had no vote and therefore little influence in community or political affairs. Opportunities for socializing were limited. So, when rural women heard of a new women's club formed along the lines of the Farmers' Institute, an organization which would provide courses and lectures on domestic economy, health, sanitation, scientific housekeeping, education, Canadian legislation and international affairs, they flocked to join these clubs."

Today The Women's Institute in Ontario has 300 branches and 4500 members. Locally, we have branches in Burnstown and in Calabogie. World-wide there are WI branches in 70 countries with a combined membership of nine million women.

From the beginning advocacy was a big part of the work of the Women's Institute. It grew out the founder's own tragedy. The death of her son, John Harold Hoodless, from drinking unpasteurized milk led Adelaide Hunter Hoodless to campaign for clean milk in the city. She felt the tragic death of her son could have been avoided if she had been more educated. This led to her devoting herself to women's causes, especially improving education of women for motherhood and household management.

Women's Institute Members have been instrumental in establishing new laws and amending existing ones. The Federated Women's Institutes in Ottawa played a pivotal role in influencing many changes to provincial laws and practices, including:

- Mandatory stopping for school buses with flashing lights

- Installation of railway crossing signs
- Painting of white lines on provincial highways
- Implementation of easy-to-understand labels on food products
- Enforcement of the proper use of slow moving vehicle signs
- Clear markings on poison containers

The changes in law that led to the

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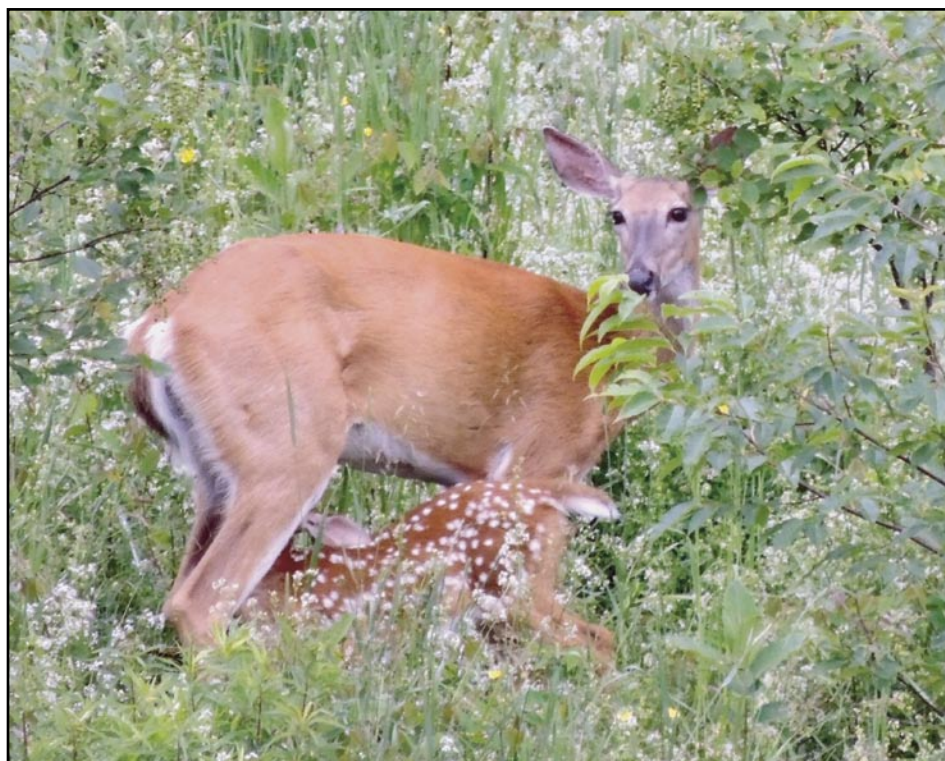


Photo: Richard Copeland

Algonquin Land Claims in Greater Madawaska Township

By Bill Graham

After years of negotiations Algonquins located in Ontario have identified 117,500 acres of land that they wish to acquire in the treaty settlement. Almost 2900 acres of the total is located in the Township of Greater Madawaska.

In a series of meetings this year representatives of the Algonquins and the province have met with communities to address their concerns. There have already been meetings in Pembroke and Barry's Bay and a meeting for the Township of Greater Madawaska has been scheduled to take place at the Calabogie Community Centre on Thursday August 29 at 9:30 in the morning. The morning meeting is styled as an informal interactive discussion meant to address the concerns of residents.

A delegation representing the Norway Lake Association in the geographic township of Bagot will be present and the Township encourages other groups from across the township to attend. So that the consultation can be most effective, delegations representing interest groups like cottage associations should attend rather than a mass meeting of individual residents. The land identified for transfer to the Algonquins is located in all three Wards of the Township.

From the earlier meetings, a number of questions have already been answered. For example, no land will be transferred from Algonquin Park, there will be no new reserves set up in the territory and the Algonquins would be subject to existing provincial legislation, including an environmental assessment. In addition,

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The Bikers are Coming! Leaving Boom and Bust in the Dust

By Lois Thomson

"From the epicurean delights of Haliburton and the Ottawa Valley, to the twisties of Calabogie and the history of the Rideau Canal, the people, businesses, attractions and roads of Ontario's Highlands exceeded my highest expectations.

- Mike Jacobs.

Early this summer, Mike Jacobs accompanied Chris Hughes on a fully paid, nine day motorcycle journey through the Ontario Highlands. A nine day, fully paid motorcycle tour? What a choice assignment! But although they enjoyed it thoroughly, it wasn't just for fun and giggles. Their purpose was to map the best motorcycle routes through the area for the Ontario Highlands Tourism Organization (OHTO) and report on their experiences. They commented with enthusiasm on local food, accommodations, attractions and more, including the best homemade butter tarts and where to get good ice cream. Mike Jacobs is a motorcycle enthusiast, writer and blogger and Chris Hughes is a partner in BC Hughes Tourism Consulting. You can download their report from the ohto.ca web site. It's an easy read and you should find it interesting to see which businesses were featured, where the routes are and how Chris and Mike feel about the experience.

Along with the report, their mission was to encourage proprietors along those routes to learn more about how they can make a few simple changes to become motorcycle friendly establishments. Being friendly isn't exactly the same thing as being motorcycle friendly.

The BC Hughes' report describes how remarkably kind, helpful and sociable the people of the region were to them. They said they were often asked if they needed assistance when they were pausing on the roadside to take pictures. How many people stop

on the 401 to see how anyone is coping? Kind and friendly is the way we are here and that is a very good thing. This natural predisposition for hospitality will help us build on our budding tourism-based economy. It's not just motorcyclists who are looking for interesting new vacation ideas. Many interest groups are becoming an important part of our economic future. Whether you have recently retired to the Madawaska Highlands area, lived here all your life, own a cottage or just happened to pick up this paper on your way through, the many initiatives of the OHTO will be of benefit to you.

OHTO initiatives are an example of numerous efforts being taken by all levels of government to steer the economies of many regions away from the risky, boom and bust, resource-based economies of the last two or three hundred years. In order for our townships to survive, we need to utilize resources without depleting them forever. In our area, tourism is a great way to do it.

Why do we need this? Up to 75% of Ontario Highlands townships are made up of Crown land, which is an amazing and beautiful resource that residents, cottagers and tourists appreciate. Crown land resources are controlled carefully by the Ministry of Natural Resources. Their mission is to manage those resources in a sustainable manner, while benefiting the economy. This is good for those of us who live here, but the MNR doesn't pay municipal taxes. More Crown land means less area available for development, which means fewer large industries. This puts pressure on municipalities to work with smaller residential-based tax assessment revenues to maintain services in a sparsely populated area with a high proportion of retired people.

The Baby Boom is rapidly becoming Baby Bust. With so many boomers retiring to Cottage Country, we end up

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Land Claims (Cont)

tion, property owners will retain access even if those roads run through Algonquin territory. The right of the public to canoe and fish in navigable waters and access to existing portages will also be preserved, he added. The agreement-in-principle addresses forestry, protected areas, heritage and culture and the right of Algonquins to harvest wildlife, fish, migratory birds and plants.

The geographic township of Bagot has five individual parcels of land that are designated for transfer. They include a parcel comprising 266.9 acres in Norway Lake, which includes some shoreline and some of the islands. There is an 8.4 acre parcel on the east side of the Madawaska River with river frontage near the Upper Spruce Hedge Road. A third parcel of 293.7 acres includes McNulty Lake and all of its shoreline. Another parcel of 65.3 acres includes some shoreline on the east side of Hurds Lake and a final parcel on the west side of Hurds Lake entails 117.1 acres.

In Blythfield Township there is a parcel of 463.1 acres on both sides of the Calabogie Road that is in the vicinity of the Calabogie Peaks. In fact, it encompasses part of Dickson Mountain.

The Centennial Lake Road intersects many small parcels in both Matawatchan Township and Brougham. These parcels begin around Leclair Lake and extend to Black Donald Lake. The parcels total 998.3 acres. There are numerous mining claims in this area that are adjacent to the crown land being claimed.

There are two small parcels near the Village of Matawatchan. One parcel of 11.5 acres is part of an island on Centennial Lake in the vicinity of Snider's Tent and Trailer Park and the other, which is 12.7 acres, is near Dan's Mountain and adjacent to Matawatchan Provincial Park.

In the geographic Township of Griffith there is a parcel designated for transfer which stretches into the Township of Bonnechere Valley. The Griffith portion is approximately 400 acres. It entails part of the south shore of Highland Lake. It touches on mining claims in the area.

The final parcel borders on Griffith, Bonnechere Valley and Brougham townships. It is located between Cratch Lake and Burns Long Lake. It is in the vicinity of Two Islands Road. There are 150.5 acres in this parcel. I'm speculating that it may be near the old marble quarry.

If you have an interest in attending this Informal Information session and have a dedicated time allocated to your ward's concerns then contact the office at 613-752-2222 ext. 0, or email admin@greatermadawaska.com by **August 8, 2013**

Check out the township website for the Agenda and maps at www.greater-madawaska.com

All are welcome to attend, but to ensure the best use of the time, please summarize your questions, concerns and form a small group who could represent your ward.

End

The Madawaska Highlander

Co-publisher and Editor

Bill Graham 613-333-1694

Co-publisher and Advertising / Design Manager

Adam Copeland 613-333-1841

Mailing Address:

The Madawaska Highlander

C/o Bill Graham

1837 Frontenac Rd

RR#3 Griffith

Matawatchan, ON K0J 2R0

Email:

highlander_editor@xplornet.ca

Advertising and Design:

Adam Copeland 613-333-1841

madawaskahighlander@gmail.com

Contributors

Ole Hendrickson

Garry Ferguson

Wes Bomhower

Susan Veale

Howard Popkie

John Roxon

Antonia Chatson

Robbie Anderman

Lois Thomson

Sharon Shalla

Pete Chess

Ernie Jukes

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Information: (705)243-2852

Women's (Cont)

practices cited above are so fundamental that readers today may have difficulty imagining a world without them.

Over the years the Women's Institute has advocated for many sensible common-sense changes in the way things are done: For example:

- 1957 - 1976 - 1987 - To ban alcohol and cigarette ads on TV and radio.
- 958 - 1963 - That all babies automatically get a birth certificate.
- 1962 - To make mandatory the use of a breathalyser and blood tests to determine sobriety. Response: became law in 1969.
- 1957 - That there is a list of antidotes and instructions on all products containing toxic ingredients.
- 1962 - To have liquid cleaning detergents labelled as poison.
- 1959 - A request to have the government set fixed dates for the province for Daylight Savings Time.
- 1972 - To encourage and support driver education in all secondary schools.
- 1953 - To label fabrics such that consumers will know the proper treatment of each material.
- 1960 - To have reduced speed limits near schools and to provide cross-walks.
- 1959 - To ask the Ontario government to have all nursing homes licensed and inspected at unannounced intervals.
- 1958 - 1974 - That it be mandatory that traffic stop in both directions



Adelaide Hoodless



when children are entering or alighting from a school bus.

These are just a few of many more proposals that the Women's Institute has made over the years to governments at all levels to improve life in Canada.

In addition to advocacy, education and the recording of local history have played large parts over the years in the activities of the Women's Institute. The educational programs centred around what used to be called 'home economics' or such skills as cooking and child care. The most famous of the local history projects were the Tweedsmuir Community History Books or the Tweedmuirs as they were commonly known.

During the mid to late 1930s John Buchan who was a famous novelist was also Lord Tweedmuir and the Governor General of Canada. His wife (Lady Tweedmuir) was a member of the Women's Institute in Great Britain. She encouraged Canadian women to compile community and village histories, which became an official project of Ontario branches in the 1940s. Upon hearing that Women's Institutes in Ontario planned to create these local history books, Lady Tweedmuir sent a message about the project. It is now the "foreword" in many Tweedsmuir books.

They vary in form from a simple scrapbook to an elaborate series of volumes bound in leather, wood or a more formal blue-and-gold cover. Tweedsmuir are comprised of a variety of information and often include a history of the:

- Local Women's Institute Branch
- Earliest settlers in an area
- Agricultural practices and individual farms
- Industries that formed the basis of the local economy

•Social institutions and public buildings, such as churches, schools and community centers

•Local personalities, such as war veterans

The Women's Institute is well represented in our local area of South Renfrew. During 2013 the district is celebrating its 100th anniversary.

The Burnstown Branch of the Women's Institute was organized on January 11, 1911 at the residence of Mrs. John Forrest, with twenty-one members enrolled and Mrs. J. F. Blaine being President.

Burnstown was the first branch in Renfrew South to be established and as time went on not only did it grow but other branches formed as well. Glasgow, Lochwinnoch and Calabogie were developed, and in 1913 Bonnechere Valley and South Horton W.I.'s joined in.

The main focus of the Calabogie WI is friendship, charitable giving and education for our members and the community, through information-sharing, demonstrations and yearly cultural outings. The Calabogie branch was founded in 1934.

There are also branches in Balsam Hill - Horton, Glasgow Station, White Lake and Lochwinnoch. Women's Institutes remain as relevant today as they were in the past.

End

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Behind the Tunes

By Peter Chess

The Bill Monroe Story... continued

There were a great number of accomplished musicians who at one time or another were members of The Bluegrass Boys, some of whom went on to lengthy and successful careers of their own. Two of the key players who helped define the "bluegrass" genre were added to the lineup in 1945 and immediately caused a sensation among "Grande Ole Opry" audiences. Lester Flatt, singer/guitarist, joined the band in early 1945, a group that included fiddler Chubby Wise and bassist Howard Watts, who performed under the name "Cedric Rainwater". In December of 1945, a young banjo prodigy from North Carolina, Earl Scruggs, was recruited. His distinctive three finger picking style meshed fluidly with the existing sound, and in retrospect, this lineup of the "Bluegrass Boys" has often been dubbed as the original bluegrass band. The music now contained all the elements that, today, characterize the genre, including breakneck tempos, sophisticated harmony arrangements and instrumental proficiency as demonstrated during solos or "breaks" as they came to be known.

Also, around this time, Bill acquired his signature instrument, a 1923 Gibson F5 "Lloyd Loar" model mandolin, which he played for the rest of his career. During the years 1945 and 1946 this group recorded 28 sides for Columbia Records and most have become classics of the genre. They include: "Toy Heart", "Bluegrass Breakdown", "Molly and Tenbrooks", "Wicked Path of sin", "My Rose of Kentucky" and Bill Monroe's most famous song, "Blue Moon of Kentucky". This last mentioned song was covered and recorded in 1954 by a young, then unknown, singer from Memphis as the B side of his very first session at the now legendary Sun Studios, as an upbeat rock and roll number. Bill Monroe graciously gave the kid his blessing and eventually rerecorded the song, originally a ballad in waltz time, as an up-tempo tune. The kid's name was Elvis Presley and "Blue Moon of Kentucky" became his first hit. There were also several gospel tunes recorded during this span, under the name "Bluegrass Quartet", featuring the beautiful four part harmonies and sparse instrumental backing of only guitar and mandolin, which was Bill's practice when performing "sacred" songs.

Monroe's lineup had always been changing, sometimes at his wishes and other times voluntarily by band members looking for something else. It was, never the less, a surprise to his fans when in early 1948, both Lester Flatt and Earl Scruggs left the band to form one of their own, "The Foggy Mountain Boys". They met with notable success during the '50s and '60s with hits including "Foggy Mountain Breakdown", "Cabin on the Hill", and most notably the theme song from the TV show "The Beverly Hillbillies"... "The Ballad of Jed Clampett"

The loss of these two integral performers appears not to have dissuaded Bill from his chosen path for very long. In 1949 he signed with Decca Records and regrouped, entering what some music critics have referred to as the "Golden Age" of his career. The new lineup had a "high and lonesome" sound, defined by singer/guitarist Jimmy Martin. Rudy Lyle was the banjo player and several fiddlers came and went, including Charley Cline, Bobby Hicks and Vassar Clements. This band produced a number of classics as well, including, "My Little Georgia Rose", "On and ON", and "Uncle Pen". Instrumentals included "Roanoke", "Big Man", "Stoney Lonesome" and "Rawhide". On January 16 1953, Monroe was critically injured in a two car crash. He and bassist Bessie Lee Maudin were struck by a drunk driver while returning from

a fox hunt outside Nashville. Monroe suffered injuries to his back, left arm and face, recovering for four months in hospital before he was able to play and tour again. In his absence, Charlie Cline and Jimmy Martin held the band together.

By the late 1950's, however, Monroe's commercial fortunes had begun to slip. The rise of rock and roll and the vast numbers of teenagers listening to it all over the national airwaves, ironically created by one of Bill's own tunes, coupled with the new "Nashville Sound" which was helping traditional country enter the mainstream under the guidance of Chet Atkins, particularly, represented a real threat to the viability of bluegrass music. While still performing regularly at the "Grande Ole Opry", Monroe found diminishing success on the singles charts and struggled to keep the band together in the face of decreasing demand for live performances. It was left to a new wave of fans to appear in the early 60's, creating what is now known as "The Folk Revival" to give new life into the popularity of the "Bluegrass" genre. In the next issue of the "Highlander" we will continue with the next chapter of the bluegrass story entitled "High and Lonesome".

End

Rural Vignettes

By Antonia Chatson

HOW I BECAME A STRIPPER

Well, first of all you have to get yourself a manual.....on how to restore old furniture! I borrowed one from the library thus began my career of many years and spanning many decades.

Firstly, I must describe what I was dealing with. During both eras when wood reigned and when chrome was king, people did not like to view bare, naked wood. During the latter years of the B.C. (Before Chrome) era, old furniture made of wood that had once resided proudly in old farm houses, was relegated to either the wood shed, the garbage pile behind the old pig pen or to just the plain old back forty. Things were a little more complicated when there was lots of wood and everything was made out of it. I guess it was that familiarity breeds contempt - and that certainly was how the manufacturers viewed anything made of wood back then. They went to great lengths to cover up, to conceal and often ruin the original beautiful grain of the wood. Paint of course was used as a primer cover-up and lots of it and of course all the paint back then had lead in it. I guess I am not too dead due to lead

poisoning because I did all my restoration work outside. But if you fail to see in the next issue of the Highlander, my column, or if it is there but makes no sense, you can correctly assume that the deadly lead has finally caught up with me. On other pieces of furniture, layers of stain, copiously mixed with glue, or so I assume, judging by the consistency when I tried to remove it, and on the top layer - a stain of grandiose proportions was placed trying to create an artificial grain. But the worst of this latter arrangement was that before they applied all these layers of stain, they applied something of a whitish hue on the bare wood to prevent the first layers of stain sinking into the wood. This was absorbed so thoroughly by the wood that it was nearly impossible to remove by any method. I often wondered why all these efforts were made when it would have been much easier, more natural and infinitely most beautiful to just enhance the original grain of the wood.

Back to the manual. It suggested using a paint stripper which was to be painted on, left for half an hour, then scraped off. This did not prove entirely satisfactory and was rather costly. The manual also suggested that goggles and rubber gloves should be worn during this operation. But you

know women! They hate to take advice from anyone, and besides it was awfully hot working with all that paraphernalia on, so I by-passed that piece of advice. I had gone through several tins of paint remover which I had tried on different pieces of furniture to see if I could improve on its efficiency, but it did not prove out. As I worked, I could not control the splattering of the remover on my hands, arms and face. By the end of three tins, I looked as if I were in the advanced stages of the Bubonic plague.

This was not working, nor was the manual, so I decided to make a trip to the creaky hardware store and asked the advice of the owner. He told me that it might be a tad more dangerous but that a solution of lye and water might prove more effective. Also, a more liquid approach might be more effective to get into the Victorian intricacies that decorated the furniture of that era. So I purchased three tins of Gillett's lye and returned home, hope welling in my breast. The store owner also gave me another invaluable tip and it was that vinegar was an antidote to lye. If I applied the vinegar immediately after it got on my skin that would nullify the pain and reduce the abrasive nature of the lye. Well, I was pleased to report to him on our next visit to town, that the lye was a vast improvement over the paint stripper. It certainly cleaned out the cracks and curlicues in the orna-

mentation of the furniture when applied and scrubbed with an old toothbrush. And I took it one step farther. When I had finished removing either paint or varnish, if I applied a strong solution of water and vinegar, it also removed that milky film that had first been applied to the wood. Trouble is, I was running out of old toothbrushes! As I used the last of them, I felt I was coming to the end of an era. Until, voila, why not just buy new ones? With a few brushes they would soon be old, and my, did we have clean teeth for several summers!

The turn came for the bird's eye maple washstand that we had retrieved from the basement of the building on the Massey estate. It had several coats of a slimy green paint on it, so I slathered on the lye, left it for a while, then came back and started scraping. It came off fairly well, but as I was scraping, I noticed a rather unsettling occurrence. The wetter the wood surface became, the more I could see small cracks in it, and then.... Well, it looked as if a layer of the papery top started curling up from the sides. What on earth? I quickly called my father who pronounced that the surface was a veneer and that if we did not get it glued and clamped down in a hurry, it would dry up and break off. So he quickly went into his tool shop, and retrieved as many clamps as he had been

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You Say You Want a Revolution

By John Roxon

Let them eat cake, was the utterance over 200 years ago in France, the modern equivalent might be, let them text themselves into solitude. Today's spate of protests and violence share causes which we should not only understand, but anticipate based on a time-tested formula on what is fair with regards to a regime's loyal subjects.

The people of France were increasingly frustrated by the incompetence, the indifference and the decadence of the aristocracy. In addition, the economy was doing poorly and a confluence of events including poor harvests, rising food prices and mounting debts due to wars meant that the common man was finding it increasingly difficult to survive, let alone thrive. The rallying cry was for liberty, equality and fraternity (bonded by a united front).

At approximately the same time, the Americans were getting tired of the British aristocracy which, like the French, showed great indifference and fiscal ineptitude towards her people. The rallying cry in America was liberalism (civil liberties), republicanism (in which the main power rests with the people) and equality.

Fast forward roughly a century and a quarter to Russia in the early 20th century. No surprises here, really. The economy was doing poorly, the elite held most of the wealth (1.5% of the population owned 25% of the land) and there was food scarcity and rising prices due to hyperinflation caused by "quantitative easing" by the ruling aristocracy in order to finance the war effort. Rising prices led to wage demands, which, ultimately, led to widespread strikes. Eventually, an incompetent, indifferent aristocracy was overthrown, killed and tossed into a mass grave like yesterday's garbage.

In 1970s Iran, the Shah was under fire for many of the usual historic reasons outlining why a good revolution should take place. Social injustice and a poor economy, despite rising oil revenues, are two of the main rallying cries. Add the backlash against westernizing and secularizing efforts by the Shah and the match was lit.

Recent protests in Brazil, Egypt, Turkey and in the western world all have their portents in revolutions of the past. The goal is a common one, though some regional differences do apply. Inequality, power concentrated in the hands of a few and a corrupt, indifferent leadership are the main issues of the day. Add to that continuing economic hardship and stagnant wages; stir slowly and let

simmer, and all the makings of a widespread regime change are in place.

We shouldn't sit in our plastic Muskoka chairs, sipping Pina Colodas and be so smug. Many of the root causes of protests in other parts of the world can be found festering in our western democracies. As the Occupy movement proved, increasingly unaccountable governments, poor jobs, low wages, inequality and wasted tax money, accounts for most of the fuel that could ignite what is now a smoulder.

In Brazil, the spark that started the flame of discontent was a plan to hike transit fares. The parallels are almost eerie. In Toronto, the provincial government, which recently wasted over \$500 million dollars on their pet energy project, now wants to raise fares in order to pay for improved transit, something which should have been planned and started years ago. Meanwhile, unemployment is stubbornly high by recent memory and the elected politicians are seen to increasingly feather their own nest and to cling to power far too long.

In Egypt, increasingly violent protests against an incompetent president, Muhammed Morsi, elected about a year ago reflects the kernel of protests worldwide. The root, like in Brazil today and France in the past, lies mainly in the dual issues of a poor economy and inequality.

In Turkey, it was about a government that disregarded the wishes of its citizens, to preserve green space, and acted in a totalitarian manner; a seemingly corrupt leadership which leads to inequality. The protestor's main demand was for the dismissal of the governors of the main centers of Istanbul, Ankara and Hatay.

The protests of the Arab Spring in 2011 contained many of the now familiar sentiments. Soaring food prices, high youth unemployment and economic inequality, amongst other grievances. The discontent which was the Arab spring, challenged entrenched regimes which, eventually, forced the ouster of Tunisian President Zine al-Abidine Ben Ali, the Libyan dictator Muammer al-Qaddafi and Egyptian president Hosni Mubarak.

Arguably, even the protests against the recent Trayvon Martin verdict in the U.S. is more about continued class divisions and economic inequality than concerns over a perceived miscarriage of justice.

Throughout history and now in our time, the main catalyst; what all these revolutions and protests have in com-

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Bikers are coming (Cont)

with a low proportion of workers contributing to the economy, throwing off the needs vs. revenue balance. From everything I've read and heard, our small and sparsely populated municipalities can't continue to provide services and maintain infrastructure at acceptable levels without regional and federal assistance. That's why we should embrace initiatives such as the provincially run, OHTO. They are providing connections, marketing opportunities, tools and training so that tourism-related businesses can establish and flourish in a sustainable way. This will bring younger workers to the area and provide jobs for local youth. How sad is it to live in vacation country and have to go to the city to find a summer job?

OHTO is Ontario Tourism Region 11, which works in partnership with several existing tourism associations within a large area of South-Eastern Ontario. By combining forces, we get more marketing clout. Partner associations include Algonquins of Ontario, Bancroft & District Chamber of Commerce, ComfortCountry.ca, Haliburton Highlands Tourism, Lanark County Tourism Association, Land O' Lakes Tourism Association, Ottawa Valley Tourist Association, and Rideau Heritage Route Tourism Association. Advertising campaigns for this region will appeal to people who want similar experiences; things like quiet coun-

tryside, waterways, small town festivals, pow wows, flea markets, hunting, fishing and small, local museums.

It costs tourism-related businesses nothing to join, but participants need two essential tools to benefit – high speed Internet and cell service. Both are a concern of the Eastern Ontario Wardens Caucus and their industry partners. They didn't spend millions of dollars just so Billy can unleash some Angry Birds and we can download recipes. The push to bring High Speed Internet and Cell service to the area was deemed to be a vital economic development tool for this under-served region. We can't compete with other regions unless every business, household and level of government has easy and affordable access to vital information. Two new cell towers are coming soon and EORN recently announced that the Madawaska Highlands area was now fully served with high speed. If you don't have coverage yet, call your elected officials and make your voice heard!

OHTO has a free App (interactive mobile application) and people who download this app to their mobile devices can travel throughout the Ontario Highlands region and instantly know where they are, what's nearby and

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“Read cover to cover”

The ups and downs of publishing

By Bill Graham, Editor

The Madawaska Highlander will continue to be published but there will be a few changes necessary to the way we operate in the immediate future. This has been a difficult summer for us. There have been both personal and time issues that will compete with our giving the Highlander 100% of our time. We do not want to revisit the situation in 2011 when the paper shut down for the entire year.

Consequently we have had to take some short-term measures and consider some restructuring. Instead of a six paper publishing year for 2013 we will

be reducing it to a four paper season. After this issue of the Highlander there will be one in October only. That paper will also contain the Madawaska Messenger. In the 2014 publishing season we hope to return to regular operations.

Those most affected by this decision will be our mail subscribers. They have paid \$20 to have six issues of the Highlander mailed to them each year. We can either extend their subscription by two issues into 2014 or we can provide a partial refund.

I can assure you that the Madawaska Highlander will continue to publish for years to come. In the October issue we will be able to tell you more. In the interim, enjoy the paper and your summer.

A majority of local people desire economic development, growth, jobs, improved lifestyle. A minority do not.

By George Ross

Editor’s note: George Ross is the owner of the Wildwood B&B in Denbigh and editor of the wildwood blog (Life in the back woods of Denbigh), which comments on life in Denbigh and the area. The blog can be accessed at: wildwoodblog.ca. I am sure that we will be hearing more from George in future.

If you are not naturally a cheerful and optimistic person it would be best to click your way out of here and read no further. A question that I am asking is: “What will become of the communities of Griffith, Matawatchan, Vennachar and Denbigh”? These communities share much in common but one thing stands out. We are far enough to the west of the Ottawa valley and far enough to the north of highway seven that if we dried up and blew away tomorrow our disappearance would hardly be noticed by those in the outside world. While doing business in Renfrew I have been asked, on occasion, for my address. I have been surprised at the number of people who do not know where Denbigh is. My response has been, “Do you know where the Swiss Inn is ?” More often than not they answered, “Yes”. “Well I live close to the Swiss Inn”, says I.

But the Swiss Inn is closed and has been up for sale for about two years. There seems to be no interested buyer. The Swiss Inn is the canary in the coal mine. Our little part of Ontario is relatively isolated, the lights are dimming, the tax base is shrinking, and taxes are rising. “What will become of the communities of Griffith, Matawatchan,

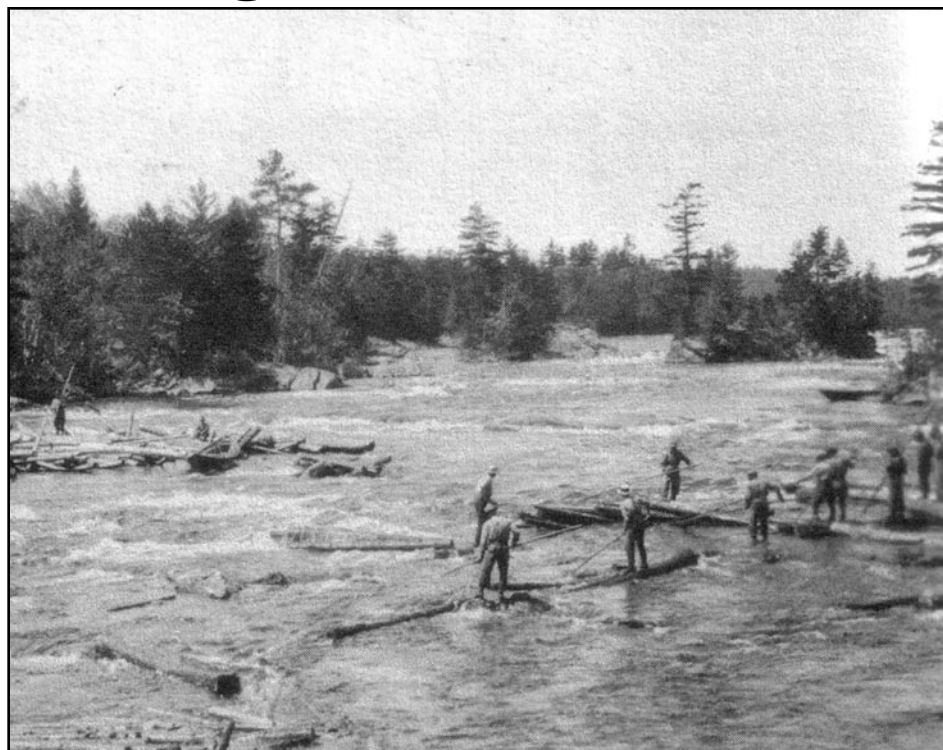
Vennachar and Denbigh”? I am leading up to something here dear reader so please bear with me.

I ask you to engage in a “thought exercise”. Close your eyes for a few moments and imagine that in those few moments 15 years has passed by. Now open your eyes and take in the world of 2028. It’s really not that far away. Hop in your car and drive around... why not check in on your friends, visit some local businesses you once knew? In 2028 everyone who is 65 and over today (there are many of them) will have either passed away, be residing in a “retirement” home near Renfrew or living a restricted life locally. That group is a big chunk of the present population. Also, in 2028 everyone who is between the age of 50 and 64 today will be another 15 years older. By then many will have passed away, be ill, or if residing locally will not be an active person in the community. This group is an even bigger chunk of the community. Listen! Earlier I warned you to get the click out of here if you’re easily discouraged! It ain’t pretty.

Now ask yourself two questions: 1. “What is the average age of people residing in the four communities? 2. “What will happen during the next 15 years to halt or reverse the lack of growth and eventual demise of these communities”?

What needs to happen is an influx of outside capital that is invested in new businesses, the success and future growth of present businesses, the retention of our local youth population and new people moving to the area. At

Looking back...



Poling logs on the Madawaska

economic development, growth, jobs, improved

the heart of it we need to attract entrepreneurs who are willing to take risks, we need people who look to the future and know how to dream... yes, dreamers— Even “pipe-dreamers”.

And one more thing! I swear, if I hear someone say one more time... “But this is a retirement community George”! I will, in complete frustration, yank out the few remaining hairs on my head ! Please show me a retirement community anywhere on the planet that exists by itself 60 or so kilometres from the nearest thriving community. Is there an isolated retirement community anywhere in existence full of happy octogenarians surviving without support from a vibrant surrounding community with a healthy tax base?

Surely any clear thinking individual residing in these parts must agree that

economic development is essential for the future growth and survival of our local communities. Where reasonable people might disagree is the type and location of business development. Dreamers are welcome in my backyard.

Finally, I have arrived at the reason for my rambling on... I have every hope that the proposed Madawaska Highlands Observatory south of Griffith will become a reality. I trust that it will become a successful business and impart many long-lasting benefits to local communities. Of course it is possible that it will not be built, or if it is built it might not thrive as a business. Most business start ups are high risk. There are no guarantees. But my glass is half-full.

‘Market to Go’

Pick up nutritious Matawatchan Fast Food at the Matawatchan Market every Saturday from 9 a.m. to 1 p.m. throughout August.

- ‘Pizza Farm’ pre-baked frozen pizza (many varieties)
- Soups
- Stews
- Savoury pies (Seafood, creamy chicken, tortiere, etc.)

It’s a perfect solution for those hot days when you are feeling a little lazy.

Vanishing Canadian waterways

By Ole Hendrickson

Many people are asking what is behind the Harper government's replacement of the *Navigable Waters Protection Act* by the *Navigation Protection Act* in the recent "omnibus" budget bill, and how it will affect our use of lakes and rivers in Canada. Parliament passed the *Act* in 1882 at the end of Sir John A. MacDonald's third term as prime minister. For 130 years the federal government used the *Act* to regulate construction of bridges, dams or other structures that might interfere with movement of watercraft. Neither the original *Act* nor subsequent amended versions precisely defined a "navigable waterway". However, in 1906, the Supreme Court of Canada held that that any water that was navigable and could float a canoe – or a log – was within the *Act's* scope. This gave federal protection to the Ottawa Valley log drives that were so important to Canada's early commercial development and international trade. The Ontario Superior Court of Justice summarized these previous legal rulings in 2011. A waterway must be capable in its natural state of being traversed by watercraft such as a canoe. The waterway could be used to float

logs, log-rafts and booms. The waterway could be navigable over part of its course and not navigable over other parts. And it need not be actively used for navigation as long as it had the potential to be so used.

The new *Act* makes radical changes. It lists 97 lakes and 62 rivers (or parts thereof) that will receive federal oversight: a vanishingly small fraction of Canada's millions of lakes and tens of thousands of rivers. Transport Canada describes three criteria used to develop the new list: the waterway must support heavy commercial and/or recreational navigation, only actively used portions can be listed, and it should be accessible by ports and marinas in proximity to heavily populated areas.

Exactly how many lakes and rivers were dropped from federal protection? A Natural Resources Canada website formerly said that more than 30,000 lakes greater than 3 square kilometers in area are found in Canada. However, "To better serve Canadians, the Atlas of Canada recently re-organized its website... As a result, many pages have been removed..."

The few remaining federally protected waterways include the Petawawa River from the Barron River to the Ottawa River. One wonders, did Transport Canada officials bring canoes to Petawawa and shoot the rapids to prove

this can be done? The Ottawa River itself is the only other Renfrew County waterway listed. In practical terms, this means that the dam currently proposed for the Petawawa will receive federal scrutiny, but the one proposed for the Bonnechere will not.

Other Ontario waterways that made the list include Kemptville Creek, Big Duck Pond, Pollywog Lake, Lovesick Lake, and Dow's Lake in Ottawa, a small widening of the Rideau Canal.

A November 2012 backgrounder from the Ontario Federation of Anglers and Hunters lists five major concerns with the new *Act*. Notably, the *Act* fails to acknowledge "the importance of navigation to recreational fishing and hunting and devalues the overall socioeconomic importance of the recreational fishing and hunting industry in Canada."

Why did the government make these changes? A federal website says that the *Act* was "one of Canada's most antiquated pieces of legislation, and that Transport Canada was even reviewing projects on "a temporary creek created by spring run-off that dries up within a month or two."

According to CBC News, the Saskatchewan Association of Rural Municipalities led the 10-year effort to replace the *Act*. Members were fed up with the red tape imposed by Transport Canada in replacing old bridges with

culverts. Their lobbying efforts continued even after the government brought in amendments in 2009 that excluded such "minor works". The *Act* now applies to only three Saskatchewan waterways and the rural municipalities are "ecstatic".

But not all analysts agree that this is about eliminating what Transport Canada refers to as "pointless assessments". Elizabeth May, leader of the Green Party of Canada, characterizes the *Act* as Canada's "first environmental law": one that created "Canadians' historic right to navigate the lakes, rivers, and streams of Canada without being impeded by pipelines, bridges, power lines, dams, mining and forestry equipment, and more." A Green Party backgrounder notes that before the federal government changed the *Act*, "any body of water deemed navigable could be accessed to the high water mark without that being considered trespassing."

This opens up a whole new area for legal wrangling. If the federal government hasn't listed a waterway do you still have a right to use it? Was the new *Act* justified? Will it change the way you use Renfrew County waterways?

Ole Hendrickson is a forest ecologist and current president of the Ottawa River Institute (www.ottawariverinstitute.ca), a non-profit charitable organization based in the Ottawa Valley.

End

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Community yard sale

Once again a community yard sale is being planned for Sat. August the 3rd in downtown Matawatchan.

Plan now to bring a table and set up. All are welcome.
 If you would like more information call 613-333-2798

FREE KITTENS TO A GOOD HOME

These kittens are well socialized and are currently four weeks old. They should spend another few weeks with Mom before adoption.

Two of the four are already spoken for.

Contact Cathie Cooper at 613-333-1201



Up The Line

By Wes Bomhower

KELLER'S BRIDGE

In later years, a large switching station was built by Hydro at this location, where the Gatineau Lines crossed Highway 62, a few miles north of Madoc.... but in September, 1948, there was little there to catch the eye except the tower lines themselves. Our camp was on a hill about a half mile to the west, and overlooking the burg of Keller's Bridge. Most of the time I was out on the job, doing ground work for linemen, Jack Rankin & Jimmy Larocque, a duo from the Lanark area whose specialty was clamping in the sky wire and applying 'festoon' wire at each tower. This involved riding a small cable car out on the sky wire some twelve feet each side of the tower to clamp the festoon wire permanently. These two men had apparently grown up together and they were great to work with, always joking about something.

Then there were other times I would be called back into the kitchen to work, but this was OK too, because our clerk, Sam Legree of Dacre, would often give me a few extra hours because I was still washing dishes late in the evening, when everyone else was relaxing. Our cook was Jack Price, a chubby Welshman, who could tell some fantastic stories, but a nice guy all the same.

These camps in Southern Ontario were pretty well all prefab ten test buildings, even the kitchen,, and dining area. Some new men were hired, and there being some empty bunk beds in our building, including the bunk above me, four of these new men moved in.

Through the night, I heard the man above me get up to presumably to the

outside toilet. He returned, and whether intentional or not, he tried to climb into bed with me in my lower bunk. Fortunately, I was in a rather fetal position with my knees drawn up somewhat, and before he could get comfortable, I straightened my legs, sending him flying out onto the floor. Some of the other men awoke with the noise, and my unwanted bed companion scrambled into his upper bunk without a word. Next day, he was gone.... good riddance...

It was so nice being able to drive home nearly every week-end now, and Everett & I renewed some of our old acquaintances along the First Concession. One neighbor found it hard to believe that I was sometimes a cook's helper and he would ask me at every opportunity about my various chores in the culinary department. I told him a few lies just to shut him up.

A half dozen Nova Scotians hired on and they were somewhat different right from the start. Good workers they were, but once they got into the joy juice, anything could happen. I was back working in the kitchen for a short time and one evening after completing my chores, I was heading across the yard to my building, when these Nova Scotians accosted me in the darkness, saying, "hey buddy, how about scoring us some oranges, lemons and raisins from the kitchen stores"? They were bigger than me & a couple of them were pretty threatening, so I gave them what I could, not asking any questions. Later on of course, I found out they were making a home brew in a small barrel behind one of their bunks. As the days went by, this brew began to develop a definite pleasant aroma. Big Isaac Hicks, making his rounds of the buildings, eventually discovered the barrel.

Being a Newfoundlander, Isaac probably recognized the ambrosia right away. He told the boys that night that they had

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to get rid of the brew, and they decided the best way to do so, was to consume it right away, even though it was still fermenting. It must have packed quite a punch, because they ended up stealing & drinking shaving lotion; hair tonic or whatever else they could lay their hands on in the camp, following the consumption of their home brew.

They were a bleary-eyed lot the following morning & most of them were sent packing. I was fortunate in just receiving a severe reprimand from the cook, as well as a talking to from big Isaac Hicks himself, for giving out kitchen supplies.... (Even though I didn't have a clue at the time what they were intended for). The fact that the Nova Scotians had threatened me was also taken into consideration... so I didn't

get the boot.... Whatever, another good lesson learned on my part for sure.

Our crew was making good time and it looked as though this tower line would be completed by Christmas, 1948, running right from Ottawa through to Toronto. There were numerous other crews involved, of course, and we would soon be moving camp somewhere to the east before the end of the year.

Those were the days!!!

Footnote: In talking with Lloyd Echlin, the rider pole foreman, one evening, I discovered that a first cousin of mine, Elmer Burnham of Fallbrook, had worked under Lloyd the previous summer. Small world it was indeed!!!

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Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

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

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

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

DENBIGH AND VENNACHAR

Vennachar Free Methodist Church
424 Matawatchan Road 613-333-2318
Sunday Worship 10am
Sunday worship will return to 11 a.m. .starting on Sunday, September 9th.

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

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

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

Burnstown

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

CALABOGIE

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

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

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

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

COMMUNITY EVENTS

Calabogie

Parrot Show and BIG BOOK SALE
part of Library's 35th Anniversary
Celebrations to the *Parrot Partners* show
Friday, August 9th at 6:30 p.m. at the
Calabogie Community Hall. our BIG
BOOK SALE during regular library hours
August 6, 7, 9 & 10th at the library.

Pre-school Program: Storytime is
held every Thursday from 10am to 11am
at the Library. It is aimed at children from
0-6.

Calabogie Seniors' Dinner & Meeting,
last Thursday of each month, 5 pm
Community Hall. from Oct. to April.
Barnet Park from May to Sept.
All seniors 55+ welcome. 752-2853

Renfrew South District Women's Institute
Celebrating 100 Years 2013
www.rsdwi.ca
Calabogie Branch email
CalabogieWI@gmail.com
Branch meetings held at Calabogie
Community Hall /
2nd Thursday of the month at 7:30
Contact/Marg MacKenzie/Pres.613-432-
3105
Contact/Hennie Schaly/Sec.613-752-0180
Guests/new members welcome!

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

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

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

Griffith & Matawatchan

Bake and Rummage Sale
St. Andrews Church Matawatchan
Saturday August 3 – 9:00 a.m. to 1:00
p.m.

St. Andrews Church
Matawatchan Anniversary
Sunday August 11 (Details to be
announced)
Harvest Supper
St. Andrew Church Matawatchan
Saturday September 28 – 5:00 p.m. to
7:00 p.m.

Community Yard Sale

Saturday August 3 – Downtown
Matawatchan
No Fees – Bring your own table
Everyone Welcome

Fish & Game Club Annual Pig Roast
August 3 – beginning at 4 pm at
the Holleran's – Hutson Lake Rd.

ATV run on August 4th for Heart
and Stroke in memory of Debbie Swales

Fish & Game Club
50/50 take Bass Fishing Tournament
on August 10th

Denbigh – Griffith Lion's Club Bingo
Bingo: Tuesday nights: August 6 & 20

Denbigh – Griffith Lion's Club
6th Annual Show & Shine
Sat. August 24 – 10 a.m. to 3 p.m.
Lions Hall Hwy 41 - Griffith

Matawatchan Community Market
Every Saturday from 9 a.m. to 1 p.m.
Matawatchan Hall (except Aug 24)

Matawatchan Community Market
German Lunch – August 10
Home made Spaetzle (German noodles
with melted cheese) Goulash & Salad
Desert---German style Fruit Flan

The Pickled Chicken String Band
Every Monday from 5 pm to 7 pm
At the Pine Valley in Griffith

Bert's Music Jam
Every Thursdays 5 to 7:30 p.m.
Pine Valley Restaurant

Fellowship Lunch at noon
Denbigh – Griffith Lion's Club
Meet the third Wednesday of each month
General Wellness assessment by local
Paramedics available at each lunch.
Diabetes Outreach Program every 3
months
contact Lois Robbins at 333-1082.
All Seniors Welcome

Northern Lights Seniors meeting to
follow at 1:15 p.m.
Euchre -first & third Friday of each
month at 7:00 p.m. at Lions Hall. Jan.
– June

Denbigh

Music in the Park
Every second Sunday 1 to 3 pm
at the Denbigh Heritage Park

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

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

HEALTH CARE
FOOTCARE CLINICS
Sylvia's Foot Care
Every 6 weeks in Denbigh
For information or appointment
Please call—Sylvia McMenemy RPN
613-335-2940
Home visits can be arranged

Market to Go

The Matawatchan Market is a fun place to be on a Saturday. You can fill your basket with a variety of baked delights, preserves, veggies, flowers, cheeses, maple syrup, honey and fresh bread from the wood-fired oven. There is a fine chance too that you will find that unique gift you have been looking for from our crafters or some treasure from the flea market. The market is also a place to chat with friends and neighbours over coffee, make a new friend and then later tuck into one of those tasty market lunches.

Now you can take even more of the market home. 'Market to Go' offers a fine variety of frozen specialties from our market vendors. Think of it as nutritious Matawatchan fast food.

Enjoy our soups, stews, savory pies, 'Pizza Farm' pre-baked frozen pizzas and much much more. We look forward to seeing you at the market on Saturdays through the summer from 9:00 a.m. until 1:00 p.m.

Joanne Murray

Parrot Show and BIG BOOK SALE part of Library's 35th Anniversary Celebrations

By Sharon Shalla

Crazy Crackers and friends invite one and all to the *Parrot Partners* show Friday, August 9th at 6:30 p.m. at the Calabogie Community Hall. This very special parrot show was featured on CTV Mornings last year.

Come see Crazy Crackers dance & sing off key. Boady will show off her famous toes, and find out why Mad Max is called "the Bad Boy from Brazil". This one-hour interactive family show will delight all ages. Stick around afterwards to have your picture taken with the parrots! Admission is a goodwill donation at the door with all proceeds going to support future library events.

Also as part of our Anniversary celebrations, we'll be holding our BIG BOOK SALE during regular library hours August 6, 7, 9 & 10th at the library. Drop by for a great selection of paperbacks



Drop into the library August 9th and 10th between 10:00 a.m. & 1:30 p.m. for a piece of our Anniversary Cake. For more information call Greater Madawaska Public Library at 613-752-2317 or visit us at 4984 Calabogie Road, Calabogie, Ontario.

COME CELEBRATE WITH US!

Greater Madawaska Public Library is celebrating its 35th Anniversary with events for the whole family!

What: Parrot Partners Show (featured on CTV Mornings in September 2012)

Where: Calabogie Community Hall, 574 Mill Street

When: Friday, August 9th from 6:30 – 7:30 p.m.

ALL ages will enjoy this live show! **Crazy Crackers** will dance and sing off key. **Boady** will show off her famous toes, and find out why **Mad Max** is called the "Bad Boy of Brazil".

Stick around after the show to have your picture taken with the parrots!

Admission is by a goodwill donation at the door. All proceeds go towards future library events.



What: Annual BOOK SALE

Where: Greater Madawaska Public Library, 4984 Calabogie Road, Calabogie, Ontario

When: August 6th (1-7 p.m.) & 7, 9 & 10th (10 a.m. – 1:30 p.m.)

Selection includes:

- paperbacks by James Patterson, Maeve Binchy and David Baldacci
- non-fiction books including *Vimy* by Pierre Berton; and *Earth: The Sequel* by Fred Krupp and Miriam Horn
- children's/youth books including *Junie B. Jones* and *Gossip Girls*.

Note: We are accepting books in fair or good condition for the sale, but no textbooks please. Call for more details.

including popular authors such as Baldacci, Grisham, Koontz, Steve Berry, Joy Fielding and P.D. James. Non-fiction hardcover selections include *Vimy* by Pierre Berton, *Earth: The Sequel* by Fred Krupp and Miriam Horn, and *Strong Women Stay Young* by Miriam E. Nelson Ph. D. We'll also have a selection of children's books for sale.

Be sure to drop in for a piece of our Anniversary cake as well on August 9th & 10th.

For more information call 613-752-2317, email gmpl@bellnet.ca, or visit the library during regular hours: Tuesday: 1 – 7 p.m.; Wednesday, Thursday, Friday & Saturday: 10:00 a.m. – 1:30 p.m. (closed Sunday & Monday)

Canada Day in Matawatchan



Pickled Chicken String Band entertained



Three-legged race for kids



Bean Queen Helene Thomson with runner-up King J.P. DeGrandmont & also mentioned Mark Thomson

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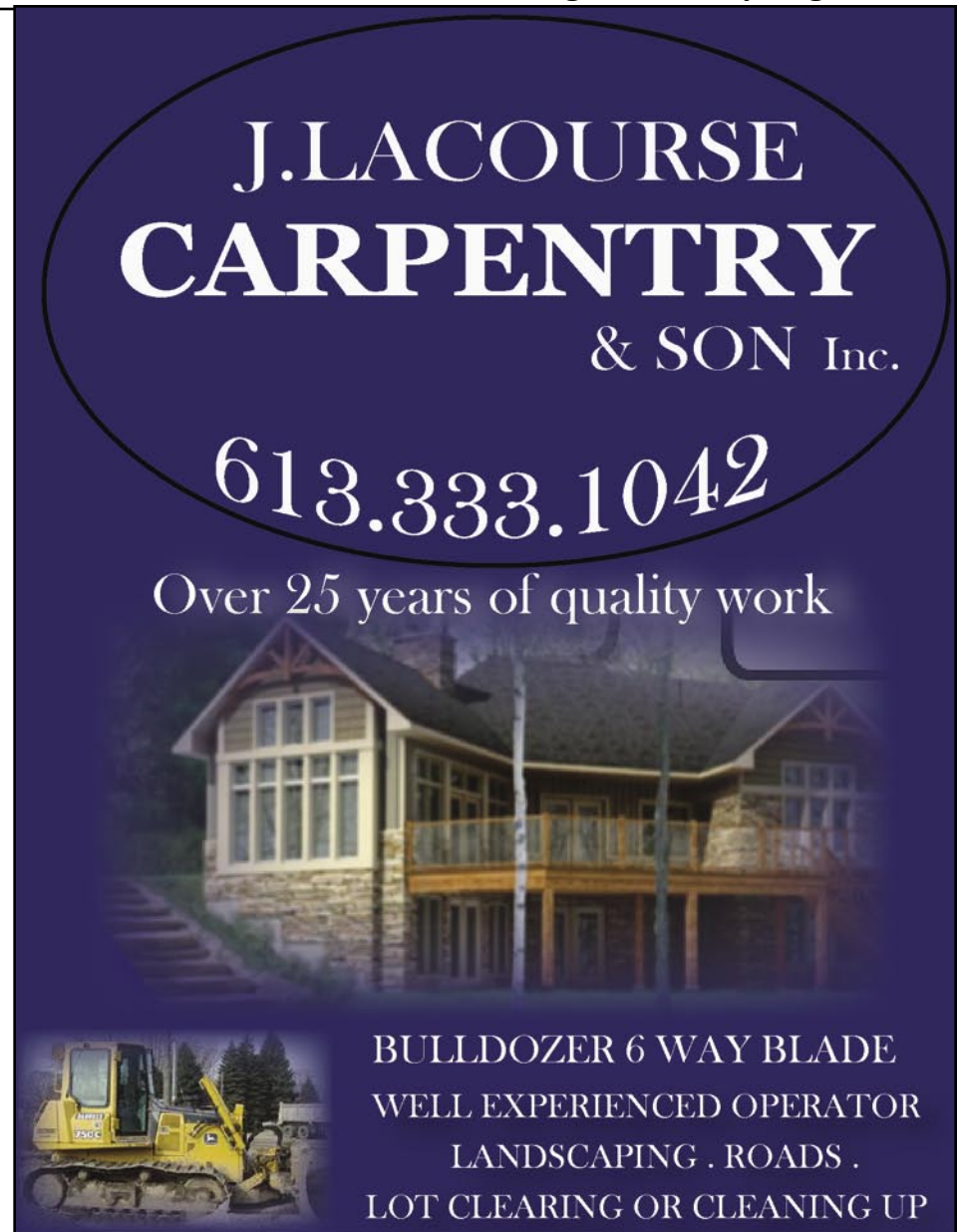
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613-333-2713



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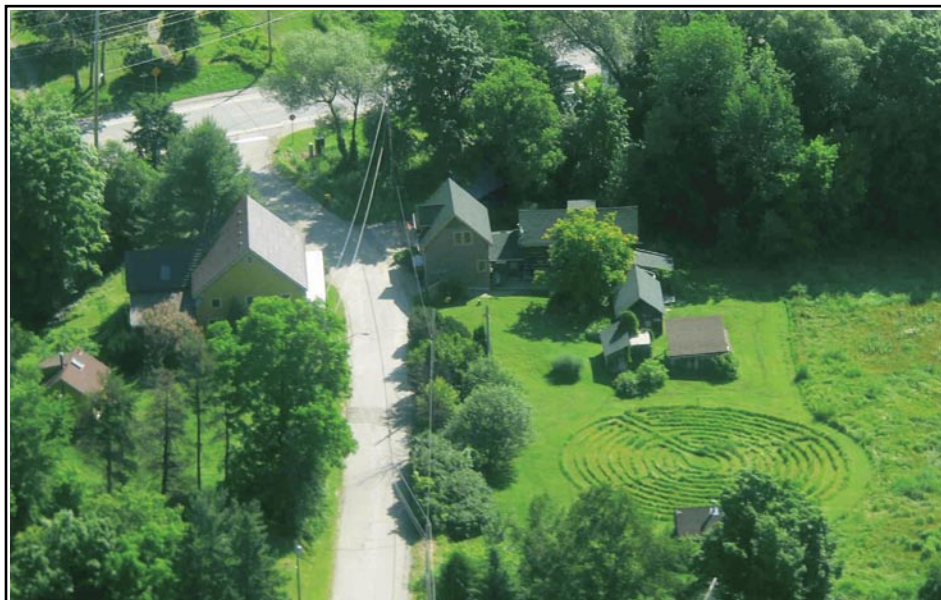
Labyrinth: Ovarian Cancer Canada Regional Walk of Hope

PRESS RELEASE
 (Bittersweet Gallery)

On September 8, Cheryl Babineau and Richard Gill of Bittersweet Gallery and Fog Run Studio are hosting the first Burnstown Regional Walk of Hope for Ovarian Cancer Canada using a medieval 11-circuit Chartres-style labyrinth mowed into their meadow. Labyrinths have been used for over 4000 years. They have crossed cultural and religious traditions and can be found in countries all over the globe. The labyrinth was a central feature in many of the European Roman Catholic churches in the middle ages—many of which still exist today. The most famous of these is at Cathedral of Notre Dame de Chartres near Paris, France.

The Bennett – Lindsay labyrinth in Burnstown is fashioned after the same pattern and is known as a medieval 11- circuit. It is cut into the lawn at Bittersweet Gallery and was originally measured and laid out by the late Peter Bennett of Renfrew (a dear friend of Richard Gill and Cheryl Babineau) along with the help of Pete’s wife Loana (Lou) and friend, Kathryn (Kate) Lindsay who is actively involved in maintaining it today.

It was in 2005 that Pete & Lou and Kate, who were particularly keen, insisted on making a labyrinth at Bittersweet, fashioned after the one that Pete and Lou had cut one into the meadow of at their property on Pucker St. outside Renfrew. Cheryl recalls being reluctant at the time because she and




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Richard felt it was too much maintenance but agreed when Kate offered to help maintain it. Amid protests by Pete, he and Kate re-installed the labyrinth in 2007 in its current position in the meadow. When Peter died in 2010, Kate, and Cheryl and Richard decided to keep maintaining the labyrinth as a labour of love in Pete’s memory. Over the last few years they thought it a shame that the labyrinth was under utilized and wanted to put it to good use, which is how it evolved to a very unique ‘Walk of Hope for Ovarian Cancer Canada’.

The cause is especially meaningful to Richard as he lost his Mother and two sisters to the disease and has two daughters at high risk. He is donating a grand prize of a relief sculpture for the cause and there will be other door prizes donated by area businesses and restaurants as well. Ovarian cancer is often diagnosed in late stages, resulting in five-year survival rates of less than 30%. The walk raises awareness and

continued on page 14

Addington Highlands News

By Christi Laundrie

When the Highlander Boat came in last month, yours truly was obviously waiting at the airport, and missed it.

Spring flooded right into summer with lots of rain. While that made outdoor activities dreary, it certainly caused flowers, gardens and trees to bloom with a lush, green cover that mimics the luxuriant coastline of B.C. Daisies, my favourite flowers, bloomed early, dotting the countryside in great numbers with happy faces. Yes, we have thunderstorms and high winds, but folks; let's enjoy this flora and fauna abundance, because it doesn't happen like this very often. This is summer at its very best.

The Grand Opening at the Blue Bench Café with was a grand success, with owner/operator Joan McLeod welcoming friends, family, Addington Highlands Reeve Henry Hogg, and Lennox and Addington County Enterprise Facilitator Tracy Snow. After the official ribbon cutting, guests celebrated with coffee, tea and home baked samples. Joan attributes her baking skill to her mom Mildred Lloyd, who came to the

event. Highway 41 provided entertainment. Pam Rosenblath took 1st and 2nd prize in the photo contest, and Gail Fritsch won 3rd. The succeeding photo auction cornered \$330.00 dollars for the Denbigh Food Bank. The support of the local people was overwhelming and we all hope the Blue Bench Café, with its nostalgic charm, continues to be an icon in our community. Blue Bench doors open Mon, Tues, Thurs from 9 to 2 pm, Saturday from 9 to 1 pm.

Coffee continues Fri mornings at Stop 41, and aside from the best Western Sandwich in Ontario, on Fridays they have an amazing Schnitzel on a fresh, and I mean fresh, bun every Friday.

Want a really good feast of fish? Go to Betty's Fries and Fish across from the Denbigh Fire station. They not only serve up a really tasty Haddock, but also other short order items, along with a banquet burger and Jalapeno cheese curds. Another small enterprise to put Denbigh on the map, and yours truly sincerely hopes it will also become a standard fixture for us.

Algonquin Land Claim

Informal Interactive Discussion Session

Thursday, August 29, 2013 9:30 a.m.

Calabogie Community Centre

574 Mill Street, Calabogie ON

Jim Hunton - Representative for the Algonquins of Ontario

Sydne Taggart - Provincial Negotiator

Interested in attending?

If you have an interest in attending this Informal Information session and have a dedicated time allocated to your ward's concerns then contact the office at

613-752-2222 ext. 0

or email admin@greatermadawaska.com

by August 8, 2013

Check our website for the Agenda

www.greatermadawaska.com

All are welcome to attend, but to ensure the best use of the time, please summarize your questions, concerns and form a small group who could represent your ward.

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LET ME EMPTY YOUR "HONEY DO THIS" JOB JAR

Saturday, July 20, Mark and Susan at Piper's Rest Bed and Breakfast hosted a music fest. The fun started just after lunch. Great music accompanied a delectable pot luck feast, with great performances by the Pickled Chicken String Band and other musical friends with a very appreciative audience. It was a very relaxing, fun time and here's hoping Mark and Susan will make another event like this happen very soon.

Seems we have two feral dogs roaming the countryside. A very large white, possibly Pyrenees mix accompanied by a (looks like) Shepherd/Doberman cross are threatening the safety of people's pets. The two attacked our King Shepherd on our property last week.

Had yours truly not been out there, they would have killed him. Police, dog catcher and bylaw officer have been notified, and the Game Warden is aware of the situation. What if a small child is playing outside when they come to visit your place? They are constantly on the prowl, day and night. The white one is bigger and heavier than my King Shepherd. These two mavericks have gone wild, and, folks, they are dangerous.

Got news for me? Call 333-2376. If not home, 9 rings gets my machine. Please leave message and ph.#. Yours truly, Christi (Cat) Laundrie N.E.W.S. (what you need to know from North, East, West + South)

End

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My Early Years at Black Donald

By Howard Popkie

I was born on September 29 1934. By the time I was two years old I figured out how to open the gate on my crib. It was easy, I just had to pull up on a long pin on my iron crib and the whole side swung out like a gate.

Then I was free to roam. I went on the path from my home to my Aunt Agie's home crawling through the barbed wire fence and I was there. I would also climb upstairs and sit on the top step and look around at the upstairs floor.

I ate in my highchair. It was mash potatoes and butter with a cup of milk. I soon discovered that I could lift the tray over my head and get down.

When the ladies came to visit I was shy and wrapped my arms around Mom's leg.

My brother Don was a bad boy. One day someone told Mom that he was swimming in White Fish Lake with Patsy Ostifichuk and they were both bare naked. Don was about six years old then. Mom and I went to the lake and Mom had a switch and beat Don's legs all the way up the hill to our home.

Don wouldn't listen and soon he was reported to be in Billy Lapaunte's pig pen with Billy Weather burn. They had brought big sticks and were beating the pigs around the pen.

By 1939 we were building our new log home about three miles out of town. When I first saw it, it was four logs

high and I asked Mom if it was going to be a pig pen.

Soon it was two stories high with the rafter made of poles without any floor boards yet. I remember sleeping on the floor and looking up at the stars. My Father's half brother was there and he said that when the Little Dipper was up-side-down that it meant that it would rain the next day.

My Uncle Charley Murphy went off to World War II from 1939 to 1945.

Soon our home was built and it was my job was to take a big pail and go around the outside of the house and pick up the chips made from the hewing of the pine logs as they were squared. My Mom would dry the chips and use them to start a fire in our old cook stove.

I was soon a big boy and I was off to school and grade one at the age of seven. I got a reader at Jack Wilson's store for four cents. It was a little blue book with lots of colour pictures and it was called "Mary, John and Peter" It had a squirrel at the bottom of the cover and Mary holding her dress full of apples over a big basket off apples with Pet kneeling on the left and John on the right with a arm full of apples.

End

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Labyrinth (Cont)

funds so more women may survive.

A labyrinth is not a maze, but a single winding path that guides a participant to its centre and back out again. Unlike a maze, the labyrinth holds no tricks or dead ends. Walking a labyrinth is a right brain activity (creative, intuitive, imaginative). Many walkers of the labyrinth report life-changing experiences, a sense of breaking through a barrier and finding answers, sometimes without even knowing they had a question.

“A labyrinth is a metaphor for life’s journey, it is like the walk we take in life – filled with twists and turns, always leading forward “ (Source: Carleton Place community labyrinth brochure)

On Sunday, September 8th Cheryl and Richard are hosting the first Burnstown Regional Walk of Hope for Ovarian Cancer Canada using the labyrinth. This walk date coincides with the Ottawa National Capital Walk of Hope offering an alternative venue to walk in solidarity.

They have created a team called the Bittersweets and invite the public to

HOOK, LINE AND SINKER

By Ernie Jukes of Camp J

FISH-ing-is the art of trolling, spinning or casting while sweating, swatting or swearing.

Next to our activities of logging and whitetail hunting in these Madawaska Highlands of ours...it has offered us the tradition of fishing for centuries. Originally, angling was practiced for food and then profit. Local lakes, streams and the mighty Madawaska provided a copious variety of very large fish. Usually they were consumed soon after catching or netting due to the lack of refrigeration. Many were dried and pickled for sale or kept in a barrel for winter use at home or country stores.

Spearing suckers in the Spring, at night from a boat was popular. A lamp was hung to attract fish. Sometimes it got tippy, it may have been gravity or it may have been the nocturnal beverages, anyways, occasionally the spearman joined his prey.

In those days many anglers also used a bamboo cane pole. I can remember as a wee kid using a simple branch, a string and a bent pin.....but hey it worked! Netting eventually became illegal here and so did spearing in our part of the country. Later on to help pay my college tuition I worked as a guide for fishermen, from the results of my own ads and also assisted a lo-

join their team or sponsor team members or the team itself. This can be done online at www.ovariancancer-walkofhope.ca. Just search by location for Burnstown or by team “The Bittersweets“. Registration, refreshments and opening ceremony begins at 9am followed by Jessica Belanger of Renfrew singing opera in the centre of the labyrinth center.

Participants will win door prizes and there will be grand prizes for the most funds raised. The walk will begin in the labyrinth rain or shine and will continue through a path that meanders around neighbouring barns for a 2.5 k option or continue with a more strenuous walk up the hill on Leckie Lane to make up 5 K (with a rest stop to visit the sheep along the way.)

The walk will then wrap up with draws for door prizes, grand prize awards and closing remarks by Burnstown resident Denise Campeau, Director of Development for Ovarian Cancer Canada.

Participants should be aware that the labyrinth surface is cut grass that can be dewy with some uneven ground so comfortable walking footwear is recommended.

End

cal lodge. The pay wasn’t as great as the catches, but the tips were big.

Nowadays, sport fishermen enjoy their countless tools, and not just the hooks, line and sinkers. The contents of their tackle boxes are an enormous prized collection. A larger inventory than ever sold from our old country stores. Beautiful lures, spinners, spoons, flies of every name and every weight of line plus collapsible rods and plastic worms, and the list still goes on. Rods are a huge topic themselves but casting should be carefully and properly learned. It can be done dangerously, especially from a rowboat. One timemy wife’s, Dad using a bad side-arm style, imbedded a treble hook into Aud’s back. With care, and a clean razor blade I successfully removed it.

You don’t have to be rich or famous to learn about fish or fishing. We have lots of good waters in our “Near North,” just a drive up-province from here. Fishing from a big boat on Georgian Bay or Lake Superior can be exciting and a medium sized bass-boat around here is roomy and pleasurable. But I still love fishing from a canoe...take a small landing net. It’s quiet and because of that you can see birds, animals and maybe more fish. I suppose I enjoy the shore lunches, the camping, the sunrise mists and the crackling campfires that go with this type of fishing and travel.

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The “Far North” is another exciting destination catching Arctic Char, “the mother of all trout.” Up on the Belcher Islands of Hudson Bay surrounded by icebergs in a salt ocean, We caught char every cast in the fresh water ponds connected by streams to the fiords. They were easier to release when we removed the barbs from our hooks. We had to increase the “muskol” and wear head nets to avoid going bonkers from the black flies... One could with take a hundred black flies at every grab in the 90 F. temps. With almost 24 hours of daylight it gave us lots of time for both.

Another fine expedition while hunting in Ungava region of Northern Quebec also required flying into the Far North. We took lunker lake trout there in August as easily as we took delectable woodland Caribou. By September or November you could be snowed in for the airfields of the north...the lakes, could be frozen just enough to prevent pick up.

Of course we can never forget about “Down East” for both fresh and salt water fish. We realize that the salmon seem to be declining in the famous Miramichi however I did learn to fly cast there from the required guide. I have enjoyed that special form of lightweight fishing ever since. Naturally we went out on Bay Chaleur in a friend’s sea going vessel but it was in New Brunswick’s Nepisa-

guit River, off shore, that I caught a salmon on a fly. Its steaks almost filled the BBQ for a Bathurst dinner.

Another time while RVing in Scotland I accepted an invitation to wade the River Spey for salmon. No salmon that time but I made a new friend. It was the Scots who originally brought fly fishing over here, but we must remember it can be dangerous. One of my editors of an outdoor publication in Ontario, drowned when his waders filled with water and took him down like two anchors. You can never be too safe in our outdoors.

Speaking of big fish, another time on the Madawaska during a rain storm and high winds we hooked on to a giant. At first we thought it was a musky but later before it dove deep we could see that it was a wallop walle. When Kee’s line got to the end of his reel it continued to pull and stripped the ferrules right off the rod, leaving him with a metal stick in his hand. He changed quickly from fisherman to a fencer with a foil.

Ice fishing on a sunny winter day can be fun and productive. Once the ice is thick and safe, it is a fishing method in which anglers use a variety of special equipment to be refreshed or catch colds. It too has occupied our time for hundreds

continued on next page



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The Healing Tree

By Robbie Anderman

CEDAR

The Northern White Cedar growing in an open field takes on a pyramidal shape, even if it is a cluster of smaller trees forming what looks like one large tree. A significant shape for a unique and special tree! Not even a true Cedar, it is actually an Arbor-Vitae, a "tree of life". It gives us a lesson in how good strong gifts and medicines can come in small packages; for while this tree has many good uses, it needs to be taken in small doses or it can be very dangerous.

The Chippewa and other Native Peoples regard this as a sacred tree. The evergreen leaves are scale-like and flat, perhaps a cross between a deciduous leaf, a needle and the skin of a reptile. They are often used as a smudge to purify sacred objects and people in Native ceremonies, especially in a sweat lodge. A plate of hot coals is used and dried Cedar leaves are placed upon it. This smudge was also used to revive unconscious patients, in an exorcism ritual, and as a refreshing incense.

A tea of the leaves is considered one of the best remedies for arthritic and muscular pain. CAUTION is necessary in the use of this excellent tea when taken internally however. More than one cup per day may cause bloating and flatulence. It also CAN CAUSE ABORTION during pregnancy due to a reflex action on the uterus from severe gastrointestinal irritation.

With that caution in mind, let's look at the positive things it can do in small doses. "A quart of Arbor-Vitae to make him strong and might" was a line in an old song of the loggers and lumbermen of the North woods during the last century. They thought that anyone who drank this aromatic tea regularly would always be free of rheumatism. I would hesitate to drink a quart a day, though or even half a quart, but then I'm not a century old logger.

Other helpful uses of the leaf/twig tea were as a cold and cough remedy; to cool a fever (and intermittent fevers); to ease a headache; to cure scurvy; to drive out intestinal worms; to increase the flow of urine, and thus relieve gout; to stimulate the heart; to purify the blood; to bring on a cleansing sweat, especially in a sweat lodge or sauna; and to improve the flavour of other herbal teas. A neighbour tells me his father used to chew a bit of cedar leaf as a breath freshener before entering church!

Women might drink tea to bring on the menses, as a uterine stimulant, as an afterbirth tea, and/or to stimulate the flow of milk. Men and women might find regular use would suppress the sexual appetite, which could be a benefit if you're a logger off in the North Woods for a winter (or your husband is). Externally a leaf/twig tea poultice, or a salve made by simmering leaves and twigs in lard or vegetable oil, has had many uses. They can be applied, daily for 3 or 4 weeks, for relief of arthritis; to remove warts, including the venereal variety ("condylamata"); to wipe out fungal growths; to reduce swelling in bodily limbs; to restore movement in cases of paralysis; for skin problems, fistulae, bleeding moles (due to its astringency), soft chancres, fissures, urethral carbuncles, and various other indolent lesions. Although not as aromatic as Eastern Red Cedar or Western red Cedar, the leaves and twigs of white Cedar have been used as a moth repellent, often in a cloth sachet, and even tied on the lower legs as a snake repellent. The wood is also used in making clothing chests with the intent of repelling moths.

An oil containing a large quantity (56.7%) of "thujone" is still commonly distilled from cedar leaves and twigs. Applied externally it helps remove warts and fungal growths, repel insects, kill skin parasites, ease rheumatism and skin afflictions, and as an irritant. Tak-

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en in VERY SMALL DOSES WITH EXTREME CAUTION, Cedar oil is used as an emmenagogue to bring on menstruation, a heart stimulant, a uterine stimulant, and a vermifuge, but AN OVERDOSE CAN BE FATAL. A Cedar leaf tincture can be used externally to eliminate venereal warts, and can be taken in small doses as a vermicide.

The caution about Cedar (and its relatives) includes the inhalation of its wood dust while working with the wood.

Besides its above mentioned use in Cedar chests, the wood is used for its light weight, durability and decay resistance for fence posts, canoe and boat building, and shingles. I have found that clear, quarter sawn boards make fine sound boards for some musical instruments. The outer bark and dry wood make excellent tinder and kindling for fires. The fibrous outer bark used to be used in bag and mat making.

The first North American tree to be transplanted to Europe, the Cedar is still loved by our native deer, moose and hares (for the leaves); rabbits (for the leaves and young bark); and red squirrels and song birds (for the seeds).

HOOK, LINE AND SINKER (Cont)

of winter seasons. Whenever the time or wherever the place, it is important to "Catch and Release". Do not waste. Help future generations also have the amusement and consumption of fishing.

Today, we still have many fishing visitors to our area. They rent cabins or come by R.V. They rent a boat or fish off the dock. Perhaps it is not as challenging as the old days but they can still enjoy the wonderful scenery. They are impressed with our clean water and pure air. Most know that it's about the place and the people. They enjoy the early morning sounds of loons on the water...the smells and the sunsets. We all relish a cottage fish dinner with perhaps a glass of cool white wine. Nor will anyone turn down a fish and chip dinner at the local restaurant.... It's all brain food for good health, right?

End

End

Where will you live if you wear out your body?

By Susan Veale

If I was to ask, "Do you know what happens inside your body when you are not in control, what would you say?"

Part of my working time is spent explaining to clients how their body performs certain actions and functions. I believe that with a better understanding about how organs function, people respect their bodies more and make better choices to enhance their health.

Let's examine one square inch of skin. There are 19.5 million cells, heat and cold detections cells, sensory nerve endings, 20 different blood vessels, 65 hairs each with a different muscle and 165 pressure end organs -- all in one square inch!

The eye is like a colour movie camera with instant developing of pictures, stop actions and instant replay, all coordinated with an audio sound track. It has a self cleaning device, a built in protection device and a shutter system which closes in front of the lens.

The heart beats 100,000 beats per day and never shuts down for repairs. It knows how much blood to pump when demands increase. In 70 years, it pumps approximately 264 million quarts of blood. There are approximately 75 thousand miles in length of blood vessels carrying oxygen through to the tissues. There is about 8.5 gallons of blood used per minute in moderate exercise.

How many glands do you think are in the body? 100, 2000, 300,000?

The small intestine alone has over 20 million. The large intestine eliminates 100 billion bacteria in a 24 hour period. The kidney filters 432 quarts of blood, removing toxins then reabsorbing selected chemicals. The lungs purify blood, eliminate toxins and take in new oxygen. Bone marrow makes 1 billion new blood cells per day.

Pound for pound, bone is 5 times stronger than cast iron. The pituitary gland, sometimes referred to as the Master Gland, is less than 1 inch in size, and it makes 9 different chemicals vital for life.

We need clean oxygen, good food and chemical free water. How we choose from these essentials affects how well our body performs over time. If we consistently eat a diet of refined carbohydrates, saturated fats, sugar and stimulants, such as coffee and donuts for breakfast, fried food and cola's for lunch and preserved meats on pizza with cola's for supper, we deny our

body essential nutrients necessary for our built in chemistry system to manufacture cortisol, adrenalin, insulin, cholesterol, estrogen, testosterone, thyroxin and other chemicals necessary to sustain life.

Here is a suggested list of the top 10 foods to incorporate into your daily diet:

1. Leafy Green Vegetables
2. Root Vegetables
3. Sprouts
4. Seeds
5. Nuts (Almonds and Hazel)
6. Lemons and Limes
7. Grapefruit
8. Wild Blueberries
9. Avocado
10. Beans (Legumes)

Musculoskeletal disorders and coronary vascular diseases account for approximately 22 billion dollars of direct and indirect costs to Canadians and our health care system. Could better choices in diet, exercise and lifestyle improve our health picture? The answer is yes but if we choose to ignore what we need the question becomes, where do we live if our body is worn out?

If you would like to find out more about your body and what it is telling you, please contact me at my clinic, Wellness Natural Health Centre, in Calabogie.

Susan Veale BSc. Kin.
Phone: 613-752-1540
Email: info@wellnessnaturalhealthcentre.com

www.wellnessnaturalhealthcentre.com

End

Revolution (Cont)

mon, is inequality and trust. Though in many different guises, it all boils down to one group of people being subjugated by the minority who control all the power and the economy.

It's no wonder that we've witnessed so many protests lately. And it will be a surprise if more aren't to follow. People are scared. As the global economic malaise continues, people are afraid for their future and for their children's future. For without hope for good jobs, an egalitarian society and a fair government, there is little else to do but demand change.

End

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Griffith Matawatchan News

By Garry Ferguson

As predicted in *The Highlander*, we now have a new, smooth surface on the Camel Chute section of the Matawatchan Road. Remember you heard it here first – well, maybe a few of you anyway. Love the progress, but the trip from Matawatchan to Griffith is no longer an adventure. A few front end specialists may have to go on U.E.I.

The Highlander news desk (again, snicker) owes an apology to Jacques Lalonde of Le Gang de Trailer Park Boys. Seems the prediction, (see June 2013 issue of *The Highlander*) that he would win the Camel Chute Trailer Park Fishing Derby, held on July 06, put so much pressure on him that he had to go out and win it. We try to avoid putting pressure on pensioners: so it shouldn't happen again – until next year. When I asked him if his winning bass weighed five pounds before or after the stones were rammed down its gullet, he didn't answer. I think he was ignoring me. It would be a gross understatement, and lazy reporting, to declare the Matawatchan Picnic/Canada-Day Celebration merely a success. Next year, I'm going before daylight to get a parking spot. There were so many activities, simultaneous and otherwise, going on that I became dizzy trying to absorb it all. The 10 organizations that made it all possible deserve a lot of credit for revitalizing this very old – almost a century and a half – cultural outing. After observing the density of the throng - they seemed to fill every nook and cranny of the old Hall grounds - I was somehow relieved that they hadn't booked a return of the knife thrower.

It's improbable that there'll ever be an appreciation night for the folks in the Denbigh Griffith Lions Club (DGLC) since they give mostly to those who can never give back. The DGLC's did how-

ever, throw their own much-appreciated Appreciation Night, for the community, on July 24. Needles to say, it was a success and appreciative locals turned out in numbers to soak up the appreciation.

The DGLC's would like us to remind readers of the 50/50 draw – tickets are on sale at local businesses – to be drawn at Snider's Tent and Trailer Park during Fall Festivities on August 30. The winnings may not make you a millionaire, but should finance a few outings to the Pine Valley Restaurant. The biggest show of the year – The Show and Shine – starts at 0900 on August 24, so come early and stay late. After concluding that an aging Caravan wouldn't attract much attention, I've decided to settle for oogling others' rides and eating Lion-made hamburgers. (the "hamburger" comment is in keeping with Pat and Barry Dick's edict that I, in print, heap resounding praise on their culinary/BBQing skills after scarfing down one of their top-notch offerings at the Matawatchan Picnic)

It's not too early to start squirreling away a few loonies and twonies in your vehicle's ash tray in preparation for the August 30th Lions Toll Road in beautiful downtown Denbigh and at the junction of Highway 41 and the Matawatchan Road in Griffith. The August dates for the 7 p.m., Tuesday bingos are; the 6th and 20th.

There's always something happening somewhere around the Golden Circle (for the real truth, go to matawatchan.ca) so readers may want to commit some of the following to memory. (those with equal or greater planet seniority than yours truly, write it down) The Matawatchan Market is on every Saturday from 0900 to 1 p.m. – except for Shine day on August 24. The Seniors Housing Corporation's Nu2U shop at the old township office by the

Griffith Hall is rolling in the cash faster than the volunteers can count it and is open for your shopping pleasure each Tuesday and Saturday afternoon. I understand that they'll add an outdoor section on Shine day. Matawatchan Hall Board President Mark Tomlin would love to hear from anyone with sparkling new ideas on how to better utilize the facility and reminds folk that it is for rent. Bill Graham at 613

333 1694 should be able to fix anyone up with the rental deal of the century.

The Fish and Game Club still has the \$10 tickets for the 550X Polaris quad on sale at local businesses and will throw its annual Pig Roast and Red- Neck Golf Tournament from around 2 p.m. on Saturday August 03 to goodness

continued on page 19

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Pickleball Information Session

for all residents of the Township of Greater Madawaska

It's not about pickles! Just for the fun of it!

Saturday, September 14th 2013 11.00 a.m.

Calabogie Community Center, 574 Mill St., Calabogie

Pickleball is the fastest growing sport in Ontario.

It is a combination of tennis, badminton and table tennis, and is easy to learn. It can be played by seniors, adults, and children. Exercise can be fun and the Township will be coordinating this sport over the winter in all three Wards if there is enough interest.

Six members of the Ontario Pickleball Association will be in our Township to demonstrate, discuss the rules and help us to learn the game.

Lets welcome them to our community with a great turnout.

Everyone gets to play! All equipment will be provided so just wear your shorts and running shoes and come along for all or part of the day. If you live a distance from Calabogie, no problem, form car pools and come.....

- 11.00 am to 12.30 pm Children and families. All ages are welcome to come and participate kids vs kids, families vs families
- 1.00 pm to 2.30 pm Seniors
- 2.30 pm to 4.00 pm Adults



www.pickleballassociationofontario.org

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Bikers are coming (Cont)

what's being offered. Of course, this only works where there is cell service. My husband Mark and I happen to live on a high hill and get DSL and cell service. I registered the Matawatchan Cultural Centre through the ohto.ca web site and filled in basic information, including the matawatchan.ca web site and email. It only took a day to be accepted by the OHTO. Then I downloaded the OHTO app to my iPad and discovered the Cultural Centre is the only tourism asset currently listed between Calabogie and Bancroft. This isn't surprising as the app is new, high speed and cell service hasn't reached the whole area, and many people in the area are new to this technology. All the same, now is the time to make our presence known as people plan their trips.

It's very simple. Go to ohto.ca and look for "Join Now". Answer the questions, move the pin on the map to your location and hit enter. There are opportunities to upload photos, coupons, develop package deals with other proprietors and to participate in tourism training.

"I have never ridden so many twisty roads in Ontario, in one day, in all of my 36 years of riding."
- Chris Hughes

Yes, our roads are as twisty as the history of our resource-based boom and

bust economies. Our precious resources can remain the basis of our economies if we don't destroy them in the process. One of those assets we can easily protect is our dark skies, unique in Southern Ontario. Recently, the Township of North Frontenac became the first municipality in Canada to achieve the designation of Dark Skies Preserve by the Astronomical Society of Canada. Bravo! They will be celebrating the grand opening of the new North Frontenac Observatory on August 3rd. Lennox & Addington County runs ads in Sky News about its new observation facility and promotes its dark skies on the web. Greater Madawaska has been chosen as the potential site for a World class Observatory Resort. Simply by creating an awareness for homeowners, public works departments and businesses to choose energy-efficient outdoor lighting that shines downward, we can assure a "bright" future. Sky News reported that the Haliburton Highlands recently missed the opportunity to do the same. Let's not miss ours.

It costs tourism-related businesses and organizations nothing to become motorcycle friendly, nothing to choose outdoor lighting fixtures wisely, and nothing to join OHTO. We have nothing to lose, but boom and bust.

End

Rural (Cont)

able to purchase at auction sales and pieces of wood. We took off the front door and he glued them on both sides, clamping them together, then he did the sides of the washstand. He glued the veneer down on the back, turned the washstand over and put large stones on top of the piece of wood on it, to provide weight. Then came the problem piece, the drawer. From either side, it rounded towards the middle in a graceful arch - and it was peeling badly. My father had applied glue to the back of the veneer but he and I stood pondering how to hold it down. By this time, my mother had come out to watch the proceedings. And the three of us stood there pondering what was to be done. All of a sudden my mother shrieked, "By Jove, I think I've got it". and then tore into the house. She returned with a thick macintosh of my father's, placed it on the upright drawer then sat on it. She looked up at us with the

grin of a broody hen. My father and I nodded in approval, until my father said, 'Helen, do you know just how long you will have to sit there?' Always one to be agreeable and rise to the challenge, she replied, 'That does alright, just bring me a good book'. So I brought her a volume of Pepys' Diary which she was into at that moment and I think she completed it and knitted a pair of socks besides, during her sojourn on the drawer. My father and I took turns bringing her coffee snacks and meals. When she had to answer the call of nature, I took over the hatching as I was much better padded than my father. The proof of the pudding - as they say - it worked and it stuck.

But my mother did not involve herself in too many gymnastics for days to come!

End

G/M news (Cont)

knows when at the Cliff and Pat Holleran spread on Hutson Lake Road. They also have something called a 50/50 Bass Derby coming up on August 10 when the club will take half of the proceeds from the \$50 entry fee paid by each two-person team per boat: the top three winners take the other half. All activities will centre around the landing at the Centennial Lake Bridge including the six-to-10-a.m. (middle of the night) registration. Brian Sutcliffe at 613 333 9564 or Dave Vaniderstine at 613 333 1136 will set interested anglers straight on all the rules, but I'm pretty sure that rocks down the gullet is a no-no.

End

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