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The Madawaska
Highlander

July-Aug. 2016
FREE Vol.14 Issue 3
Next issue Aug. 24, 2016

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

Mid summer, time to get out on the water in this land of lakes, rivers, creeks and streams. Nothing calms the spirit like a day by the dock and a quiet paddle.



South end of Big Clear Lake in Frontenac Provincial Park, part of the Frontenac Challenge canoe route - 6 lakes and 6 portages done in a single day in the Fall. Photo by Steve Manders

Welcome!

...To mid summer in the Highlands and another terrific read! Our talented volunteer contributors have given their best once again, with a fabulous flow of fact, fun, and fascination.

Garry brings updates from the GM newsdesk about to-ings and fro-ings in Dogtown and Rabbitville, as well as notes from France and Newfoundland 100 years after the disaster that was the First Battle of the Somme Offensive.

Things got hot for Skippy, who skipped out to file Bogie Beat from Arizona, where she's learning the basics of desert survival. Meanwhile Survivor Guy gives us the "how-tos, got-tos and want-tos" of the art of foraging for your supper in the woods, fields, water, and beside the road.

We are happy to officially welcome Angela Bright to our team for Vennachar and Denbigh Dispatches. Without her, we might not know Addington Highlands Township now has an online Events Calendar. Yay!

You can follow the trail of some very talented artists who painted in the Highlands in the last century, and learn the story of "Canada's 25-year Woodstock" that happened just out of earshot in the Denbigh woods. Music has the power to bond and the power to change society. Pete Chess confirms that in part 5 of The Power of Song - When Pete met Woody.

Take journeys into the past with Ernie and Fast Lady, with Herb's Vennachar memories, and Marcella's story about the disintegrating log school house that now teaches us once again. Howard returns us to Black Donald, now under Centennial Lake. Ole tells us how riparian buffers preserve our waterways and Susan tells us how water preserves our lives!

Enjoy...

Group of Seven artist Tom Thomson lived in this cabin, the "Out-Side-In" when he was a fire ranger in Algonquin Park in 1916. Many famous Group of Seven paintings were done in the wilds of Eastern Ontario. Were some painted near you? Photo by Steve Manders

Story Pg. 13

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madawaskahighlander.ca**

Message from the editor:

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

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

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

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CONTRIBUTORS THIS ISSUE

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

Garry Ferguson	Antonia Chatson	Susan Veale
Ernie Jukes	John Roxon	Angela Bright
Skippy Hale	Jens Pindal	Ole Hendrikson
Peter Chess	David Arama	
Howard Popkie	Marcella Neely	



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

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By Garry Ferguson

Folks on the Matawatchan Hall Board couldn't have wished for a better day, a better turnout and a better - well, everything to do with their **Canada Day**, knees-up celebrations at the Hall on July 2nd that is. My dire prediction that beer garden patrons might be crowding the kiddies out on the bouncy castle by the middle of the afternoon proved to be just Ferguson nonsense – and that's also a good thing: not the nonsense but the fact that my predictions are usually wrong. A picture is worth a heap of words (this bit of wisdom was surely concocted by some under-inspired, lazy writer who found it easier to point a Brownie Hawkeye than to worry about spelling, grammar and punctuation) so have a glance or two at the accompanying frozen moments in time and see if you are included. If so, you're welcome.

It's almost time again to start squirreling away those twonies and loonies in your vehicles' unused ashtrays. Yup! **The Lions will be out on the toll roads again on Friday, September 2nd from noon until 7 p.m.** Someone, somewhere, who never had to depend on the baby bonus or the geezer cheque, said, "It's better to give than receive," but in the case of the past May's toll road, giving a few litres of blood to the blackflies was not nearly as "better" as receiving an all-time, club record \$ take. Either folks are getting richer or they're becoming more aware of the Lions vital work. Don't forget to get in on the 50/50 fund raiser (at local businesses) and don't forget to show up at the Show and Shine in August. See you there. Check posters or "Community Events" for details.

A few of my "acquaintances" on July 4th celebrated the 200th birthday of a man who created an iconic Canadian legacy - his legacy I said, (wrote?) since he was not Canadian – a legacy that they revere more than that of any politician, no matter his/her era or stripe. Some (at least one anyway) may even do pilgrimage to Walkerville. (Windsor) Unfortunately, this no-name group has not been able to get itself politicized by any level of government so must celebrate in dark "watering holes" or dank basements. Unlike those politicized movements with short, catchy slogans, this group's battle cry seems to be a two-part thing. First part (the salute): "Here's to Hiram Walker," and second part (response): "I'll drink to that." Could I be so bold as to suggest that this fraternity be named "Canadian Club?"

As a result of hard research and planning by the "A Team" in the **North-ern Lights Seniors Club**, the organization has picked up a real head of steam lately and has come up with a long list of extra activities. Planned are a couple outings to two Stone Fence Theatre presentations - and dinners - on September 24th and October 15th. A grant has allowed the club to keep the price down to \$22.95



Ben Copeland and Bert Kauffeldt provided local talent for the Canada Day crowd in Matawatchan



Before The White Brothers Band began its lively two-hour Canada Day show at Matawatchan, they posed for the author



The Bouncy Castle kept the young'ns at the celebrations well occupied



We can count on the fine fellows of the Greater Madawaska Fire Department to keep us informed and help us when needed



Greater Madawaska Mayor Glenda McKay addressed the Canada Day crowd in Matawatchan



The Canada Day picnic wouldn't be complete without the horseshoe tournament



While the rest of us were celebrating Canada Day, local lasses were busy raising \$'s for the Greater Madawaska Seniors Housing Corp with a yard sale at the Nu2U shop.



RE Jukes of Camp J, famous artist, author, and Madawaska Highlander contributor, took advantage of Canada Day crowds across the street to promote some of his fine works.



A touching Canada Day, email salute from Charlie, a ninety-four-year-old friend from Pittsburg, PA, U.S.A.



Author (foreground) at memorial to Royal Newfoundland Regiment, Beaumont-Hamel, France, 2008. July 1, 1916, 500 of the Royal Newfoundland Regiment climbed over a hill in battle. Only 68 made roll call the next morning.

per person. Meanwhile, between trips, members are well entertained at the every-third-Wednesday-of-the-month get-togethers (meetings) such as the BBQ on July 20th. Interested folks out there who are not a member and have partaken of the planet's oxygen for half a century or more may join this mature gang by giving President Joan Jacques a call at 613 333 9323. Club members Corrine Parks and Coral Kelly were honoured for beating the rest of us to 90 years of healthy living by having their portraits taken. These portraits, to be prominently displayed, will not only clinch their celebrity status for many years to come but also serve as an incentive to the rest of us. Anyone wishing their autographs should get to them asap in case there's a rush. If things get too hectic, there could be a \$2 fee.

A few of our Matawatchan readers will remember, with a snicker, the humorous names given to Matawatchan and Miller in the olden days – well may be not that olden, since we were around

then - **Dogtown and Rabbitville**. Those same readers will readily understand the complicated Miller, Matawatchan, Wilson thing. For the uninitiated however, it should suffice to say that you could live on the Matawatchan side, or the Miller side, of the road between townships and counties - now known as the Matawatchan road - from no defined point near the cemetery on toward no defined point in the direction of Vennachar. It was said that we lived in Miller but our address was "Wilson, Ontario," though you might pay taxes to Griffith/Matawatchan Township. Glad I could clear that up before continuing.

The Rabbitville label was simple enough because of the snowshoes' (varying hare) ability to multiply in the swamps around Miller. (see above definition) At peak population cycles, it was difficult to walk along the roads without stepping on them. The Dogtown name, however, came not only from the Matawatchan dog population but from the fact that the village is in a depression

surrounded by hills. When anyone approached, from any direction, on the roads leading down into the town centre, it took only one dog to trigger a raucous "a cappella" of howls yips and roars – in twenty-or-thirty-part disharmony – from the surrounding ridges. Eddy Johnston, the last of that family in this settlement, would chuckle at length every time he repeatedly repeated this bit of trivia. Guess it was a bit funnier in his generation.

Newfoundlanders not only celebrated Canada Day on July one but also gathered to honour the **100th anniversary of that horrible blunder known as the First Battle of the Somme Offensive** when almost the entire Royal Newfoundland Regiment was slaughtered or wounded within a few minutes at Beaumont-Hamel, France, on July 1st 1916. As a separate British Dominion in those days, the Newfoundlanders fought as part of the British Army under the

Continued, next page...

GM NEWS Continued...

command of the contrary and incompetent General Haig who sent them, among other regiments, across open ground, against impenetrable razor-wire-protected defenses – years in the making – and into concentrated machine gun fire and shrapnel. Most didn't even make it as far as no-man's land since the communication trenches were plugged with dead and dying British soldiers who had been sacrificed only minutes before. This meant that the Newfoundlanders had to climb out of cover about a half kilometer before short-sighted planners had hoped.

A huge caribou, (the regimental emblem) with head thrown back in defiance, faces the foe's position on the battlefield from a fifty-foot mound of Newfoundland granite. The man who stubbornly ignored valid intelligence and declared the machine gun and tank highly overrated weapons was promoted to Field Marshal, made first an earl and then a baron. Of the over 500 men in the Royal Newfoundland Regiment who climbed out of the trenches at 09:15 on that hellish day, only 68 were able to answer roll-call next morning.



Garry Ferguson was born at Black Donald Mines. After graduating from the one-room Miller and Matawatches schools and the two-room high school in Denbigh, he joined the RCAF and the world of electronics.

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

'Bogie is a Happenin' Place!

By Skippy Hale



At last we know it's not Calabogie's first Timmy's. This new building at the corner of Hwy 511 and Hwy 508 is a 925 square foot model home, the Linwood Cardinal.

Reporting from Phoenix, Arizona, and you think it's hot in Calabogie! When it feels like 40 degrees with the humidity, it is really 40 degrees or more here. Trust me don't believe it when they say "It's not so bad, because it is a dry heat." Your skin feels like it is burning when you are outside. You go from air conditioned houses to air conditioned cars to air conditioned houses or buildings.

I had a lovely visit with the Schaly's before I left. No visit is complete without a tour of their beautiful gardens. There is always something new to see and smell. Obviously, there is no shortage of pollinators in their garden. Hank reminded me that there is an open invitation for all to drop by and tour the garden and sit in the clearing down below or in the Tea House, one of many crafted by Hank and his boys. There are still plenty of flowers and bird houses for sale in aid of the United Church fund.

When an empty lot is cleared in the village, the speculation starts. Hey, who owns that lot? What are they going to build there? Is it another Senator moving here? Finally Timmy's is coming to the village... (I was told by one who knows.) How many times have we heard that? No, it's not happening. We have our own lovely restaurants.

I spent a friendly visit with Chris Fleming and he updated me on their new venture. The small building you see on the corner of Mill Street and Calabogie Road will offer a one-stop-consultation spot for those wishing to build. Linwood

Homes will provide guidance for the client including quotes on lots, timeline, budget permits, septic systems, everything. They will offer competitive bidding for local trades and reliable on-time work. Linwood is a Canadian company out of Delta B.C. giving excellent service for almost fifty years. They have branches in Peterborough and Calabogie.

The building is a 925 sq. ft. cottage or starter home. This model is the 'Linwood Cardinal', a far-reaching post and beam style. There is a kitchen, living room/lounge, bathroom with shower, two or three bedrooms with a loft. No space is wasted. It is cozy, compact, bright and the house is totally surrounded by a deck. Drop in to see Chris and take a tour. If all goes as planned, the landscaping should be finished by the time you read this. The Grand Opening is planned for August 19 at 2:00 pm. Drop by for the ribbon-cutting; find out more details about this new venture and perhaps say 'Hello' to Warden Emon. Check out: linwoodhomes.com or calabogieexpressions.com.

The drought affected Canada Day celebrations due to the total fire ban. The famous Calabogie Fireworks were cancelled to the disappointment of all. After the terrible fires in Fort Mac, this precaution was a wise one. Naturally, Mother Nature played one of her tricks and just as we were setting up, the wind and rain off the lake hit like a vengeance. Along with other Library trustees, staff and volunteers, I was drenched as the rain blew through the open-sided

tent while three of us held it from sailing across Calabogie Lake. We packed up and went home since we wanted to keep the books and paintings dry. The early departure allowed me to snuggle under the blankets and watch Wales beat Belgium (ranked 2nd in the world at that time) in the EU. Up went the Welsh flag on July 2, to come down a few days later when they lost to Portugal. Other stalwart souls hung around between downpours. Of all days for the needed rain to fall! I am sure the local watering holes were happy for the rain, judging by the music drifting my way! Fireworks have been rescheduled for July 30, weather and fire ratings permitting.

There are so many activities happening these days that they often overlap. On one day there was a Yard Sale at the United Church and a Dai Basset Concert in aid of the Library. Sadly, there were also two funerals that day. Naturally, the funerals take precedence over everything. With the entertainer present, we had to cancel due to lack of attendance. On another date, there was a Children's Wish event at the Highlands, a Strawberry Social at the United Church and a Friends of Barnet Park Craft Show. On another a Rink Event and a Concert at the United Church. It would be nice if there was a Central Registry so that there is not so much overlap with events. If situations arise, then joint advertising could promote all as a village event so folks could visit all venues. It is great to have so much happening, but better organisation would prove more beneficial. Just a thought...

This is your paper. Even though I am away, send me stories, up-coming events and I will include them.
bogiebeat@gmail.com



Skippy Hale moved to Calabogie with her husband Richard Hale Christmas '99. She has been active in community and church activities. She loves children and brags about her three grandchildren, 'Preschool Storytime' and school visits when she was the GMPL CEO/Librarian, and weekly Sunday School classes at Most Precious Blood Church in Calabogie.

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Ontario to build 500 electric vehicle (EV) charging stations at over 250 locations by March 31, 2017. Mostly Toronto and Hamilton, but also Napanee, Kingston, Madoc, Perth, Arnprior and Pembroke

With Bob Chiarelli now in charge of infrastructure dollars, Petawawa Mayor Bob Sweet is hoping to pitch him the merits of twinning Highway 17 to boost economic development in the absence of CPR, especially to support planned Northern mining.

Naqvi launches Ontario Municipal Board Quasi-judicial review panel and will release a consultation paper in the fall that will ask for comments, but in the meantime, it's looking for residents' views on a number of topics OMBReview@ontario.ca

The fee for launching a proceeding at the Ontario Municipal Board jumps from \$125 to \$300, the first increase in 25 years.

There will be higher fees for licences for child-care centres and home child-care agencies, which haven't changed since 1993. The amount of the increase will depend on the number of licensed child-care spaces.

Ontario Moving Forward with Basic Income Pilot. Province Appoints Special Advisor Hugh Segal

The province gets its first-ever patient ombudsman to hear complaints about hospitals, long-term care homes and community care access centres.

Mississauga Mayor Bonnie Crombie is calling on the province to change its gaming laws after a complaint about Bingo games was made to the city. Frank Stendardo, president of the Huron Park Italo-Canadian Seniors Club, says: "I will keep on playing Bingo until they come here and put handcuffs on me."

New laws prohibit front windshield tints. Windows to the sides of the driver must not block more than 30 % of light. There will be no new limit for rear windows. While the law is now in effect it only affects cars built after Jan. 1, 2017

Renfrew County Red Cross closing office. "Our need for a physical footprint in the community is not the same as it was 20 years ago," McKeag said.. Calls will be re-routed to the Canadian Red Cross' Ottawa office.

The Ontario Volunteer Service Awards recognized 198 recipients from Renfrew County. Irvin "Curly" Andrews, of Petawawa, was recognized for volunteering 50 years with Renfrew County Red Cross and Sylvia Giroux, of Pembroke, who has volunteered five decades with the Pembroke Horticultural Society.

Renfrew County concerned over continuing spread of wild parsnip. "Residents are encouraged to become familiar with wild parsnip and its effects and should take measures to protect themselves," said Jason Davis, area weed inspector for the County of Renfrew.

Rideau Ferry now has a plaque, marking where historians believe the first European settlers to the Perth military settlement crossed the Rideau 200 years ago. Try trekking through swamps, dense woods, and thick brush towards a location you've never been to – all without a map. Well, no map that we know of, anyway.

A 32-metre long oak ship built using ancient Norse methods sailed across the Atlantic and up the St. Lawrence River to Brockville, Ont. to demonstrate that Viking explorers may have travelled farther into North America than previously thought. The Draken Harald Hårfagre set sail from Haugesund, Norway on April 24 with a crew of 32 volunteer sailors working in four-hour shifts. Because a Viking long ship has no "below deck," 16 sailors at a time sleep under a tent below the 260 square metre red sail when not setting rigging, cleaning, preparing food, or manning the 25 pairs of oars.

This fall, Canada will co-chair a special summit on the world refugee crisis in New York.

Members wanted for "100 Women Who Care" in L&A. Members commit to donating \$100 every three months to raise \$10,000 four times per year to donate to local charities. It started in the US and has expanded into Canada. Kingston and Quinte areas have one. L&A covers all the way from Denbigh down to Amherst Island.

Nod from NEB Gets Ontario closer to Energy East. 21 months left before the NEB's report on Energy East is presented to federal cabinet for final decision on the project. "For the past three years, communities and stakeholders including the Building Trades, have been engaged in the consultation process to weigh in on the project's feasibility," explained Dillon, of the Provincial Building and Construction Trades Council. "I believe that there is strong momentum building up, as citizens learn about the benefits of Energy East, and how advantageous it can be to Canada's economy."

First cold-pressed cow's milk on sale in Australia. Before we drink cow's milk, it is routinely pasteurized and homogenized to make it safe and consistent. Australian

outfit, Made by Cow, says that this eliminates much of its goodness and flavor, so has created a new cold press method that makes it safe to drink much closer to its fresh state. The cold pressed milk is reported creamier and more vitamin-rich than conventionally processed milk. Bacteria can't withstand the pressure and cold water temperature is gentler on nutritional values.

Hindered by controversy and financial troubles, the Bowmanville Zoo announced it will close after the 2016 season.

Executives with Wasaya Airways are hoping prospective new "fuel-sipping" transport planes will drive down prices of food and other goods in northern First Nations. An Airbus C295W transport plane, owned by the Mexican Air Force, was shown to the First Nations-owned airline, media in Thunder Bay.

Walking meetings 'well accepted' by office workers in pilot study and considered easy to implement and feasible by occupational health scientists.

CN Tower is celebrates it's 40th year. It was the tallest free-standing structure in 1976 and is still the tallest in North America

Cider now sold in 60 Ontario grocery stores. Province launching new call for more supermarkets to sell beer, wine, cider

Ontario liquor laws to relax as part of provincial regulations update

There will also be an update to worker protections when the province rolls out its regulation changes on July 1. Customers touring a winery, brewery or distillery will soon be allowed to carry an open glass of liquor from one part of the facility to another, and will be able to buy liquor from the on-site store while dining in the restaurant. Ontario will also allow liquor to be auctioned for charity at special occasions, and expand the right to serve homemade wine and beer from just weddings and religious events, to any special family occasion at a hall or facility that requires a special occasion permit.

More than 230,000 trees take root across Rideau Watershed. Rideau Valley Conservation Authority & Forests Ontario help deliver the province's promise of 50M by 2025

Its been a few years since Boyan Slat first revealed his bold concept to clean up the world's oceans, and now we're set to see how his trash-catching barriers fare in the real world. The Dutch entrepreneur's Ocean Cleanup Project has successfully deployed its debut prototype off the coast of the Netherlands, which will serve as a first test-case ahead of a much larger installation planned to tackle the Great Pacific Garbage Patch in 2020

Ozone hole on the mend 30 years after global pact

Ontario Launches Pilot Program in Toronto, Ottawa and Thunder Bay that will give sexual assault survivors free legal advice, regardless time passed since the incident

Ontario promises to spend up to \$72M to fight human trafficking over four years as it strives to better co-ordinate resources to take on a growing and complex problem.

It's official: Spring 2016 will go down as an excessively dry season for Ontario growers and most hope the rest of the summer will be considerably wetter.

Hastings Highlands council cited cost-saving measures to justify cutting waste collection, but 2-years later, residents haven't seen any significant tax decreases. Said Mayor Vivian Bloom. "Everything is mandated by the province and costs keep getting downloaded onto municipalities."

An Ontario man is spending his summer weekends attempting to paddle through 100 of Algonquin Park's more than 1,500 lakes.

The agreement by Canada, the U.S. and Mexico to supply 50% of North America's electricity from clean energy sources by 2025 is good for Canada. Canada produces 81% of its electricity from clean energy sources, led by hydro and nuclear power. We could reduce our use of clean energy by 31% and still meet the 50% target for Canada in 2025. The US produces 32% from clean energy sources, Mexico, 25%.

Edmonton researchers lead discovery of 'space tsunami' that can knock out GPS, power grids. Damage to satellites and Earth infrastructure could reach \$2 trillion.

Upper Canada Village launches programming for children on autism spectrum. New quiet rooms have been created, all village staff have received special training

K & P Trail's expansion from Kingston, northward is expected to boost economic growth. As the trail takes shape, economic planners in the county are to look to market it to tourists and foster businesses along the route — bed and breakfasts, restaurants, a winery, perhaps — and develop events and tours to capitalize on trail traffic.

CORRECTION: Vennachar Church Pastor's name is Laurie Lemke. Our apologies.

Fast Lady of the Valley By Ernie Jukes of Camp J

Since my first jaunt into these hills probably around 1936, as a tad on one of my dad's hunting trips, I have been accumulating many tales. Now they have grown much like an old rucksack brimming over with backcountry experiences and unusual characters collected over these many years.

Of course most of my travels and adventures while growing up here in the early days were by foot just like all my local buddies. Irv and Elmer Strong, Lynn McLaren, Carl Ferguson and others would hike to our favourite fishing spots. Sometimes we would camp out and live off the land, really more off the water. If we were lucky we would borrow a boat to wet a line, always putting it back exactly where we found it, and hike home again.

Later my Dad Walt built a couple of row-boats, before he died in 1950. We moved them about to virtually every waterhole in the region... sometimes with the help of visiting fishermen and their vehicles as part of the guiding fee. We had to use all watercraft regularly, before the cursed porcupines demolished them.

At this point, an exciting event took place. Allow me to tell you about a lady that was born 20 years or so earlier who came into my life. Yes, she was older and had been around for a while and was about to show me many things. We called her "Fast Lady". Now hold on, she was not a racy girl from the city as some of you guys may be thinking. No, not at all. She was in fact a 1928 Model "A" Ford Two door 4 Cylinder Coupe. I had bought this older beauty for 45 dollars at Donahue's in Renfrew. Cheap you may say? Not really as that was a lot of dough in those days.

This low geared and lightweight car was practically unstickable and could travel almost anywhere an ATV can go today... but at a speed of a steamer trunk being dragged through the bush. However, now we had mobility for all reasons, a work-horse and entertainment. It was like the industrial revolution suddenly dropped its prize down from the sky into little Matawatchan.



\$45 for a 20 year old car was a lot of dough.



Fast Lady could go just about anywhere an ATV can go today, with a little help here and there.



On one of my Madawaska canoe trips with Fast Lady, stopped outside of Johnny Wilson's Store in Black Donald, with Jack Miller. Graham Ireland took the picture.

In between increasing jobs I would also invite local elders to enjoy some of their favourite fishing places. While taking Colin John Thompson into Jack's Lake up the steep hill from Quackenbush the 'ol girl suddenly stalled. The brakes wouldn't hold and we hurtled backwards down the rocky hill. Steering wildly I looked at my old passenger's eyes, which were big as saucers. He was about to leap for it when we smacked into a big birch. While shaken up we had survived. "Fast Lady" was absent a rear bumper, the spare was pushed into the back, but after prying the fender away from the rear tire we were on our way again.

My friend Jack Miller and I painted her up and some other friends, like the undertaker's daughter, supplied the fanciest silk casket cushions to make the old auto more attractive and comfortable. Folks of all ages would use her for painting and hunting expeditions as well. Our local traffic director Eli would stop me for a ride. I would pick up his son in law Bill many mornings when we both worked building cottages at the lodge for Elson Buesch on Hutson Lake.

One dry, hot summer day while guiding two ministers on MacPherson's lake (now Dunn's) I was called in to shore. Basil asked if I would gather equipment,

like saws, axes, and shovels and the men waiting along the route. Our destination was to fight a serious fire on Black Mountain across from Big Island. The padres prayed while we loaded my canoe onto Fast Lady, which we later used to get to the raging blaze from the river. With pumps it also acted as a water reservoir part way up the hillside. Over a week later an exhausted crew was able to leave. It was a tough, dirty, but good paying job at 65 cents an hour which included our all night watches as well. That was a lot of gas for "Fast Lady" at 25 cents a gallon.

The Matawatchan and Frontenac Roads were much narrower then. And the nights just as pitch black as ever. I recall on the way back from the Saturday night movie in Denbigh the lights suddenly went out. Lacking tools and probably know how, Lynn McLaren put his arm out his side and I did the same. Slow going to be sure but with our hands touching branches we were able to navigate and keep sort of in the middle of the sandy trail home.

"Turkey Hill" on Frontenac Road (built 1852) at Giffen's (now Crosiers) got its name from all their turkeys. As we crested the hill and even though I would blow the horn by turning a fog-light switch, flocks of these really dumb birds were invariably dusting in the sand. They would go over, under and to both sides of our usually speeding vehicle. Their wild cousins today seem to stay out of the way.

Now with "Fast Lady's" 24 horses of her 4 Cylinder Engine we could easily Boogie down to Bogie by road. Parking at places to launch was no longer a problem. Eventually we traveled the mighty Madawaska from Lake Opeongo in Algonquin Park to Arnprior emptying into the Ottawa. This feat was accomplished in three different canoe trips over the years.

Having wheels in those days also left one open to many unusual requests for taxi service and at all kinds of strange hours. One I recall was that of taking a local country musician to the Vennachar bootlegger. Poor fellow was totally addicted, and he had just been noticed by the Grand 'ol Opry. Unfortunately they



My 16-foot cedar strip Peterborough canoe stayed on top, ready to take paying customers fishing.

found him dead on the road before the year was out. The amount of talent that exists in these backwoods is amazing. As I have often said "Just because we are in the trees are does not mean we are in the bush leagues."

It was not exactly driving a legend but the Model "A" Ford was a most reliable vehicle and tough as a jeep in the bush. The rewards of being able to explore the Madawaska Highlands will last a lifetime. By gosh the old girl always started and ran like a charm and other than stopping every few hours to fill the rad with water, required little maintenance. The leaky radiator was not a problem with a stream or lake over every hill. Sometimes I left my 16-foot canvas covered cedar strip Peterborough canoe tied on the car ready to go. Fishermen from Buffalo and Cleveland and Toronto responded to my ads, which meant I was busy most of the summer to help pay my tuition for college during the winter.

So you can see we did not get our kicks on Route 66 (as I did later) but by driving Renfrew County with "Fast Lady".

Hooked on the Valley or on the Highlands as we say today has been a major part of this writer's life. My rucksack continues to fill with tales from yesterday and foreign places. I continue to enjoy the opportunity to share these tales through "The Highlander" and my paintings with you at Camp J.



R. Ernest Jukes
For 65 years, Ernie has been an artist in residence in Matawathan at Camp J, collecting

a rucksack of tales and preserving stories of people and happenings in the Highlands through many publications including his books and for The Highlander since its inception. His donated paintings of our valley and records of our fire tower may be seen in "The Wall in the Hall Museum" in the Matawatchan Hall.

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CHURCH SERVICES & COMMUNITY EVENTS CALENDAR

CHURCH SERVICES:

Denbigh, Vennachar, Griffith & Matawatchan residents, please check regularly for updates at

www.matawatchan.ca /Events

Matawatchan

St. Andrew's United Church

Sunday Worship

8:30 a.m.

For updates, call Joanne Murray

613-333-5534

Hilltop Tabernacle

Sunday School 10:00 a.m.

Morning Worship 11:00 a.m.

Office 613.762.7130

hilltop.pastor@gmail.com

www.hilltopchurch.ca

Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church

(Now in the Parsonage)

424 Matawatchan Rd. 613-333-2318

Services June to August 10 am

Sunday service time returns to 11am

the weekend after Labour Day

St. Luke's United Church, Denbigh

Sunday Worship and Sunday School 10:00

a.m.

Emmanuel United, Schutt 11:30 a.m.

St. Paul's Lutheran Church

Sunday School 9:00 a.m.

Sunday Worship 9:30 a.m.

The New Apostolic Church

Sunday School 9:00 a.m.

Sunday Worship 10:30 a.m.

Wednesdays 8:00 p.m.

Burnstown

St. Andrew's United Church

Sundays at 10:15 a.m.

Calabogie

The Calabogie Bible Fellowship

Congregational Church

The Mill Street Chapel 538 Mill St.

Regular service – Sundays 10:30 a.m.

Information: 613-752-2201

Most Precious Blood Catholic Church

504 Mill St., Rev. Ric Starks

Sunday Worship 11 a.m.

Mount St. Patrick

St. Patrick's Catholic Church

Sundays at 9:00 a.m.

Calabogie St. Andrews United Church

1044 Madawaska Dr. (on the waterfront)

Sunday Worship 8:30am

Communion 1st Sunday of the month

EVENTS:

CALABOGIE:

GM Library Pre-school Storytime

Thursdays 10:30 am to 11:30 am

at the Greater Madawaska Library.

It is aimed at children from 0 - 6.

LIONS CLUB BINGO

Calabogie Community Centre

Wednesdays 7:15 p.m.

FALLS PREVENTION PROGRAM

Tuesdays 8:30 a.m. Barnett Cottage

Contact Susan 613-752-1540

PILATES IN THE PARK

Mondays 9:30 am Barnett Park

Contact Susan 613-752-1540

Calabogie Seniors Dinner & Meeting

Last Thursday of the month - 5 pm Oct. to

April at the Community Hall

May to Sept. Barnett Park

All seniors 55+ welcome. 752-2853

Renfrew South Women's Institute

www.rsdwi.ca 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 or Hennie Schaly Sec. 613-

752-0180

Guests and new members welcome!

Calabogie Arts and Crafts

Every 2nd Monday (If holiday, then 3rd

Monday), 10:00 am – 1:00 pm, Community

Hall, (\$15 per year),

752-1324

Lion's Club Bingo every Wednesday,

7:15 pm, Calabogie Community Hall, 752-

0234.

The Calabogie and Area Ministerial Food

Bank 538 Mill Street, Calabogie

2nd and 4th Thursdays of the month

9:00 am to 10:00 a.m. For emergency

situations, please call 752-2201

Canada Day Fireworks in Calabogie were

rescheduled to July 30 (because of total fire

ban on July 1).

GRIFFITH & MATAWATCHAN

Seniors Fellowship Lunch at Lions Hall,

Griffith at Noon-Third Wednesday of the

month Contact Mary McKinnon 613-333-

2791

Northern Lights Seniors at the Lion's Hall

after Fellowship Lunch

General Wellness Assessment by local

Paramedics available from 11:00am until

after lunch

Diabetes Outreach Program

every 3 months

Northern Lights Seniors Club, Stone Fence

Theatre & Dinners - September 24th and

October 15th. \$22.95 per person

Northern Lights Seniors Club, BBQ on July

20th, Lions Hall Griffith. Call President

Joan Jacques 613-333-9323 Open to anyone

age 50 and up.

Euchre First and Third Friday of each

month, 7:00pm - 9pm

Contact Dennis Barnes 613-333-1488

Denbigh-Griffith Lions

SHOW & SHINE and GMSHC Summer's

End Yard Sale Griffith Lions Hall, Hwy 41

August 27

The Pickled Chicken String Band Mondays

from 5 pm to 7 pm

At the Pine Valley Hwy 41, Griffith

Bert's Music Jam Every Thursday

5 to 7:30 p.m.

AA Meetings (Alcoholics Anonymous)

Weekly meetings Every Monday. Location:

Griffith Lions Hall HWY 41 One hour

meeting open to Men/Women

07:00 PM Coffee and Refreshments

Terry Fox Run, Sunday September 18th,

Griffith Building Supplies on HWY

41. Registration 9:00 am. Run 10:00

Church Street and Flying Club Road 5

and 10 km. Runners, walkers and cyclists

welcome. Pledge forms at Griffith Building

Supply, Griffith General Store, Pine Valley

Restaurant, and more. Register on line at

www.terryfox.ca/terryfoxrun/griffith

Matawatchan Hall Events:

Matawatchan Walking Club

Thursdays 10:30 a.m. - 11:30 a.m.

Start at Matawatchan Hall

Griffith Matawatchan Writers' Guild Every

second Thursday, 7pm to 9pm at the Ma-

tawatchan Hall

Family Sports Nights, Tues. & Thurs.

6:30-8:30 pm

Kids decide the sport, play, have fun, and get

free ice cream afterwards. All ages wel-

come!

Flea Market, July 30, 10:00 am – 2:00 pm

At the Matawatchan Hall, 1677 Frontenac

Rd, Matawatchan

Come support Seniors Housing by having a

coffee with friends and buying gently used

items from the Greater Madawaska Seniors

Housing Corporation. All vendors welcome.

Reservation: Nancy (613) 333-9556

Giant Yard Sale during Show and Shine

August 27, 10:00 am to 4:00 pm, Rain

date August 28, 2016, Lions Hall, 25991

Hwy 41, Griffith. This will be the last huge

yard sale of the year hosted by the Greater

Madawaska Seniors Housing Corporation.

The Lions Show and Shine features Antique

cars, refreshments, music, home baking,

crafts and a BBQ

GM Lions Toll Road Friday, September

2nd from noon until 7 p.m.

GM Fish & Game Club:

August 28 – OFAH Zone E Annual Meeting

10:00am until 3:00pm, Matawatchan Hall

1677 Frontenac Rd.

DENBIGH:

Denbigh-Griffith Lion's Club Hall

25991 Hwy 41 Regular Events:

LIONS CLUB BINGO

Tuesdays 7:00 p.m. – 8:00 p.m.

Denbigh Music in the Park/Hall

Every second Sunday from 1 to 3 pm

Denbigh Diners

Full Course Meal \$7.00

Nancy Dafoe 613-333-5164

Denbigh Hall Exercise Group:

Monday classes at 10:00 am.

Thursday classes at 1:00 pm.

TOPS Tuesday at the Denbigh Hall

Basement @8:30am Contact Mary

McKinnon 613-333-2791

Church Homecoming Weekend

August 19th to 21st at Denbigh Heritage

Park and local churches.

Aug. 19, 7-9pm Youth & Family Night

Aug. 20, 8:30am Men's Breakfast

1-3pm Open House at local churches

Aug. 21, 10:30am Outdoor Church Service

12 noon Community BBQ

2pm Concert/Singalong by Road to Glory

and Friends

CLOYNE & NORTHBROOK:

CLOYNE SHOWCASE 2016 , ART &

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Aug.6: 10am – 4pm.

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venture go directly back to the swim

program. All profits made by the Guild

are donated to enrich the arts programs

at North Addington Education Centre,

Cloyne, ON.

Admission is FREE. Information:

(613)473-4063, email: wizjim@

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Vennachar Summer Adventures, Part I

By Herbert McNaught, submitted by his nephew Bill McNaught

Herbert McNaught and his brothers, RJ, James and Earle spent the months of July and August each summer with their Grandma Nancy Ball and Uncle Herb Ball for over ten years. Before his death in 2008, Herbert wrote a manuscript of his remembrances. These are excerpts from that manuscript.

Each summer, from 1924 until 1934, my parents, Tom and Martha Jane (Ball) McNaught drove back to the Ball farm in Vennachar so that my brothers, RJ, James, Earle and myself could spend those summer months roaming about the village and farms. Most of the farms were owned by the brothers and sisters of my grandmother, Nancy Jane (Gregg) Ball and my grandfather, Fred Ball.

We were living in the small village of White Lake, 12 miles west of Arnprior on the Ottawa River and later in Balderson, just north of Perth. The trip back was along County Roads, north to Burnstown, west to Calabogie and Black Donald Mines and south through Matawatchan to Vennachar. The total distance was about 60 miles. We made this journey once in the winter of 1924 for Christmas. We all snuggled beneath buffalo robes



Wedding Photograph, Tom and Martha Jane (Ball) McNaught, September 19, 1917

in a cutter drawn by 2 horses during the shortest day of the year. We left in darkness and arrived in darkness with Mother holding the coal-oil lantern forward so that Dad could follow the ruts in the snow-covered road. I was 5, RJ was 6 and James was 4. Mother was pregnant with Earle during that trip.



The McNaught family car would have been similar to this one, maybe smaller. The three boys were squished in the back between 100-pound bags of flour and sugar, boxes of preserves, toys, clothes and everything they would need to spend the summer at the Ball farm in Vennachar.

The summer trips had their excitement as well. It must have taken some planning to get all the luggage and supplies in the Model T Touring Car. We three boys had to share the floor of the back seat with a bag of white sugar and one bag of flour each weighing a hundred pounds and two or three boxes of pint and quart sealers, plus our play clothes as well as our good clothes for church and a few toys and playthings.

Relief came in 1927 when Dad obtained an expanding metal luggage rack which could be clamped to the running board usually on the passenger side. This created a difficult entrance, climbing over the luggage rack and its load as the doors on the passenger side of the car could not be opened. Either that or we would go around to the driver's side to climb in and slide across to the other side. "Packed in like sardines" was the order of the day.

If it looked like it might rain or was rainy, we didn't stir out of the car. If the car had a flat tire, the tools—the jack, a wrench to remove the nuts that

held the rim to the wooden spoked wheel, the pump and the patching kit if there was a hole or holes to be patched—had to be procured from under the front seat.

The worst situation was a flat tire when it was raining. The roads were all dirt with the tops of rocks poking through. In those circumstances, Dad had to crawl under the car and place the jack under the axle to raise the wheel and the flat tire high enough to remove it and install the spare tire. This was a chore in dry weather but in the mud—wow what a mess often causing the saintliest of men to swear. (I imagine Dad had his choice expressions too!) I don't recall any tire trouble on these trips to Vennachar but often the sides of the tires and the tubes were skinned. Several days after our arrival, we would notice at least one flat tire.

We three boys adapted well to this change of living conditions and had freedom to play with anything we liked. As we grew older and stronger, we played with the buggy, pushing it out of the shed at the end of the lane and down the lane to the road. We opened and closed the gate and were out onto the road, heading toward Uncle George's farm. Some days to turn the buggy around to return home, we would push it with all our might backwards up a rock incline beside the road, right to the stone fence. With RJ usually holding the shafts and steering, James and me pushing and all of us yelling, we came down from the rock incline, out onto the road going the short distance before turning into the lane and huffing and puffing, stopping the buggy before it hit the gate. We enjoyed this activity and wore ourselves out with several repeats.

We wandered everywhere never fearing for bears or snakes, cat-



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MEMORIES OF VENNACHAR

With a lot of effort, muscle-power and yelling, the McNaught boys would push the buggy backwards up this rock at the side of the road...



...They would let gravity propel the buggy down the incline onto the road and then stop it just before the gate. There was always something fun to do at the farm, including avoiding the big bull and the cranky goat.

tle or sheep. Uncle Herb did warn us to keep an eye out for the bull and to stay close to the fence or the buildings if he came near.

The ram was too cross and unpredictable and was often tied up in the barn. One morning, James and I wandered into the barn where the ram was tied. The ram immediately advanced toward us as far as the length of rope around his neck would permit. Seeing we were quite safe from his attack, we became very brave. Picking up some stalks of corn, we approached the animal trying to get at us. We hit him on the head and were thoroughly enjoying the fun.

Well, that old ram decided to get even. He finally gave up his futile effort to reach us and backed into the corner of the barn, well out of reach of our whacks on his head. Feeling we had subdued him and tired him out, we moved a little closer towards him me leading the way. What a surprise and shock I received when he suddenly lowered his head and sprang forward with all his might. He hit me directly in my stomach, knocking me

backwards several feet. I landed on my back with the wind knocked out me momentarily but I wasn't stunned.

Needless to say, James and I got out of the barn in a hurry, realizing we had met a critter not to be fooled with. However, we couldn't keep this adventure to ourselves and we told the whole episode at the noon meal. Uncle Herb burst into laughter and when he finally stopped, he made only one remark, "That old ram was smarter than you lads!" Everyone around the table had a good laugh but from that day on, neither James nor I went near that ram again.



VENNACHAR & DENBIGH DISPATCHES

By Angela Bright

Addington Highlands Calendar

August 2016						
Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6
		1. Denbigh Council Meeting (07:30)	1. TD Summer Reading Club-Denbigh (09:00-07:00)	1. TD Summer Reading Club-Finton (02:00-03:00)		
7	8	9	10	11	12	13
			1. TD Summer Reading Club-Denbigh (09:00-07:00)	1. TD Summer Reading Club-Finton (02:00-03:00)		
14	15	16	17	18	19	20
			1. TD Summer Reading Club-Denbigh (09:00-07:00)	1. TD Summer Reading Club-Finton (02:00-03:00)		
21	22	23	24	25	26	27
			1. TD Summer Reading Club-Denbigh (09:00-07:00)	1. TD Summer Reading Club-Finton (02:00-03:00)		
28	29	30	31	1	2	3

Community Events Council Meeting Tax Installment Reminder All categories

Click on the calendar, addingtonhighlands.ca and contact the township to add your events.

*While it was unfortunate not to have had fireworks in Denbigh on Canada Day due to dry conditions, thankfully we did get a few hours of rain, and since then have had a few good showers here and there.

*The kids TD Summer Reading Program at the library is about mid-way through now. It happens on Wednesday from 6-7pm, through until August 24th. The evening starts with a story, then onto crafts, snack and games. At the July 13th meeting they each made a garden stone, decorated with beads and small stones.

*Family Activity Night happens every week at the Addington Highlands Com-

munity Centre gym at 7pm, sponsored by the New Apostolic Church. Kids and families can enjoy playing basketball, volleyball, and badminton. Wednesday is Seniors Activity time at the gym from 1-3pm. For more information you can contact Rev. Robert Sprague 613 333 9777, robertjsprague@gmail.com.

*Thank you to everyone who supported the Yard & Bake Sale at the Vennachar Free Methodist parsonage on July 9th, and to those who contributed the goodies for the bake sale. Another sale will take place in August, date to be determined, so keep an eye out for details coming soon.

*The Township of Addington Highlands has a new community calendar. Head to www.addingtonhighlands.ca, click on the community calendar icon and have a look at the events and activities going on right here in AH! Besides events, you can find out when council meetings are happening and when tax installments are due. If your organization has an event to add, you can send me the details to be posted to the calendar. Note: You can find information regarding burning conditions and fire ban details on the township's main page.

Contact me with news and updates bright.a@gmail.com

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On the Trail of the Group of Seven

By Lois Thomson

It is well known that many of Canada's famous Group of Seven artists painted in Algonquin Park and the Algoma District in Northern Ontario, but not everyone knows how much time they spent sketching and painting in Eastern Ontario and Western Quebec. When I was working on the article about the Vennachar Cemetery service at the Old United Church for the June-July Highlander, someone told me that A.Y. Jackson had done a painting of that church.

I had a great idea that someone should locate places painted by the Group of Seven and take photos. Well, I'm not the only one, the website AYJacksonTrail.ca is already doing that, at least for A.Y. Jackson's paintings. A quote from the AY Jackson Trail website, "The A.Y. Jackson Trail depicts the final years of Jackson's career that were spent mainly in Eastern Ontario when he moved to his niece's home in Manotick in 1952 and later to MacLaren St. in Ottawa. During these years A.Y. made regular fieldtrips in the Ottawa-Gatineau region, mainly with his artist friend Ralph Burton.



Church at Vennachar by A.Y. Jackson, 1954



Church at Vennachar in June 2016, now surrounded by trees.



Bancroft by A.J. Casson. Does this rock formation look familiar to you?



Rock Cluster Madawaska River by A.J. Casson. Are these rocks now under water?



Madawaska Valley by A.J. Casson. Do trees obscure this view now?



The Big Rock by Arthur Lismer. This is a rather easy one to figure out.

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1. Beaver House, Opeongo River, Algonquin Park, 1967
On the Opeongo Lake Road, Algonquin Park
GPS: 453745 N x 782107 W



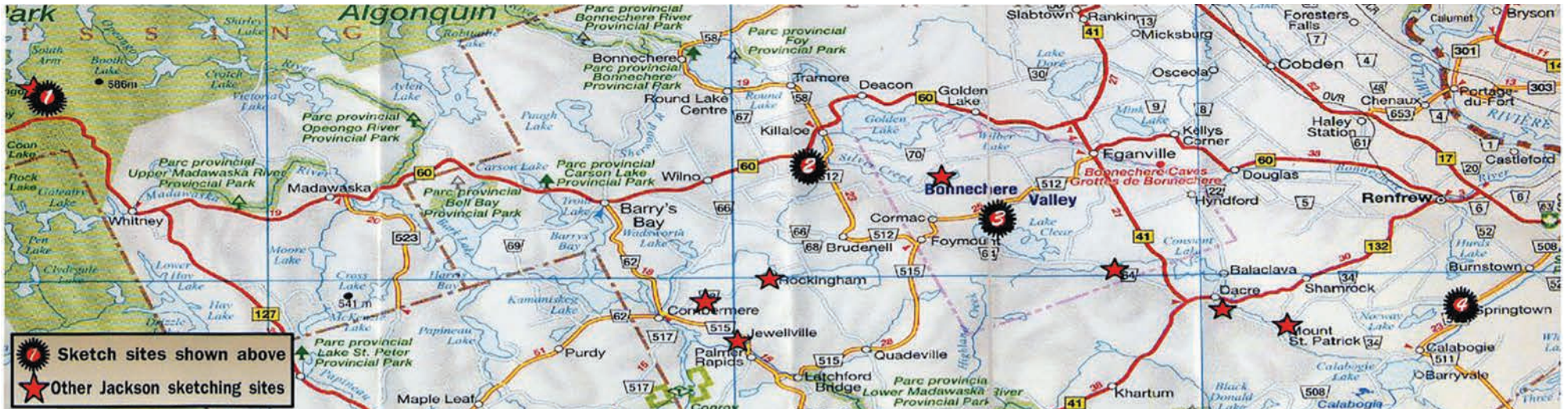
2. Country Road, Killaloe, 1961
On the Mountain View Road near Lisk Road
near Old Killaloe
GPS: 453139 N x 772555 W



3. Lake Clear, 1961
Country Road 512 along Lake Clear, take
Buelow Road to walking path along beach
GPS: 452741 N x 771258 W



4. Old House at Calabogie
(The McConnell House), 1959
On Highway 508 at Springtown
GPS: 452056 N x 763923 W



A few times a year more extended trips were taken, often to the picturesque countryside of Renfrew County. On such occasions A.Y. usually travelled with artist friends Ralph Burton and Maurice Haycock as they wended their way up the Valley through Carp, Dunrobin, Arnprior, Burnstown and Dacre to Lake Clear to visit A.Y.'s doctor and friend Robert Starrs. The lake sometimes acted as a hub from which they branched out to nearby vistas in the Bonnechere River and Madawaska River watersheds, places such as Brudenell, Killaloe, Rockingham, Quadville, Barry's Bay, Paugh Lake, Madawaska and Whitney to Algonquin Park."

The above map and images are from the ayjackson.ca website. Also on the site is a link to the Ottawa Valley Tourism website, where you can order a free trails brochure and map. It's a nice way to view the highlands, off the major highways.

The process of identifying painting sites isn't as easy as it sounds. Hydro dams have flooded many of the rivers, the forest has regrown after being heavily logged, and many of the locations are now private property. Most of all, the paintings themselves often had vague titles such as "Little Falls, Big Rock, Habitant Farm, and Country Road Killaloe. At least with the last one you get a rough idea of the location.

The Bon Echo Inn, in what was to become Bon Echo Provincial Park, was another favourite place for the artists to gather. The son of the owner, Merrill Denison was the Art Director for Hart House at the University of Toronto, where he met a number of printmakers, many who would go on to become members of the Group of Seven. He gave them all a deal for free room and board in exchange for artwork. A.Y. Jackson, who in 1924 was already a well established

artist, went back to his graphic design roots to design a poster for the inn. A copy of the serigraph poster hangs in the National Gallery of Canada. His name is often shamed to this day for "selling out".

The beauty of the area continues to draw artists. There is a lot of talent in these hills and no shortage of galleries and craft shops to carry on the tradition started by Canada's Group of Seven.

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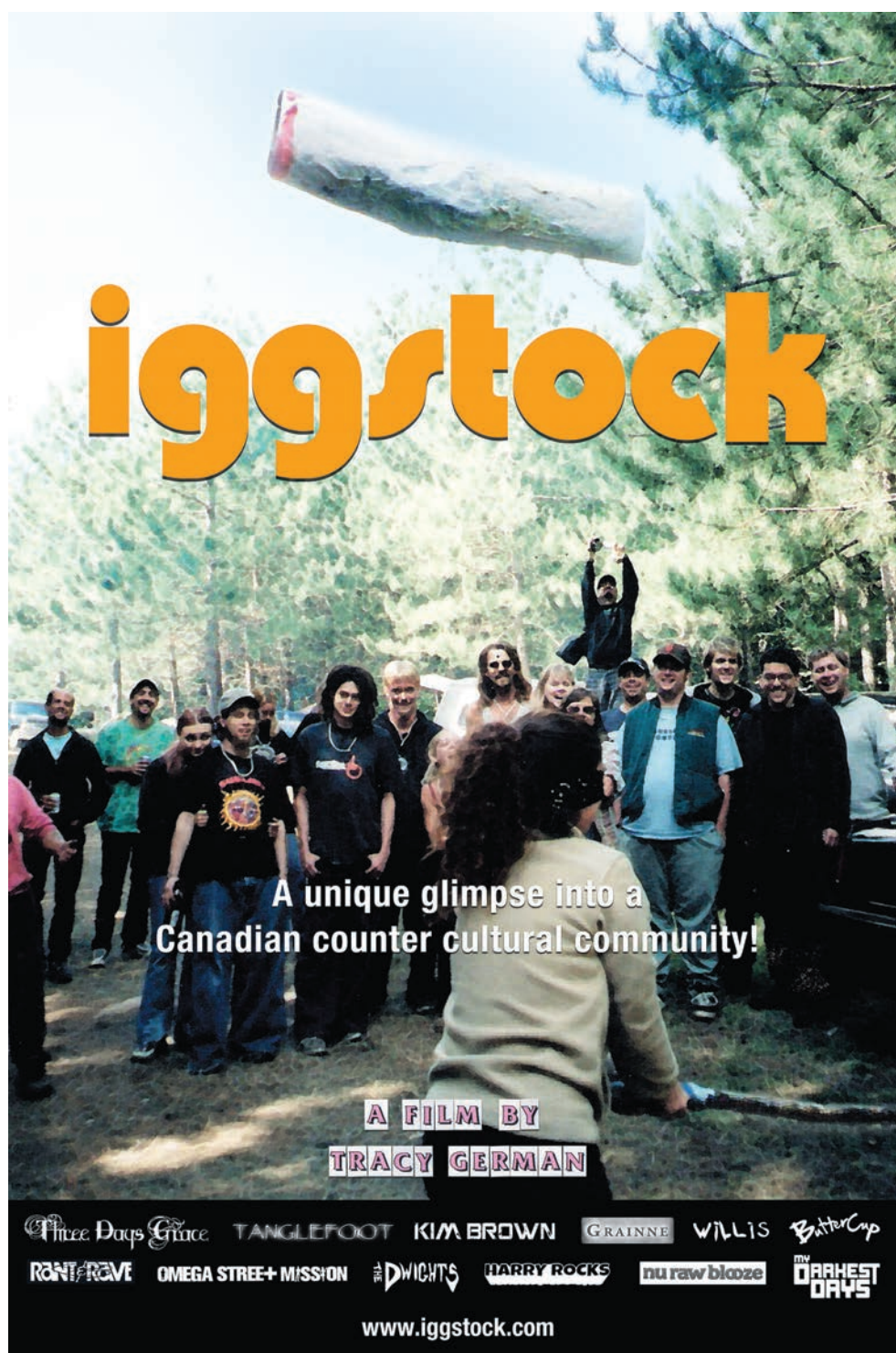
The Back Woods of Denbigh had its own Woodstock for 25 Years...

By Lois Thomson

A few months ago I stumbled across a promotional line for a documentary, "Canada had its own Woodstock for 25 years, and you didn't even hear about it." Imagine my surprise when I found out Canada's 25 year Woodstock took place at a remote farm property in the Denbigh area. How could this be? Then imagine my surprise when I watched the film and discovered I know some of the people who appear in the documentary. You might know them too.

Before you get confused, it's important to note that the documentary isn't about a public music festival. The synopsis for the film explains it best: "IGGSTOCK" is the story of a group of small town Canadians, too young to go to Woodstock, who in 1981 decide to start their own music festival. This 76 min. documentary uncovers the genesis and evolution of "IGGSTOCK" and its key founders, performers and artists, tracing the 25 year history of this remote Ontario D.I.Y. music festival back to a simpler time and space, a manifestation of the 'back to the land' Hippie movement combined with 80's Counter-cultural ideals."

This part of the director's statement gives you a good idea about the film: "Generations of young people now grow up within an extremely mediated world: television/film/internet/computer games all vie for attention and have come to dominate the norms of production standards. As a result, our local/indigenous talent are often overshadowed by the 'stars' on TV/radio, and we have either become too embarrassed or shy to say that the unpolished gems in our midst are the real talents. These people didn't or couldn't leave town to "make it", and perhaps in this way contributed to the health of the culture set in our own backyard. "IGGSTOCK" is their story..."



I contacted Tracy German, the documentary's producer-director to find out more. I wanted to know how these annual Labour Day long weekend music-focused gatherings in Denbigh came about and how it all came to be documented on film.

These are her words:

"Iggstock is a play on the name of the host, Iggy (Robert) Grant, and Woodstock. These Iggstock weekends had so much of everything that was going on at the time in our culture. It all focused around a love of music, but it included all the other things too, a love of nature, camping in the bush, drugs and alcohol, stay-

ing up all night partying and talking about everything that was going on in the world and their lives. Those were the times of free-spirited youth, music and drugs. Iggstock and the music connected them as the group grew and they all grew up, later including a second generation of Iggstockers with a family camping section with it's own stage.

I was just starting a 3 year Masters Degree at York University in 2005. I used equipment from York University to film the final Iggstock. A friend had been inviting me for some time, but finally I could make it. I brought several tapes and sound equipment and with help from partner Lawrence, videotaped that final Iggstock.

There was a super amount of beautiful magic that happened there, but after I finished taping that weekend I knew it was just the tip of the iceberg. There was much more to say than, "This is the last one". There was so much history there and I felt that the musicians and the people who created it deserved to have me spend the time and do the research to figure out how to tell the story.

It took another few years before there was a sense of urgency to get it done. People were in disbelief that Iggstock was over, but by 2008 and 2009 they were starting to say they needed this story to be told. So I started researching and applied for a grant with the Ontario Arts Council. This was a good process, because it forced me to define what the focus would be and how I wanted to tell the story. The grant allowed me to really pursue the project.

By then I was back at Sheridan College teaching in the Media Fundamentals and Media Arts Program as I am now, so I had student labour available to me for filming those interviews with all the musicians. I started collecting all of those interviews. There were



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...and You Didn't Even Hear About it (Until Now)

about 80 hours of footage, a ridiculous amount of footage. That's why I hired an editor full time to devote himself to the project and go through it all. I would talk with him and tell him my ideas. I would go over things with him constantly.

It was an arduous long journey, but well worth it. All films are a long journey. For any project you take on, you have to really believe in it. This one started in 2005 and I finished it in 2011. You have to have that kind of dedication. The first years were a little piece meal. I was gathering and gathering and getting the word out that I wanted to do this. I knew I had to gain the trust of the community, because this was really personal for this close-knit, tight community and if they didn't trust me they wouldn't have given me the interviews.

I wanted to show that some people did get lost in that journey for a time, but other people survived and thrived and I was careful not to over glorify drugs, which can be dangerous, but I'm a free spirit too and people can manage themselves given the right support.

I worked on this full time for the final year. I budgeted 6 months for editing and it took 8, so it did go over budget a bit. I had to use out of pocket money for that, which is tough on a filmmaker. I had already invested so much and I haven't made anything so far.

I collected existing footage from various musicians, mostly from Tim Brown and Denise Frechette, but there were others like Scott Brown and other musicians. Tim Brown had a great scrap book and that inspired me to use the "scrap book" aesthetic, the do it yourself aesthetic I used in the actual film, because they are their own images and I animate them to give it even more authenticity and because I was using archival footage, I wanted to keep the grit and realism. I didn't want to not be ashamed to be using home movie quality images. That is actually the power in the story, in that this is coming from real people and I was trying to keep the integrity of the materials I used.

I also was interested in using a Northrop Frye quote that said, "Identity is local and regional, rooted in the imagination and in works of culture." I really wanted to hone in on that. I believed that's what the Iggstockers were doing and still believe that. And I also believe that we are losing something now, particularly our identity to a franchise and the mega-developments of townhouses and complexes and mass media and global marketing. I feel we are losing that and I felt

an urgency to try and save that story before it went away.

The musicians came on board little by little. Former Iggstock musicians, 3 Days Grace was very, very popular and doing very well at that time, so they were a little reluctant at the beginning, but once they knew what

matto time, but I was also pretty confident that I had done something with my team that was special and hoped that it resonated with others. And it did. They really responded and were engaged in a way that I have never seen before, that no Toronto film audience would do beyond polite applause and a few questions."

Identity is local and regional, rooted in the imagination and in works of culture.
-Northrop Frye

I was up to and had gained the trust of all the other people, they came on board. They didn't want the film to be about them because they had done so well. They are one story of Iggstock, but they didn't want me to use them, to make it a film about them. Iggstock manifested a whole community of musicians, some who would otherwise have had no reason to play without the prospect of having something new to contribute each year.

There were all different genres from punk to folk to country, rock and roll to blues, to spoken word and rap. There was everything, absolutely everything.

When the movie was completed, I did a big screening and I invited all the Iggstockers. I rented the Bloor Cinema and I rented a bar and had all the Iggstockers play if they wanted to and it was a big beautiful party in May of 2011. I have to tell you the screening was the most magical film making experience I have ever had. It was like the Rocky Horror Picture Show. The Iggstockers were responding and talking and laughing and shouting back at things, not in a rude way. They were so engaged. The party afterwards was spectacular, too.

I was pretty nervous because I knew that if they didn't like it I could be grilled and it would be Vaudeville to-

an ever expanding and encroaching Toronto.

The deeper issues and questions the film tackles do not feel as though they have been tacked on (as with many documentaries), but flow naturally from the interviews and commentary. Furthermore, they do not take away from the generally upbeat and humorous feel of the film. Iggstock the documentary is a captivating and fun film exploring festival culture, community and the human spirit. I would highly recommend this film to anyone with an interest in Canadian culture."

Producer, director and writer, Tracy German has been creating innovative award winning documentaries and experimental film projects for over seventeen years. Raised on a rural horse farm in central Ontario, Canada by a calf roping French speaking Mi'kmaq stepmother with half sisters and brothers of Mohawk and Mi'kmaq heritage on both her birth mother's and her adopted mother's side of the family. Tracy fell in love with horses, nature, art, photography and filmmaking at early age and has continued to explore these passions while developing her filmmaking career.

IGGSTOCK

To order a DVD copy of the Iggstock documentary, contact Tracy German at tracy.german@sympatico.ca (It's not rated, but there is swearing)

Also, be sure to watch Tracy German's Wild Archaeology series, first broadcast Sept 6th at 7:30 pm on APTN. You can see a preview at www.wildarchaeology.com

For more information about Tracy German - www.palefoxpictures.com

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Foraging for Wild Edible Plants - “Got-tos” and “Want-tos”

By David Arama

Many of us look at our backyards, and what we think we see is “weeds” and “invasive species” of bothersome plants. We spend time and money getting rid of them. What if I told you that you can utilize many of these plants for food and medicine? A good way to get rid of them is to eat them!

Benefits of Foraging for Wild Edibles:

Many researched studies (including Richard Louv’s “Last Child in the Woods: Saving your Child from Nature Deficit Disorder”) indicate that the activity of foraging for edible wilds, contributes to the avoidance of nature deficit disease, since you are reconnecting closely with nature. Additionally, studies have pointed to as little as a half hour spent in the woods can change a person’s mood to a positive state. The physical exercise of hiking and foraging, and the bounty gathered (free of monetary cost) provides organic foods filled with nutrients, vitamins, anti-oxidants (blueberries are excellent anti-oxidant berries) and valuable anti-carcinogenic species (watercress is noted as the world’s best anticancer vegetable/salad).

Legalities of Foraging:

The best places to forage without legal issues are Crown Lands, Regional Forests, or your own property. Technically, Pro-



Wild mint makes great tea and is good in salads. Mint has square or 4-sided stems

vincial and National Parks, Conservation Areas, Native Reserves, and private property are off-limits unless you obtain permission, otherwise you could face fines and even poaching charges!

Safety Issues When Foraging:

The most important rule of foraging is the “100% Rule”. Unless you’re 100% sure when identifying the plant, don’t touch or eat it! Also, sample slowly and note all plants that you sample for the first time, just in case you are allergic to, or have the diuretic effect. Also note that many plants have side effects, lookalikes, and are only edible if ripe, or only a certain part of the plant is edible.

Avoid industrial sites, hydro line corridors, roadsides, trailsides, and railroad areas. Watch for hornet and wasp nests,



Rock tripe is a lichen filled with protein, noted in the Franklin Expeditions diaries as a food they survived on.

and berry patches frequented by bears. Get weather reports prior to heading out, and let someone know where you are going.

Environmental/Ethical Considerations:

Sustainability is a key environmental concept, and it applies to wild plant foraging. Some plants are very susceptible to over foraging. For example, Wild Leeks have a life cycle and stages that take several years, so if you denude an area, they are gone for good. Wild Mint and Cattails, on the other hand, grow back faster than you can harvest them. Practice picking a few plants here and there, and leave some to repopulate.

Tools Needed:

Foragers should carry the following in a backpack or fannypack:

- Emergency first aid and survival gear eg. compass/map, communication device, flashlight or headlamp, insect repellent, sunscreen etc.
- GPS handheld unit, for marking waypoints where favorite wild edibles are found
- Pocket knife
- Trowel or folding shovel
- Ziplock or reusable (able to be laundered) bags for gathering bounty
- Gloves
- Water bottle

Survival “Gots-tos” Best Calorie Species (not necessarily palatable):

For the survivalist and preppers, the following species provide a positive caloric net output (provide more calories than it takes to expend for foraging for them):

- Cattails -The supermarket of the wilds, all parts edible, filled with starch and carbohydrates (best part is the lower inner stem in salads, and the yellow pollen for making muffins)
- Rock Tripe -A lichen filled with protein, noted in the Franklin Expedition’s diaries as a food they survived on.
- All Conifer/Evergreen trees -eg. Pine, Spruce, Hemlock, Balsam, Cedar, are high in Vitamin C . All can be steeped (foliage) to make a tea; pine seeds are edible; White Pine trees point east, nature’s compass; pine needles and sap are great for fire starting

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- White Water Lily -Large tubers are filled with starch
- Raspberries/Blueberries -Provide sugars
- Acorns (Oak Trees), Walnuts and Hickory Nuts -Filled with oils, an important food source for the native people's and pioneers, to backup hunting and trapping
- White Birch -Bark great for fire-starting, basket making, canoe making; inner cambium is edible

Tasty “Wants-tos” Top-10 Species:
For the hobbyist or casual forager, taste and nutrition are usually of high importance. My favorites are:
-Watercress -Delicious spicy salad with character, and purported to be the world's best anticancer food
-Wild Leeks -Excellent onion bulb and edible salad leaves!
-Wild Ginger -Roots excellent for tea, baking
-Fiddelheads -Available in the early spring, excellent when steamed
-Chicory -Root makes a nice coffee substitute if roasted
-Dandelion -Leaves and flowers high in vitamin A, good in salads
-Stinging Nettle -One of the best pot-herbs, salads and teas, contains protein and iron
-Wild Peppermint (purple stem) and Spearmint (fuzzy stem) -Makes excellent tea, and also good in salads; easy to identify members of the mint family, they have a square or 4-sided stem



Bite on plantain leaves to release juices and apply to skin as a salve. Eat raw or boiled.

-Staghorn Sumac -Furry berries make lemonade and tea (high in vitamin C), and when you boil into a syrup, an effective hand cleaner
-Wintergreen -Berries and leaves make a tasty tea
- Clovers (Red and White) -Flowers tasty in teas or to nibble on, leaves good in salads
-Wood Sorrel -Leaves taste like lemon, great in salads
- Roses -Flowers are a nice addition to salads, and rosehip fruit in tea
-Wild Garlic Mustard -An invasive species, leaves good in salads
-Wild Carrot -Taproot is excellent as a flavour additive
-Raspberries/Blackberries/Mayapples/Gooseberries/Blueberries/Mulberries/Saskatoon Berries/Cherries/Hawthorn Berries -All make excellent jams & pies



Watercress makes a delicious spicy salad with character, an anticancer food.

Medicinals:
-Jewelweed -Juice as a poultice is amazing for treatment of insect bites, bee stings, poison ivy, stinging nettle, mild sunburns
-Willow Tree -Tea made from willow twigs and leaves is an aspirin substitute, contains salicycin
-Cedar Tree -Foliage can be used as an insect deterrent by applying the juice from crushed scales to the skin
-Blue Flag Iris -Lower stem and root can be chewed to numb the gums, for abscessed tooth and gums/roots
-Plantain -Same as jewelweed for rashes, bites

Highly Poisonous Species:
-Baneberry/Doll's Eyes: white and red berries are highly toxic
-Deadly Nightshade: a few of the tomato



Deadly, Deadly Nightshade...

looking berries can kill you
-Foxglove: all highly dangerous
-Dogwood Berries: very toxic
-Poison Hemlock: deadly!
-Jack in the Pulpit: corm-bulb filled with oxalic acid, very toxic
-Unripened Mulberries: hallucinogenic, toxic
-Giant Hogweed: can cause blindness
-Lily of the Valley: berries very toxic
-Soloman's Seal: berries poisonous
Watch the movie “Into the Wild” to see what happens when you ingest a toxic plant.

Go out and enjoy the wild bounty of nature, and all of the healthy benefits! Abide by the rules of foraging, and forage safely. For mushrooms, with a few exceptions (Shaggy Manes, Morels, Puffballs, Oystershell fungi etc), take a mushroom identification course. Happy foraging!

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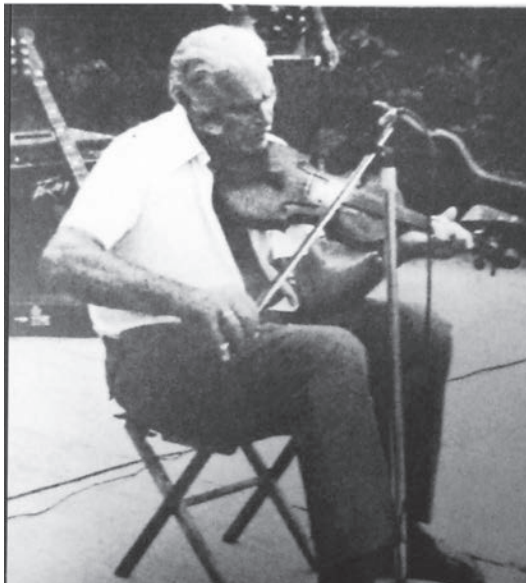
Fiddle Players and Backwoods Frontiersmen

By Howard Popkie

In 1925, Rueben Popkie left his home in Quadville Ontario with his fiddle packed in straw in a burlap chicken feed bag – a hillbilly fiddle case. At age sixteen he joined the river drivers on the Madawaska River and made his way just as far as the powerhouse owned by the Graphite Company at Black Donald Mines, Ontario. He found work at the mine, digging the graphite from under Whitefish Lake. Every Saturday night he played his fiddle at the old Dance Hall beside the store on Whitefish Lake.

My mother Beatrice Stubinsky lived at the powerhouse where her father worked. She was about Rueben's age, 18 years old, and came to all the dances with her sisters. She liked the fiddle player and so set her hat for him. All her jealous sisters liked Rueben too, a handsome lad. My mother finally married him in 1927 and they lived at the mine for some years where they had Rueben Jr., Donald and me, Howard.

In 1927 the Dance Hall closed down and Jack Wilson used it to store bags of pig feed and oats and flour to sell at his store. A new hall was built in the 1940s where Rueben played the fiddle, always with a pint of beer on



My father Rueben Popkie loved to play the fiddle

the floor beside his chair, Leonard LeClaire calling off the square dances with his big deep voice and young Art Wagar playing the guitar.

Rueben was never seen dancing, but when a fight broke out at the dances he helped the boys from Black Donald. I once heard him ask Art Wagar after a Hall brawl, "Did you get a swat at any of 'em?"

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.



Rueben's fiddle, no longer in a burlap bag

Soon it was two stories high with the rafters 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 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 of apples with Peter kneeling on the left and John on the right with an armfull of apples.

In the 1940s my Dad built a cottage on the Black Donald side of the Madawaska where one end of the Mountain Chute Dam is today. Along the rivershore a short way was my Grandfather John Stubinsky's camp. When I was 13 and 14 years old, my dog Shep and I would walk the shore to visit Grandpa. Along the way was a cliff that went down to the river. We had to jump into the river and swim to get past it. At this place in the river is a gravel sandbar like a little island and we could swim there and lie in the sun to dry off.

Grandpa always had a boat at his dock, sometimes two or three. He made his own boats to rent to fishermen to cross the river to the other



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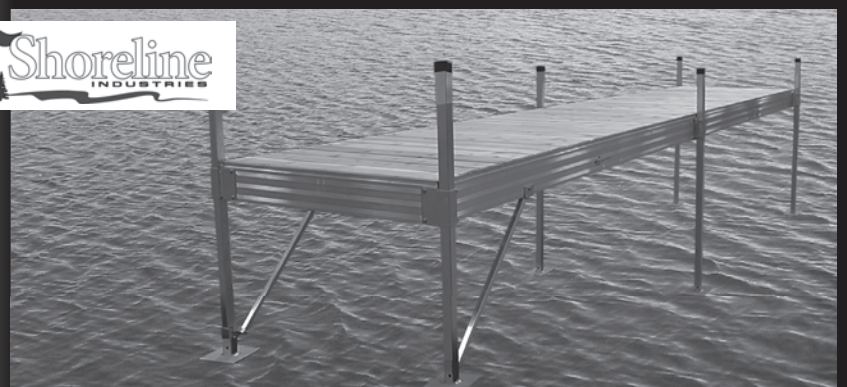


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side. Grandpa's boat was our boat and we had to row hard in the swift water to get to the other side. We would hunt for the day and often when we got back the boat was gone. Grandpa had gotten the boat to rent for the day to a fisherman. All we had to do was fire a shot and someone would come to pick us up.

In the winter at this same place, the water was open in the middle of the river from swift water. To get across, I would pull the boat on the ice and push it in the water, then jump in and row across the open water. I would then jump out and pull the boat onto the ice. Shep and I lived a rough life along the Madawaska.

In WWII many things were rationed at Jack Wilson's Store. Some of the things were food items like sugar, butter and meat. We were only allowed half as much as we needed, gasoline was one thing. I remember my brother Rueben had an old Chevrolet with wooden spokes on the wheels and the tires were worn as smooth as a deer-skin moccasin. When he put the gas in his car for the month, he always added a gallon of coal oil to make it last longer. He often had to pull his car with a team of horses to get it started.



Me with the broadaxe, a real frontier type backwoodsman and an asset to the infantry

The family would go to Renfrew in his car and I sat in the back seat. I could always smell gas, real strong. Because it was a hard car to start, it was always parked on top of Thomson Hill in Renfrew so we could let it run down the hill to kick-start it when it was time to go home. We walked from there at the top of the hill to Renfrew. We had to patch the red inner tube at least one time along the way to fix a blowout. The headlights didn't work, so we always had to get home before dark.



The log home where I grew up, still standing outside of Black Donald, which was flooded for Hydro in 1967.

From there I went to war in Korea while Shep stayed at home and waited every day, looking up the path for me where I always used to come home from school.

When I joined the army, the officer that interviewed me wrote a comment on my army documents. I read it when I got them from the Canadian Archives in Ottawa. He had put, "This man is definitely a frontier type backwoods man and would be a good man to have in a pinch. He would certainly be an asset to the Infantry.

He is of large frame and strong body, so I am sending him to Wainwright Alberta to join the Princess Patricia's Canadian Light Infantry."

By the early 1960s, Hydro began burning houses daily until the whole place went up in smoke. My old teacher, Lillian Gough left to teach in Calabogie and Mrs. Martha Moor from a farm near the school was the teacher. Mrs. Margaret Kelly was the Postmaster from the farm by the school. Jack Wilson left town and my Mom opened a little store on the road going to the Madawaska River where she sold soft drinks, pies, cakes and bread she baked to make a living. My Aunt Agnes Skriptchuk and my Uncle Albert Stubinsky were the last two people to live in the Town of Black Donald. My Mom and Dad lived in Nick Ostifchuck's house so my little sister Dale could go to school in the winter.

By 1967 the old town was under seventy feet of water caused by the new Mountain Chute Dam and the old ghost town was drowned. All that is left is our memory of Black Donald. As time went by the old folks died and all the kids moved out except Dale. I hope one day her grandkids will make the old log house that Rueben built their home sweet home for life.

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Water is the Blood of Life!

By Susan Veale

With heat warnings announced almost daily, the need to keep our body hydrated is very important. We see the effects of the lack of water on our lawns and gardens; what once was lush and green is now hard and brown and in some cases dead!

Without water, life ceases to exist. Our human body is just as vulnerable. Approximately 75% of the human body is comprised of water. Water is a necessary component in all body functions and it needs to be replaced constantly as it is eliminated through breathing, perspiration, urine, stools, through sickness such as vomiting, diarrhea, mucous, coughing, sneezing and through cuts and scrapes.

Even the slightest upset or change in the level of water in the body may cause problems. Dehydration upsets mineral balance, impedes and slows down enzymatic activity and allows toxins to accumulate more easily. All of these changes affect the internal organs, especially and most noticeable are the bowels, kidneys, lungs and skin. Undetected changes may affect the stomach, liver, brain, muscle and connective tissue.



Dehydration is the result of lack of water before you feel thirsty. To ensure you are drinking enough water in a day, label a safe, clear water bottle with different times, indicating about 250 ml (about 1 glass) for each hour. When it is the time marked on your bottle, your water should be at the same level. A good practice is to drink

Ahh!

Water is a necessary component in all body functions and it needs to be replaced constantly. You should drink water before you feel thirsty.

one glass of room temperature distilled water upon rising. This wakes up your gastric juices and helps to cleanse the colon and kidneys after a night's sleep.

Is all water the same? Not really, taste differences abound. City tap water may have a chlorine taste whereas country well-water may taste entirely different due to mineral content.

Distilled water, which has been boiled, turned into a vapour, cooled and then collected back as pure water droplets, may taste flat due to the lack of mineral salts.

And what about bottled water, are they all the same? No, as water sources vary so do the plastic bottles. The quality of the plastic water bottles can affect the water by leaching unwanted chemicals. The most predominant culprit is Bisphenol-A (BPA). It is a chemical that mimics the hormone estrogen. This chemical leaching has been known for many years and now

on many bottles, there is a label stating, "BPA-free."

Normal wear and tear and cleaning of polycarbonate plastic bottles in a dishwasher may cause the chemical to leach. Single use plastic bottles made of polyethylene terephthalate are not recommended for repeat use due to bacterial contamination. These bottles are identified with the stamp #1PET or PETE on the bottom.

Bottles tested as leach free are labelled #2 HDPE and #4 LDPE. Freezing plastic bottles may be just as hazardous as heating when it comes to increasing the risk of leaching.

Members of the Canadian Bottled Water Association have CBWA and government standards. Their website, www.cbwa-bottledwater.org provides a listing of water bottlers in Canada.

For more information on natural health care, visit wellnessnaturalhealthcentre.com or call 613-752-1540.

Susan Veale, BSc. KIN
Natural Health Practitioner

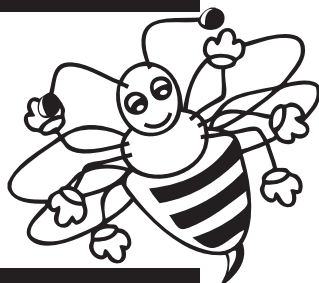


Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic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

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Here we go Looby-loo, Here we go Looby-light, Here we go Looby-loo All on a Saturday Night!

By Antonia Chatson

It was always at noon that the phone would ring on a Saturday, when our neighbor Elgin Looby would be in having his lunch and we would be in having ours. As my father knew just who it would be, he always answered the phone. "Of course we would love to come over tonight Elgin, we'll see you later."

And this would be our invitation to an evening of entertainment. I could never understand how Elgin had enough energy to entertain at night. He worked hard all day, milking eight cows by hand morning and evening, then everything in between. And Edna, like most farmer's wives, worked outside the home and did not return until six o'clock when she had to wash the separator. But that was their life and they were sticking to it!

We would drive over in the Model A Ford and park it somewhere on the lawn approximately where we thought they might like it to be. Then we would stumble up to the front door in the dark, as they had no outside lights and we were forever forgetting a flashlight. Inside there were lots of light and lots of laughter. My parents and Elgin and Edna would talk about things for a while. Then, as if on a sudden impulse, Elgin would ask, "How about a game of Crokinole?" He loved to play it with my parents because he knew they were beat before they even began. Both Elgin and Edna were past masters at the game, and for once my father's analytical mind was no match for the skill that they displayed.

My mother would practice at home, but instead of using her thumb and index finger to shoot the men, she used her index and middle finger, sliding the middle finger under her index one. Actually she scored more hits with this method than did my father who used the traditional method. There was always a lot of rowdiness during the game, with Elgin moving men into a higher scoring circle or swearing that the man he hit was so much over the line that it had to be put off the board. I never saw anyone before or since who could wipe off two of his opponent's men, then have his man go into the center hole. Finally, not when anyone was tired, but when Elgin and Edna had gained a score which was hundreds above what my mother and father had obtained, Elgin would grin widely and shaking his head would say, "Well, Roy, I guess we'd better call it quits for tonight". Then the table would be cleared of the Crokinole board and set for a "light" snack before we went home.

Now, let me tell you about my Dad. He was a very formal sort of person. When we first moved into our house at Richmond Hill money was very tight. As we did not possess a dining room table, we ate our supper crowded around my grandparent's tea wagon. My mother had to set everything formally, if she could squeeze it on the surface, and our manners had to be of the highest order, in case Prince Philip dropped by. Funny thing was - he never did. My father's first two



Crokinole, tomato sandwiches, marshmallow cookies, homemade squares, preserves and cake all on a Saturday night.

Christian names were Norman Roy, but he always went by Roy. Only a very few long standing friends did I ever hear call him Roy. If someone who didn't know him phoned, they would usually open the conversation with, "Well, Norm, how are you doin' today?" That effectively sealed against any future communication with that person. He did allow his students to refer to him as Mr. C, but they had to be in his inner circle, and the information about this breach of etiquette was not widely circulated. Elgin was the only person I ever knew, who my father allowed right from their first introduction to refer to him as Roy. And he seemed to relish it. To me, that made Elgin a very special person.

The light snack would begin about midnight. Edna would go to the kitchen and make a mound of tomato sandwiches. Then there would be those marshmallow cookies, a cake and biscuits that Edna would have made, and squares. And there were always icicle pickles that I never figured out when Edna had the time to make. Then on cue, Edna would ask Elgin to go down to the cellar and fetch up a jar of preserves. A few minutes later Elgin would appear, very red in the face trying to twist open the top of a bottle of peaches or plums. "What did you do to this jar Edna? I just can't get the lid off." Edna would smile smugly, then Elgin would turn to my father. "Roy, maybe you can get it off." He would hand the jar over to my father who took it, braced and prepared himself to physically manhandle that jar until he emerged victorious. We all watched the show with great anticipation. As he braced himself, he would screw up his face, flex his muscles, and then when he had assured himself that he had everyone's attention, got ready to do a mighty battle with the unruly lid. Imagine his, and every one's surprise when it easily came off, spun onto the floor and knocked my father off balance so that he nearly joined the lid on the floor. Elgin would slap his thigh and roar with laughter and after the initial surprise my father realized that he had been "had". Year after year, Elgin pulled this same stunt and year after year my father always responded in like man-

ner, as did we all, when we first reacted with surprise, then with laughter. I still remain a little perplexed about my father's response. I knew he could be a bit forgetful, so did he forget from year to year? Or did he remember and just preferred to indulge Elgin?! In the long run, I guess it didn't matter; it was the spirit of the thing!

Then as we were eating (and we were expected to put away a goodly amount) the jokes would begin. I can vividly remember three jokes that once again he would tell every year, because they tickled his fancy.

"How old would a body be if they had just eaten a bushel of beans?" We would dutifully feign ignorance, as Elgin would leer at each of us in turn. "Farty, of course!", he would shout and laugh his head off as did we.

"A man and woman had just got married and after the reception, they went home and into their bedroom. The man quickly undressed and got into bed to watch his wife undress. Well, first she took out her complete dentures and put them in a container on the bureau. Next she removed her glass eye and put it in another container on the bureau. She then removed her wig revealing a bald head. Then she unhitched her false right arm, then her left wooden leg and put both of them in the bottom drawer of the chest of drawers. Then she undid her falsies and added them to the wooden arm and leg. By this time, the poor man was so confused that he didn't know whether to stay in bed or climb into the bottom drawer." Elgin did love to tease my father a bit with his jokes and just tantalize him with a suggestion of being off color. I think he thought my father a little prudish. So when the punch line was finally given, we laughed not so much at the humor of the joke but with relief that it had turned out as modestly as it did.

And no evening was complete without a farmer joke. "There was once a farmer who had a sick cat, so he phoned the vet and asked him what he should do about it. 'Well', replied the vet, 'Give it a cup of

caster oil and I'll be 'round in the morning to check on it.' The vet dutifully appeared the next morning and asked the farmer to take him to his sick calf. "Calf?", the farmer exclaimed, "It was a CAT that I said was sick." "Oh, my heavens", replied the vet, "Where is it now?" "Well", the farmer replied, "He's out in the orchard with nine other cats - three digging holes, three covering them up and three scouting out new territory!"

Well this time we did not have to dissemble at that joke, as it always stood the test of time and - our laughter was sincere.

About 1:30 or 2:00 a.m., the party would break up and we would stumble back out to Uriah the Heap, and chug our way homewards, full, satisfied and chuckling. We made it through the back door, lit the lamps and lanterns that would light our way upstairs to bed and crawl into bed under damp covers. For a few minutes we would call to each other from one room to another. "Wasn't that a good shot Elgin made, when he shot those three men off the board and he never even hit a peg?!" "Did you see how he tucked into those sandwiches!" I wonder if he's have any new jokes for next Satu.....?"

And then we would enter the Land of Nod.



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

Pete Seeger and the Power of Song - Part 5, When Pete met Woody

By Peter Chess

The disastrous drought that occurred during the 1930's, leading to the "Dust Bowl" in the south and mid western states, greatly exacerbated the economic hardships of the Great Depression. Particularly hard hit were the small family farmers whose hard baked soil forced them to leave behind all they owned and in many cases forfeit title to the land when their farms were repossessed by the banks after successive crop failures left them unable to pay their mortgages. An unprecedented wave of migrants headed west to California in search of work, fuelled in their imagination by wild stories of a verdant Valhalla where they would be welcomed with open arms. The first wave of these migrants was lucky enough to find some work and messages sent back home encouraged thousands more to try their luck. The numbers arriving overwhelmed the demand for work and the resources of the state to deal with and feed the hungry masses. Successive waves were met by armies of hired thugs armed with baseball bats and truncheons at the state line under orders from politicians and their big business cronies, sometimes abetted by local law enforcement officials.

Vast labour camps were hastily set up, sprawling tent towns with no proper sanitation or potable water. Each morning representatives from the large farms nearby would come and choose enough men to do a days work for pennies but most of the men and their families remained stranded with their hopes fading and nowhere to turn.

These camps were fertile ground for communist agitators and union organizers to spread their socialist ideals and leftist politics. While Pete Seeger toiled at his \$15 per week job in the folk music archive and sang his songs wherever he could find an audience back east, all hell had broken out 3000 miles to the west. In 1938, a talented young writer and a member of the Communist Party by the name of Mike Quinn who wrote a column for the "Daily People's World", the party's organ for the west coast, turned on his radio and happened to tune in to a singer who had a 15 minute show on a local Los Angeles station (whose only pay was a percentage of whatever advertising revenue he could drum up). The singer was a wandering Oklahoman, who were known collectively as "Okies", who had found himself jobless in California.

The singer had begun his radio career singing rather innocuous ballads of the southwest, but growing more angry about the Depression and the political blandness of the current radio content, he began to incorporate an increasing amount of protest songs into his material and to use more of his own songs to dramatize the plight of the unemployed worker and the starved out farmer. His name was Woody Guthrie.

Quinn liked what he heard and made an effort to contact Guthrie. When he did find him, he introduced him to his good friend, Will Geer. Geer was an actor who regularly appeared in leftist themed plays in theatres throughout the state and was also acquainted with the core of lefties in New York City. Geer in turn, introduced Woody to another pal of his and fellow actor in the lefty theatre groups by the name of Cisco Houston, who also happened to be a singer of southwestern ballads and other music of the people.



Woody Guthrie (left), was a wandering "Okie" discovered on the radio by Mike Quinn, who introduced him to fellow leftist actor/singer Cisco Houston (right). Together they toured the migrant camps.



Woody and Huddie Ledbetter (Leadbelly), who was "discovered" in prison, by John Lomax and his son Alan. They sent his song "Good Night Irene" and a letter to the Louisiana Governor, which helped obtain his release.



Woody Guthrie believed in the power of song. He painted, "This machine kills fascists" on his guitars.



Sketch by Woody Guthrie, "Pete Seeger fixing a string".



Will Geer was Guthrie and Houston's benefactor and urged them to go to New York, where they would meet up with Pete Seeger. They hit it off and started collaborating immediately. Woody Guthrie (left) Pete Seeger (right)



Will Geer was a botanist, actor and partner to Gay Activist, Harry Hay. Photo 1974, as Grandpa in The Waltons on TV



Work was hard to find and paid little in the 30's Dustbowl days, even in "prosperous" California



So many families moved to California from the drought stricken US Midwest that they were fought off by locals who had come before.



A couple of lines from Woody's song, Dust Bowl Refugee: From the dust bowl to the peach bowl, Now that peach fuzz is a-killin' me.

Financed by Geer, Guthrie and Houston set out in a battered old jalopy to tour the California migrant camp not yet made famous by the author John Steinbeck. They sang and collected songs as they journeyed along and Woody produced a mimeographed anthology of the songs he and Cisco had picked up along the way, including some of his own compositions. Geer, their benefactor, was on his way to New York City to star in a stage production of the now classic "Tobacco road" and later "The Grapes of Wrath", based on the novel of the same name by John Steinbeck. He urged both Woody and Cisco to go to New York too, convinced of their talent and future as musicians. In the meantime, Geer sent a copy of Woody's anthology of labour camp songs to Pete Seeger and urged him to seek him out should he later arrive in New York.

Woody did make it to New York a year later and was put up in Will Geer's apartment, the cost of which was the fabulous sum of \$150 per month. Woody would say later "I thought that was what it cost for a year!" Almost immediately after his arrival, Woody appeared at a benefit for California migrant workers, held in a Broadway theatre. Will Geer was the MC and on the bill were Burl Ives, Huddie Ledbetter, (aka Leadbelly), Josh White and... Pete Seeger. Pete's first impression of Woody, as he revealed in an undated interview was this. "He was a little bit of a fella but he always stood very straight. Not stiff, you know, but straight and relaxed at the same time. He

looked sort of the way he wrote. His writing is relaxed and laconic, informal and graceful. That's how he looked. He stood in a laconic way and he was very graceful when he moved." The two hit it off immediately. Woody was the real deal. He was a guy who was raised working class, had no formal secondary education but was extremely well read and could converse intelligently on just about everything. Woody moved into an apartment Pete shared with a friend on the west side and wrote some songs while staying there. The door was open to fellow travellers and among those who crashed or spent time there were the black blues singer, "Sonny" Terry, Cisco Houston who had also arrived in New York, and an aspiring actress and singer by the name of Carol Channing.

But Woody had left behind a wife and child in Oklahoma who were now staying with relatives in Texas and he wanted badly to go back and see them. He asked Pete if he was willing to accompany him. In April 1940, Pete quit his \$15 a week job with Alan Lomax and the two of them, in Woody's far from paid for car and with just a few bucks between them, set out through Virginia, Tennessee, Oklahoma and Texas. The car was always jammed with hitchhikers since Woody would stop and pick up as many people as could squeeze in the car. Some of the last part of the trip was financed, if you could call it that, by a strange looking paregoric addict they picked up by the name of "Brooklyn Speedy". Paregoric is apparently, an old fashioned treatment for

diarrhea, which contains a camphorated tincture of opium. Speedy, when they got to a town of any size, would take his hat and a few pencils and sit in front of the local Woolworth's Store until there was enough cash in the hat for a tank of gas, a couple of hamburgers, and two ounces of opium tincture, which Pete would buy for Speedy at the local drugstore... no prescription needed back then. The pharmacists, generally wary of Speedy's bedraggled appearance and demeanour, would sell a couple of ounces to young, fresh faced Pete, who followed Speedy's advice to never sign his own name.

To be continued

Stay tuned...



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

The Old School Teaches Again

By Marcella Neely



The O'Donnell Road School, as it appeared in 2003 on Marie Collier's property, before it was salvaged. Lloyd Schneider salvaged what they could for an exhibit that was placed inside the Pioneer Museum in Cloyne. It recreates what a one-room, rural schoolhouse might have been like in pioneer times of the late 1800s, so it's teaching lessons once again.



The O'Donnell Road Schoolhouse was in operation in the 1850s and allowed children to be taught in a proper school, rather than by home schooling, which may or may not have been given previously. It provided this service for approximately 100 years. It was located on what was known in the 1800s as the River Road, but is now known as the O'Donnell Road, midway between Highway 41 and the Hamlet of Flinton, in the current township of Addington Highlands.

The remains of the old and ruined schoolhouse were lovingly salvaged

by a local resident, Lloyd Schneider. He reconstructed what was usable and it took the form shown above.

In 2003 Mr. Schneider, with the Cloyne and District Historical Society in mind, dismantled useable logs and stacked them on a safe dry location. In spring of 2004 the logs were cut to a size feasible for reconstruction in the museum and the structure was assembled. Next, it was taken apart and trucked to a kiln to be dried and rid of any bugs and mold. The next step was to again load up and transport it to the Museum where it was reassembled and now stands in its

original form and houses our Schoolroom display (upper right photo).

This project by the Cloyne and District Historical Society is representative of the type of construction of that period and recreates in a small way what a one room, rural schoolhouse might have been like in pioneer times of the late 1800s.

Please plan a visit to our Museum to see this schoolhouse gem and many other Pioneering displays of this area. We look forward to your visit!

The Pioneer Museum is located right on Highway 41, across from the Cloyne post office. It is open during July and August, seven days a week from 10 a.m. to 4 p.m. There is lots of free parking and there is no charge for admission. Donations are gratefully accepted. On a cool, gloomy or rainy day you will probably meet friends and neighbours here.

Visit our Flickr photo album at cloynepioneeremuseum.ca to see hundreds of old photos and facinating information about the way things were "back then".

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Streamside Forests Buffer Agricultural Runoff for Watershed Health

By Ole Hendrickson

Research aimed at maintaining water quality and a healthy agriculture sector may help inform future actions related to pollution issues in Muskrat Lake and the Muskrat River watershed. One location with interesting lessons is Tifton, Georgia, a rural farming community in the southern U. S. In the 1960s, staff at the U.S. Department of Agriculture (USDA) Southeast Watershed Research Laboratory in Tifton installed a small dam with an automated water sampler on the Little River, part of the Suwanee River watershed, and began analyzing nitrogen and phosphorus on an ongoing basis. They found that the Little River catchment had excellent water quality even though 80% of its area was devoted to intensive agriculture: corn, soybeans, peanuts, livestock, etc.

In the 1970s, USDA researchers and University of Georgia scientists teamed up to determine why fertilizer and livestock nutrients added to the watershed weren't ending up in the Little River. They proposed that "riparian" forests (forests lining the banks of the river) act as "nutrient filters". To test this theory, Richard Lowrance, then a University of Georgia graduate student, met with local farmers and persuaded them to allow access to their land. He installed lines of shallow wells extending from the uplands down to the river. His data showed marked declines in nutrient levels as groundwater flowed from crop fields and pastures into the riparian forests. Other graduate students measured how vegetation and soil microorganisms in the forests were absorbing these nutrients.

When Lowrance and colleagues published a 1984 BioScience article (Riparian forests as nutrient filters in agricultural watersheds) they prompted many other scientists to study this topic. A 2014 paper in the Journal of the American Water Resources Association (Sweeney and Newbold, Streamside forest buffer width needed to protect stream water quality, habitat, and organisms) draws upon research findings from the past three decades. These authors conclude that a 30-meter strip of vegetation is optimal for filtering sediments, nutrients, and pesticides from farming operations. In



Left - Gould Lake Conservation Area. Gould Lake forms the headwaters of Millhaven Creek, which passes by farmlands before draining into Lake Ontario (Photo - Steven Manders)

Top - A forested riparian buffer, as seen above, would help keep the water clean, cool and healthy for fish and wildlife, by absorbing nutrients from farming activities.

addition, this width of buffer – roughly equal to the height of mature streamside trees - provides shade and cooler water temperatures required for healthy fish and aquatic invertebrate communities. In addition to maintaining fish habitat, forested buffers provide better nutrient filters than grass strips.

A 2010 article in the Journal of Environmental Quality (Zhang and others, Review of vegetated buffers and a meta-analysis of their mitigation efficacy in reducing nonpoint source pollution) concludes that "Buffers composed of trees have higher N and P removal efficacy than buffers composed of grasses or mixtures of grasses and trees."

In rural Renfrew County, drainage schemes in the Muskrat River watershed have converted natural meandering streams to straightened, deepened, and widened channels. Native riparian vegetation has been eliminated, causing decreased bank stability and bank erosion. Intensive farming in the drained areas has increased phosphorus in soils of the stream banks. Large amounts of phosphorus enter the streams when banks erode.

This relationship between bank erosion and phosphorus loads is examined in detail in a 2012 article in the Journal of Environmental Quality (Kronvang and others, Phosphorus load to surface water from bank erosion in a Danish lowland river basin). The Danish researchers measured erosion by pushing 3000 narrow, 2-foot long steel pins into the river bank, perpendicular to the bank face, at a number of locations. They also measured phosphorus (P) in stream bank soils at these locations.

The Danish researchers found that bank erosion could account for as much as 53% of the phosphorus lost from diffuse sources in the catchment. They also found that "a large part of the exported P with suspended sediment from the catchment is or can be bioavailable when transported to downstream surface water systems," and is therefore an "important... eutrophication driver in surface waters." This suggests that phosphorus inputs from bank erosion may create the high nutrient, low oxygen conditions associated with algal blooms in downstream water bodies.

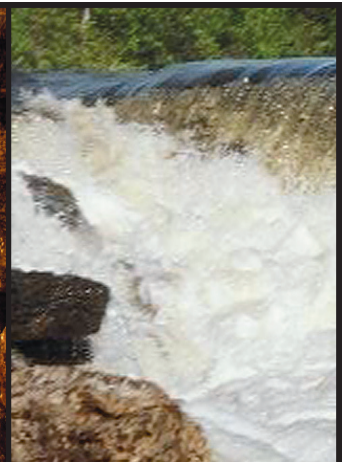
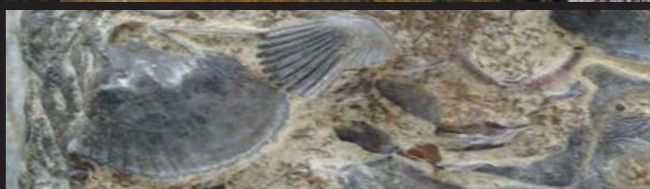
The Danish researchers suggested that bank erosion and phosphorus leaching into the waterway could be reduced by replacing intensive agricultural production along the river banks with forested riparian buffers. They found that "planting trees in buffer strips reduces bank erosion by as much as 25 to 40% compared to erosion rates from buffer strips planted with vegetation such as grass and herbs."

Richard Lowrance, the lead author of the 1984 BioScience article, remains active as a scientist at the USDA watershed research facility in Tifton, Georgia. With Diane De Steven, he wrote a 2011 article in Ecological Applications (Agricultural conservation practices and wetland ecosystem services). It reviews practices that reduce soil erosion, protect water quality, and provide wildlife habitat in agricultural areas: conserving existing buffers, planting buffers where none exist, and restoring, creating, or managing wetland habitats. Scientific research clearly supports the use of forested buffers to protect waterways such as those in the Muskrat River watershed from erosion and agricultural runoff.

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Canada 150 and the Seniors Boom

Canada turns 150 years old in 2017 and Ontario, Quebec, New Brunswick and Nova Scotia celebrate the dates they joined Confederation. As well, 29% of Canadians will celebrate their 53rd to 72nd birthdays. Baby boomers, the triple cohort of people born between 1946 and 1965, affected almost half of Canada's years as a nation so far, economically, socially, and politically, and will continue to do so as they age. According to Statistics Canada, by 2031, all baby boomers will have reached 65, and the proportion of seniors could reach 23% (compared to 15% in 2011). This has all orders of government concerned.

The baby boom causes building booms and affects social programs. In the 50s and 60s and 70s, Canadians built schools, malls, arenas and large suburbs of three and four bedroom homes. Social programs like baby bonus, mass immunizations, and school lunch programs were all created to help this large group of children prosper. The trend continues as boomers age out of the workforce and their children graduate from school. Canadian municipalities are closing schools and refocusing efforts on the question of how to accommodate so many aging seniors to keep them healthy, active and engaged in their communities. They are also developing programs to ensure today's youth are ready to take over in the workplace, nonprofits, and in municipal, provincial and federal government. **The Canada 150 Fund** works for both (see canada.pch.gc.ca)

Youth retention and senior support are especially important in rural, sparsely populated municipalities like the ones in the Madawaska, Lanark, Haliburton, and Addington Highlands area. This is a large swath of rural and cottage country in South-eastern Ontario that already has a high proportion of seniors and few opportunities for youth.

That's why Greater Madawaska Township, in conjunction with Greater Madawaska Senior's Housing Corporation, applied for and received a grant from the Ontario Seniors' Secretariat to study the situation and developed an "Age-Friendly Community Plan".

Initiatives in Greater Madawaska Age Friendly Community Plan: Advocate for sustained housing funding from Provincial and Federal governments and private industry to bring affordable housing units for seniors to Greater Madawaska; Lobby for equal access to high speed internet service; Continue to support volunteers and community service groups projects and programming that enhance the quality of life of older adults in Greater Madawaska; Continue to support the Renfrew Area Health Services Village and other Provincial / regional medical recruitment initiatives.

Greater Madawaska Township

has added a "Seniors Corner" tab to their website, greatermadawaska.com where you can download the Age-Friendly Community Plan. Its objectives include adding a calendar of events pertinent to seniors, including falls prevention, fire and health care seminars, plus social events and opportunities for engagement and volunteering. Of course none of this is useful without adding computer literacy programs. Along with all that, there will be links to Federal, Provincial, and Municipal plans and incentives. None of this will be possible without help from the community. The township simply doesn't have the capacity to do all of these initiatives alone. It will be achieved through connections with existing community groups and the township's Seniors Committee.

This is terrific, but there are many seniors and young people who need help now. To that end I have done my best to find programs that are currently in place for seniors in particular. Oddly, I found the most important resources last. It isn't easy to navigate it all, but there is help.

The simplest and easiest to remember is **211**. Dial 211 any time of day or night to speak to someone who can connect you to the resources you need, or search online at **211Ontario.ca**. Larger centres like Ottawa and Toronto have 311 service to help you navigate municipal resources in those cities. Of course there is also 911, which should only be used in emergencies.

Canada also has a site called **Information for Seniors, seniors.gc.ca** which has information for seniors, their families, their caregivers and supporting service organizations on federal, provincial, territorial and some municipal services. This site also directs you to the 211Ontario site and the 211 Helpline.

On the main page of the seniors.gc.ca site is a link to a **Benefits Finder, canadabenefits.gc.ca**. Put in your province, age, marital status, income, etc. and you will get links to all kinds of tax breaks and incentives designed to help you out. If you don't have a computer, just dial 211 to have someone do this for you.

There are several other resources, including **The Ontario Seniors Secretariat**, which is the most important portal for all kinds of assistance including funding help for seniors groups. On their website are links for a variety of grants:

Funding and Grants for Seniors Organizations found on seniors.gov.on.ca: **Age-Friendly Community Planning Grant** is a provincial program that provides funding to communities that result in planning, implementation and evaluation of activities that contribute to the creation and ongoing development of age-friendly communities. **Canadian Institute of Health Research** provides funding for health research. **New Horizons for**

Seniors Program is a federal grants and contributions program that supports projects led or inspired by seniors who make a difference in the lives of others and in their communities. **Ontario Trillium Foundation** is Canada's largest grant-making foundation and an agency of the Ontario government. **Seniors Community Grant Program** is a grant program in Ontario dedicated solely to seniors to provide funding to not-for-profit community groups for projects that encourage greater social inclusion, volunteerism and community engagement for seniors.

Order your copy of the **SENIORS' GUIDE from ServiceOntario Publications** or call 1-888-910-1999 and the Seniors' INFOLine will help you.

TTY (for the hearing impaired)
1-800-387-5559 Fax 416-326-7078
Email: infoseniors@ontario.ca

Ontario seniors' seminars coordinated by the Seniors Secretariat provide seniors with information on healthy aging, and other topics. Join your local Senior's group and request they host seminars. You will find contact information included in each of the seminar descriptions listed on the **Seminars for Seniors part of the seniors.gov.on.ca**.

- Advance Care Planning Seminar
- Consumer Education Workshop
- Falls Prevention Seminar
- Fire Safety for Older Adults
- Ontario Tax Credits and Benefits for Seniors
- Property Assessment and Taxation: The ABCs of Property Assessment
- Senior Licence Renewal Process for

Drivers 80 and Older

- Senior Safety Issues
- Speaking of Bones
- Veterans and Youth

SaveON Energy provides annual coupons to download from saveonenenergy.ca for savings on LED light bulbs, fixtures and ceiling fans. They also offer heating and cooling incentives of up to \$650 back on furnaces and air conditioning. (Must be installed by approved dealers.) They also have home upgrade assistance for low-income earners. For Save on Energy programs for your home, call toll-free 1-877-797-9473 or contact your local hydro company.

The **Ontario Trillium Benefit** helps people pay for energy costs, and provides relief for sales and property tax. Phone: 1 866 ONT-TAXS (1 866 668-8297) Fax: 1 866 888-3850
TTY: 1 800 263-7776

As a senior 65 years or older in Ontario, you could qualify for a tax credit to help with the cost of making your home safer and more accessible with the **Healthy Homes Renovation Tax Credit**. Call: 1-866-ONT-TAXS (668-8297)
TT: 1-800-263-7776 This tax credit will no longer be available as of January 1, 2017.

Starting Aug. 1, 2016, more than 170,000 seniors will be newly eligible for the low-income **Seniors Co-Payment program under the Ontario Drug Benefit (ODB) Program**.

It seems there are no shortage of resources. Just remember 211 and take it from there.



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