

# When Continents Collide

By Ole Hendrickson

**Editor's note:** This is the second of two articles describing some of the geologic history of our area.

Slow-motion video footage of the Ottawa Valley's past would have captured the formation and disappearance of great mountain ranges and ice sheets, accompanied by massive earthquakes and floods, interspersed with long periods of warm, shallow seas.

We have no videos, but thanks to the efforts and research of many scientists we have a pretty clear picture of the Valley's geological history.

Marine bacteria ruled the Earth in the Precambrian over a billion years ago. Precursors of the continents of Africa, Europe, and South America converged on an older and smaller version of North America, creating a supercontinent called Rodinia. Continental plates crashed together and buckled upwards, forming the mighty Grenville Mountains, higher than the Himalayas. Molten rock surged from deep within the earth to fill the spaces beneath the upthrust plates. Near the epicentre of this great collision a great upsurge of magma slowly cooled into the granite dome of the Algonquin batholith, occupying much of the current area of Algonquin Park and adjacent Renfrew County.

Erosion wore away Rodinia's great mountains and exposed their granitic roots during the next 250 million years. As the thickness and weight of the crust decreased, the remaining nubs of the mountains floated upwards on the heavier underlying molten mantle. During the late Precambrian, 750 million years ago, Rodinia cracked into new continental plates. These pulled apart, leaving bits and pieces stuck onto the North American plate and increasing its size.

During the break-up of the supercontinent, North America itself began to split apart in the area now occupied by the Ottawa and St. Lawrence valleys. Through a series of massive earthquakes, a great rift opened in the continent with deep cracks extending downwards 40 kilometres to the base of the Earth's crust. As these cracks widened, the land between them slumped downwards, leaving a "graben": a valley with sheer escarpments on either side. Views of the northern and southern walls of the graben – the Laurentian Mountains of Quebec and the Opeongo Mountains of Ontario – are a defining feature of Renfrew County.

The newly created Ottawa Valley was transforming into an ocean with Ontario and Quebec on opposite sides - just as a new ocean was appearing between the North American and Eurasian continental plates. But then the rifting stopped and the earthquakes subsided. Tranquillity followed. North America lay near the equator, drifting slowly northwards. Warm, shallow tropical seas covered the Ottawa Valley. Marine life flourished during the Ordovician Era. Fossils of trilobites, clams and mussels, snails, relatives of squids and octopi, sponges, corals, and sand dollars were deposited in the 450-million-year-old sedimentary limestone that formed over billion-year-old Precambrian rocks. These marine fossils are readily found along the Ottawa and Bonnechere Rivers today.

During a more recent geological era, continental plates again converged to form another great supercontinent, Pangaea. Their collision created another mountain range - the Appalachians – to the east of the Laurentians. Around 175 million years ago Pangaea split apart and the Atlantic Ocean re-opened, accompanied by more earthquakes and faulting in the Ottawa Valley.

continued on page 3



Angus Shore of Hutson Lake

Artist: Ernie Jukes

# Matawatchan gets a defibrillator

By Bill Graham, Editor

In early 2012 a defibrillator was installed at the Griffith Community Hall (Lions Club Hall) and at that point the Township asked the County if it was possible to receive defibrillators at other locations throughout the Township. The County added our request to their application to the Heart and Stroke Foundation of Ontario.

The Township received a letter on May 9, 2013 stating that Matawatchan Hall had been selected to receive a defibrillator.

A defibrillator is a machine that can help when ventricular fibrillation hap-

pens in the heart of a human. Fibrillation happens when many different cells in the heart begin to act as pacemaker cells. This means that many thousands of cells tell the heart to beat, all at different times and with no rhythm. This confusion causes the heart to become unable to move blood around the body. This causes death.

A defibrillator sends a high energy pulse from the top-right of the heart to the bottom-middle of the heart. This causes the whole heart to stop all activity. The heart's normal pacemaker then can try and restart normal beating. It should be mentioned that defibrillation does not always work.

Various levels of government are working with the Heart and Stroke Founda-

continued on page 2

# COUNTRY CARETAKER

True PROPERTY MANAGEMENT

COUNTRY ESTATES - COUNTRY HOMES - COTTAGES - RENTAL COTTAGES - PROJECT MANAGEMENT

THECOUNTRYCARETAKER.CA

613-868-0383

Serving the CALABOGIE area

# Back on the Map: Is there a Future in our Past?

By Lois Thomson

What do Balvenie, Khartum, Balaclava, Glenfield, Newfoundland, Letterkenny, Clontarf, Brudenell, Esmonde and Vennachar have in common? They are all colonial era settlements that are now considered to be ghost towns. Fascinating stories about all those towns are collected on this web site [www.ghosttownpix.com](http://www.ghosttownpix.com). Interesting reading, but I wondered why Vennachar was on the list. I was also relieved Matawatchan wasn't. And it made me wonder what exactly a ghost town is?

Some, like Khartum, are easy to understand. There's not much left except two signs on Highway 41. Other towns failed to get established even after a generation or two of extremely hard work, so they make sense, too. But what about the places that still

have a solid community; places where the general store and schools are now private homes, storage sheds or abandoned buildings?

One of the fascinating stories I found on the same web site is about a town I thought I knew. I knew there had been a church, store and gas station in Vennachar and had heard about a wildfire, but I had no idea how successful Vennachar was and could have been. In the 1870s it had a store, post office, school, Methodist church; tannery, two carpenters and two blacksmith shops that served satellite communities as far away as Glenfield. At one point it even had a grand hotel called the Vennachar House, which served customers along the Snow Road, one of many colonization or government roads. But fate wouldn't have it that way. Vennachar never completely recovered from a

wildfire in 1903 that destroyed all but the church and one home.

These stories are fascinating, especially if you live in, come from, or were dispossessed of any of these places. But their stories are far from over. All of these communities and many more, were artificially created in the early to mid 1800s by disruptive colonization strategies meant to gain quick control of this rugged and beautiful land for Britain and for a few rich Canadian families (dubbed The Family Compact) who never even set foot on the land. They falsely thought the same soil that supported trees would support farms, so when the trees were gone, the farms would flourish. But after the last logs were floated down the Madawaska in 1929, things got much harder. All along the original settlement roads that crisscrossed the Madawaska Highlands, small towns struggled and many died.

The forests grew back.

Looking at old photos from the 1930s, you don't see thick forests along the roads like you do today. As farmers abandoned so many of the fields, the forests grew back and at the same time, better roads made it possible for people to drive to once distant places and go to school, church, buy groceries and socialize. Most of the ghost towns listed at the beginning are now part of larger communities that are seeing a resurgence as people who grew up there return to retire, cottages are built and tourism grows. Along with this resurgence comes the opportunity to make the most of the land in a sustainable way and to attract tourists through events and festivals. More people mean more customers. Specialty shops are opening. Newly available high-speed Internet and cell phone connections make more home based businesses possible. Plus, if things go well and we're mindful of our pristine dark skies, we could also be home to a world-class observatory. Here's another idea, let's embrace our past. Let's put those places back on the map. Let's mark where the schools, mills, abandoned buildings, settlement roads, Algonquin places, chutes, camps, portages, and existing old churches and stores are. Let's turn our ghost towns into an attraction for residents and give tourists another reason to visit. Who isn't interested in vibrant, living, ghost towns?

This year marks the 400<sup>th</sup> anniversary of Samuel de Champlain's first exploration of the Ottawa Valley for France. He wasn't the first to explore the Americas, but he was the first to make friends with native tribes. This year, coincidentally, saw an historic agreement in principle to settle Ontario's Algonquin land disputes. And, on June 29<sup>th</sup>, it will be the 131<sup>st</sup> anniversary of the first Canada Day Picnic in Matawatchan. Nine community groups from Griffith, Denbigh, Matawatchan

and, yes, Vennachar are coming together to celebrate. If you have read this article to here, it's likely you'll be interested in viewing or contributing to the "Back on the Map" project to be revealed at this year's picnic.

The time is right to regain control of our destinies, our relationships with the land and with each other in a sustainable way; in a way that learns from the past and welcomes the future, a future in which we will unite to share our proud heritage in these beautiful, evergreen-covered highlands, described nicely with one Algonquin word – Pik-wakanagan.

Let's all join together on June 29<sup>th</sup> at the Community Memorial Hall in Matawatchan and celebrate Canada Day!

End

## Defibrillator (Cont)

tion. While the program has been in place since 2007, in April 2011, the Government of Canada announced an additional \$10 million dollar plan for AED (External Defibrillators) placement over four years. The program is administered by the government of Ontario and the Heart and Stroke Foundation through a program called the Ontario Defibrillator Access Initiative. At a local level it is the County's Emergency Services that determine the placement and training associated with defibrillators.

The county has not yet contacted the Hall executive about the timing or the training that will be needed to use this machine. There are no fees associated with the Ontario Defibrillator Access Initiative and an AED will come as part of a complete package. In addition, the package includes the following materials and services for every AED that is placed:

- One set of adult electrode pads and one replacement set;
- One set of pediatric (infant/child) electrode pads;

- One installed battery and a backup battery,
- One display cabinet and signage;
- Free CPR-AED certification for at least 10 individuals per device (i.e. employees, frequent facility users);
- One Family & Friends™ CPR Anytime™ Kit to continue training on CPR-AED; and
- Listing of the AED on the provincial registry.

The use of a defibrillator is closely associated with CPR (cardiac pulmonary resuscitation). CPR will keep a heart attack victim alive until a defibrillator can arrive on scene. In a community as remote as Matawatchan where there is a minimum 40 minute wait for an ambulance, having trained residents could make the difference between life and death.

End

### EXPERIENCED PERSON SEEKING EMPLOYMENT IN A VARIETY OF FIELDS

Housekeeping, cooking and baking (Yes, I wash windows).  
Talented and experienced artist in portraits, landscapes, murals and signs.

Many other services are available. I have my own tools and I am available immediately for full-time or part-time work. I charge \$20 per hour. References are available.

**Cathie Cooper**  
1776 Frontenac Rd. Matawatchan  
613-333-1201  
[cathiecooper@hotmail.com](mailto:cathiecooper@hotmail.com)

### The Madawaska Highlander

#### Co-publisher and Editor

Bill Graham 613-333-1694

#### Co-publisher and Advertising / Design Manager

Adam Copeland 613-333-1841

#### Mailing Address:

#### *The Madawaska Highlander*

C/o Bill Graham  
1837 Frontenac Rd  
RR#3 Griffith  
Matawatchan, ON K0J 2R0

#### Email:

[highlander\\_editor@xplornet.ca](mailto:highlander_editor@xplornet.ca)

#### Advertising and Design:

Adam Copeland 613-333-1841  
[madawaskahighlander@gmail.com](mailto:madawaskahighlander@gmail.com)

#### Contributors

Ole Hendrickson  
Garry Ferguson  
Mary-Joan Hale  
Wes Bomhower  
Susan Veale  
Howard Popkie  
Mary Sheridan  
John Roxon  
Antonia Chatson  
Robbie Anderman  
Lois Thomson  
Sharon Shalla  
Pete Chess  
Ernie Jukes

**Special thanks to:** Jamie for Proofreading

**Published in Matawatchan**

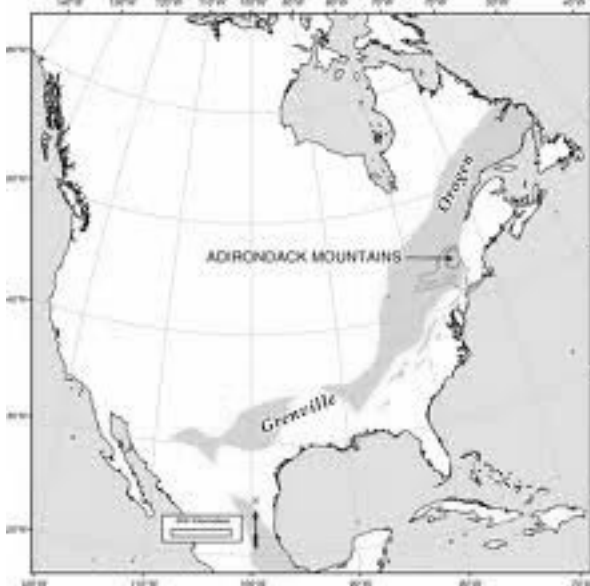


# Continents (Cont)

The geological history of the Ottawa Valley was not well understood until the 1960s. Scientists such as the Canadian John Tuzo Wilson agreed that evidence was overwhelming for seafloor spreading and collisions of continental plates. Wilson's scientific contributions were so critical that the cycle of formation and disappearance of oceans is known as the "Wilson Cycle".

The final events in the Valley's geological history took place during a 3-million-year ice age. For 2 million years glacial and inter-glacial periods alternated quickly, lasting about 40 thousand years each. But during the past million years the cycles lengthened to 100 thousand years. Intense cold periods created continental-scale ice sheets.

The last of these, the Laurentide Ice Sheet, flowed southwest from the region of Hudson Bay. It reached the Ottawa Valley around 60,000 years ago, covering the Valley with ice to a maximum thickness of two to three kilometres. When the ice began its retreat around 20,000 years ago, its weight had greatly depressed the land surface, and it held so much water that global sea level had fallen by 70 meters. As it melted the Atlantic Ocean flooded into the lower portions of the Ottawa Valley



and formed the Champlain Sea, with its rich diversity of marine life. In 1977, a quarry operation in eastern Renfrew County near White Lake uncovered the skeleton of a bowhead whale.

During their advance and retreat, glaciers scraped over the Ottawa Valley and the Algonquin highlands, exposing bedrock in some places, and dumping materials ("glacial till") elsewhere. For thousands of years the upper Great Lakes and much of Canada west to the Rockies drained through the Ottawa Valley. At maximum flow the Ottawa River rivalled the Amazon in size. Water from the melting ice transported boulders, gravel, sand, and clays, carv-

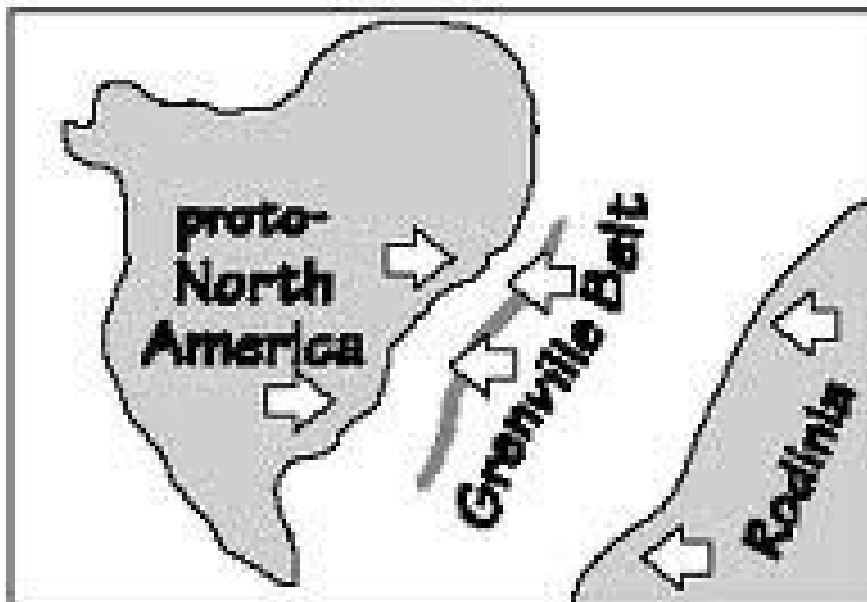
ing deep channels such as the Barron River Canyon. The finest clay-sized particles were carried furthest downriver and deposited in the Champlain Sea, creating some of Renfrew County's best farmland.

Renfrew County residents live in an ancient and special place. Mountain-building forces of continental collisions, combined with the erosive and depositional power of water (both ice and liquid), sculpted the present-day landscapes of

the Ottawa Valley - its hills, plains, escarpments, canyons, rivers, lakes and wetlands. Knowledge of this geologic history informs decisions to conserve our precious soils, waters, and biological resources.

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

End



**M&R FEEDS AND FARM SUPPLY (RENFREW)**  
 "WE'RE MORE THAN A FEED STORE"  
**LOCALLY OWNED AND OPERATED**  
 WE HAVE YOUR POOL SUPPLIES

**COTTAGERS**  
**FULL LINE OF ROOFING STEEL**  
**COLOURED AND GALVANIZED**  
**LARGE SELECTION OF GATES,**  
**GATE HARDWARE,**  
**AND CULVERTS**

**NEED SOMETHING SPECIAL**  
**- GIVE US A TRY!**  
**(613) 432-8886**

400 RAGLAN ST. S. RENFREW, ONTARIO, K7V 1R8

**Pine Valley Restaurant & Variety**

**Music Nights Monday and Thursday**  
 Full Service during power outages

Home cooked Meals Home Baking  
 Lotto Machine -552 Ice  
 Movie Rentals **333-5523** Gas & Diesel  
 Crafts Hours: Mon-Fri 6 am-8 pm Groceries  
 Sat 7am-8pm Sun 8am-8pm

**Post Office - OLG Lottery**

Renovations and Remodeling

Building Your Dream Cottage

# J. SCOTT MacDONALD GENERAL CONTRACTING INC.

LICENSED CARPENTER AND MEMBER OF ONHWP

Home: 333-5207 Business: 333-5596



We Look Forward to Working With You

Constructing Your New Home

## OUR HIGHLANDS HERITAGE VILLAGE REGION: A DISTINCT ECONOMIC REGION

By Mary Bazan Sheridan

It is well documented in anthropological literature that highland economies are very different from lowland economies/ecologies. I have seen and studied this personally in the lowland and highland villages of Europe, Japan and China. Lowland and highland economies should never be lumped together.

The heart of our highlands beats in our small, charming, irreplaceable villages. I do not speak of the three towns of two thousand or so, but of the tiny villages and hamlets with populations numbering a few hundred in winter and thousands in summer, scattered throughout our highest hills and valleys.

But not for much longer. Not unless government at all levels recognizes us as a distinct economic region, with distinct seasonal characteristics. Not unless obstacles to our economic viability are immediately removed.

Ontario's greatest treasures are our wilderness, and our small villages of the eastern highlands. The Ontario Highlands Tourism Organization has just been formed to market these treasures here and abroad. But there is such

a thing as truth in advertising. Who will travel from Europe or China to visit dying villages and dead hamlets?

This is the real situation in our heritage villages in the true highlands, which stretch from Golden Lake (east of Eganville) westward through Wilno, Whitney, Wilberforce to Dorset and Kinmount, south to Coe Hill and Griffith & Matawachan and up to Killaloe. Roughly between Hwy 41 in the east, Hwy 35 in the west, north of Hwy 7 up to Algonquin Park. (See Map)

We exist as a distinct economic region east to west due to our rugged terrain, which has been sculpted and tamed by small family farmers: carved from forest by our settlers, enhanced by their progeny and recent back-to-the-landers. Without a new generation of farmers, characteristic stone-lined fields will soon be overgrown with an unsightly mess of rubbish undergrowth and ragged bush. The beauty and charm of our priceless landscape will be gone.

Look at the Ontario Highlands Tourism Organization Map. Immediately one sees that they have confused the flat lowlands with the mountainous highlands. The wide flatlands along the Ot-

tawa River west and north of Ottawa, hold farms which number hundreds or thousands of acres; they are mostly "factory farms", huge commercial enterprises. These farms have nothing in common with our small upland family farms, which raise their cows on grass, free range their poultry and produce the best and freshest vegetables in the cleanest air and water in the province. No wonder big farms would like to put us out of business, by pushing regulations favouring big guys with the worst of food practices. Our small farmers say: "No one wants the little people anymore!" But this is our best food. And many, many people do want it. If only we are allowed to keep producing it.

How can the Ontario Highlands Tourism Organization lump together massive lowland tourist centres like Perth, Pakenham, and Pembroke, cities of many thousands -- with the idea of a highland region of remote villages holding a few hundred souls? We are not a pure wilderness. And we are not a region of towns. We are many, many villages, an entirely different settlement pattern, spread out over the hills, with entirely different economic realities.

Our fundamental reality is the seasonality of our population and economic fluctuation. In winter, each village holds a few hundred full-time residents, who require all the essential services that all Canadians are entitled to for safety, security, and community cohesion: a gas pump/general store/post office/café.

In spring and fall, we have "shoulder seasons" with a fair number of visitors, and in summer cottagers swell our numbers to the thousands. If snowmobile trails run through a village, the small store and café may do well. If snowmobile trails are cut off or closed, the village amenities struggle. But these amenities are not luxuries for our permanent residents. They are essentials.

Let me give typical examples of how our highland village micro-businesses are killed off by government, insurance, banking and hydro regulations and practices, which are clearly unfair and damaging to our village highland communities and economy.

Example one: Lowlands are used inappropriately as a standard for highlands. Property taxes are an example. A pancake house in the middle of nowhere in the Madawaska Highlands was told that the extremely high property tax set for them was based on a Pakenham pancake house, because

continued on page 10

# Behind the Tunes

By Peter Chess

## Bill Monroe...the Father of Bluegrass music

William Smith Monroe was born September 13 1911 on the family farm in Rosine, Kentucky, the youngest of eight children to James Buchanan (Buck) Monroe and Malissa (Vandiver) Monroe. His mother and her brother, Bill's beloved Uncle Pendleton (Pen) Vandiver were both musical and the entire family grew up playing and singing at home. His older brothers, Birch and Charlie played guitar and fiddle, respectively, while young Bill was relegated to playing the less desirable mandolin. He recalled that his brothers insisted he remove four of the eight strings so he wouldn't play so loud although there is no record of when he was allowed to restring the missing four strings. One can imagine, given his musical gift, that it would not have been too long of a stretch before he was allowed to do so.

Bill's mom died when he was only ten years old and his father died six years later. As his brothers and sisters had all moved away by this time, the young orphan lad bounced around between aunts and uncles, finally settling in with his uncle "Pen", often accompanying him on mandolin when Pen played fiddle at local dances. One of Bill's most popular compositions, "Uncle Pen" was inspired by these early experiences and was recorded in 1950. He also recorded an album in 1972, titled, "Bill Monroe's Uncle Pen", which contained a number of traditional fiddle tunes he had learned from his uncle.

At the age of eighteen Bill moved out to Indiana to work in an oil refinery and rejoin his brothers, Birch and Charlie, who had already gone there to work along with his childhood friend, guitarist, William "Old Hickory" Hardin. Along with another friend, Larry Moore, they formed a group. Calling themselves 'The Monroe Brothers', they played the music they grew up with at local dances and house parties. Within the year, however, Birch and Larry left the group, while Bill and Charlie carried on as a duo. They began winning spots on local radio stations, performing live, and then regularly on syndicated programming in several Midwestern states and the Carolinas on a show sponsored by the Texas Crystal Company. It was common practice in those days for companies that sold consumer products to sponsor a fifteen or 30 minute segment on radio and hire musicians to play between ads promoting their product. Many country artists got their first exposure to a broader audience in this fashion. From 1934 through until 1936 the brothers were regulars on the radio.

In 1936, RCA Victor signed them to a recording contract and they scored an immediate hit with a gospel tune, "What Would You Give In Exchange For Your Soul". Given that the Great Depression was affecting the lives of most Americans at this time it says something about the attraction the brothers had for a segment of the population willing to spend their meager resources on a record. Ultimately, they recorded sixty tracks for RCA's subsidiary, "Bluebird" from 1936 to 1938. After the last recordings in 1938, Charlie retired from the music scene and Bill formed a new group, the Kentuckians, in Little Rock Arkansas. The group, however, disbanded a few months later and Bill moved to Atlanta Georgia to form the first edition of "The Bluegrass Boys", with singer/guitarist Cleo Davis, fiddler Art Wooten and bassist Amos Garren.

In 1939, confident enough in the new sound, the band auditioned for George D. Hay, the founder of the Grande Ole Opry, who was suitably impressed with Bill's performance of Jimmie Rodger's "Mule Skinner Blues", that he immediately offered them a contract. Monroe recorded that song, along with seven other tracks, at his first solo recording session for Victor in 1940. By this time the lineup of the band consisted of Clyde Moody on vocals and guitar, fiddler Tommy Magness and bassist Bill Westbrook. These early recordings contain the fast tempos and instrumental virtuosity that became the hallmark of bluegrass music in the years to follow. Bill was and remained a purist and a perfectionist when it came to his music. Never completely satisfied, he continually experimented with the sound and format of his group. As an example...he seldom sang lead on the early Victor recordings, preferring to sing high harmonies like he had done with his brothers. In 1945, he briefly recorded with an accordion which didn't last. Perhaps the most important change in the lineup occurred in 1942 when Bill hired banjo player David "Stringbean" Akeman. Akeman played banjo in a primitive style, strictly rhythm, and was rarely if ever given a solo. This aspect of the banjo was to eventually change. The early, pre-1946 recordings, as it turned out, represent a transitional shift between the traditional, old time string band music that Bill grew up with and the musical innovations that followed as Monroe pursued his singular vision with what amounted to an evangelical dedication. To quote the man himself: "I was determined to carve out a music of my own. I didn't want to copy anybody."

The next "Behind the Tunes" will pursue the career of Bill Monroe and the flowering of the golden age of bluegrass.

End



## Puppet Show

### Coming to Calabogie Community Centre

Greater Madawaska Public Library is excited to host the upcoming F.A.N. (Friends and Neighbours) Puppet Show Thursday, July 18th at the Calabogie Community Centre.

Two special half-hour shows, *Lisasaurus Rex*, and *Simon Says*, geared to ages 3-10, will be presented beginning at 10:30 a.m.

Children will have an opportunity to meet the puppets as well. Admission is free and all ages are welcome - the more the merrier! For more details call 613-752-2317 or email [gmp@bellnet.ca](mailto:gmp@bellnet.ca)



Home owners  
helping home owners



## Calabogie Home Hardware

Our local distributor for  
all Ideal Roofing products.



Offering exceptional service  
for all your dock and dock  
hardware needs.

Summer hours  
Mon-Thurs 8-5:30  
Fri 8-6 Sat 8-5  
Sun 10-3 and Holidays 10-3





## The Matawatchan Picnic

By Bill Graham, Editor

The Matawatchan Picnic, now styled as the Matawatchan Canada Day Picnic, has a history almost as long as this county. This is the 131<sup>st</sup> picnic in a long succession from roughly 1882 when it was first instituted as a fund-raiser for the building of what is now St. Andrews United Church. This was just 15 years after the founding of Canada.

Until recently the picnic was a church event run by church members. Several years ago the church decided to relinquish responsibility for the picnic as it was just too much work for aging church members. Since then, while there has been a picnic, it has been very loosely organized.

The Matawatchan Cultural Committee has taken the lead in cooperation with other community organizations to run this year's picnic. While the idea was to reinstitute the original picnic, that is today largely impossible because many of the traditional practices would be prohibited.

The food served at the early picnics harkened back to an even earlier period: that of the logging days and the

camboose shanties. Some of the men in Matawatchan in those days were excellent cooks and knew how to cook for large numbers of people. The featured foods were 'sand baked beans' and 'boiled beef dinner'. The beef was boiled in large cast iron caldrons over an open fire. The beans were put in cast iron pots with tight fitting lids and buried in hot sand. The Renfrew Health Unit would have a real problem with these cooking methods. One remnant of the original food will carry over into 2013 in the form of a 'best baked beans' competition with sampling by picnic attendees to determine the winner. If you think that you make the best beans in the Highlands and want to compete, contact \_\_\_\_\_.

Another impediment to reproducing the activities of earlier picnics is insurance. In those innocent days insurance was never an issue. Some of the past activities included horse pulls where in some cases the horses were matched against teams of local men. You can imagine what the insurance companies would think of that.

The 131<sup>st</sup> Canada Day Picnic in Matawatchan takes place on the Saturday

continued on page 8

## Dear Editor,

Over the course of the last year a couple of articles have appeared in the Madawaska Highlander that has teased its readers on the significance of the Madawaska Highlands Observatory. The short summary below will demonstrate its full significance.

**Premier Tourism Destination:** Of all the major observatories in the world, MHO has the best tourism offering by far, it is designed into the very fabric of the facility, it's DNA, how it operates and functions. Indeed we fully expect the MHO will become an important Canadian destination, a Premier Destination in Ontario, and the Premiere facility of its type in the world.

**Regional Economic Prosperity Engine:** Comparable data from other (local) tourist venues such as, Calabogie Peaks and three major observatories in North America suggest the planned facility will generate in excess of 200 jobs. The economic

spin-off will be very important to the economy of Greater Madawaska and the surrounding townships and counties. Additionally we fully expect current businesses to benefit and other businesses to be created to fulfill the needs of visitors. Research suggests that over 25% of all visitors will be International, who spend the most amount of dollars. MHO is the kind of facility that will attract a sufficient volume of visitors to the region to help boost the local economy.

**National Centre for Observational Astronomy in Canada:** MHO will become a centre for leading edge astronomical research with the two most powerful telescopes on Canadian soil. We have information suggesting that Canadian institutions are prepared to co-locate at the facility. Thus the facility could become a national centre for observational research in Canada.

**The Darkest Night Skies in Southern Canada:** All of this is possible because Griffith/Matawatchan is in a semi-re-

continued on page 8

## Looking back...



*Matawatchan Picnic attendees in early 1900s: from left Mrs. Peter Kelly, unknown, Mrs. Pat Carswell, Mrs. Thomas Strong, Mrs. John Ilan, Muriel Hunter. The others are unknown. .*

## Another new initiative for the Greater Madawaska Seniors Housing Corporation

By Juliette LeGal

The Greater Madawaska Seniors Housing Corporation is relentless in its efforts to increase awareness and raise funds for seniors housing. The newest initiative is a second hand shop called NU 2 U which opened its doors on May 19, 2013 in the old Township office in Griffith.

The leader of the project, Carol Anne Kelly, submitted the idea to start the shop in a municipal building that was heated but hardly used. The Municipality generously agreed to let the Corporation use the building at no cost. The rooms were freshly painted before GMSHC moved in. Mrs. Kelly developed the project, planned the publicity and prepared the set up with a number of volunteers. Fifteen volunteer women of the area are donating their time to this initiative.

"We are very grateful for the township's support in this project! We are especially grateful for the work of volunteers like Mrs. Kelly and all the other women contributing to this project." says Bill Griffith, the president of the Greater Madawaska Seniors Housing Corporation.

The shop will be open every Tuesday and Saturday from 1 pm to 4 pm. There are also craft activities on Tuesday afternoon at 1 pm.

The GMSHC is also in its last phase of selling raffle tickets for the quilt made and generously donated by Val Barnes, Lois Robbins and Jackie Jenks. The winner will be drawn at the Canada Day Picnic in Matawatchan on June 29<sup>th</sup> at 1 pm. Get your tickets before we sell out!

Stay tuned for the next fundraising events of the Corporation

End



Rev. Bill Griffith President of Seniors Housing at NU 2 U Shop

Freshly Baked Italian Style Pizza  
at the Matawatchan Market Sat. May 18

**Pizza Farm**  
Farm Raised Food ...For you  
**Wood Fired Pizza**  
Pastured Pork Grass Fed Beef  
Seasonal Produce  
Wood Fired Bagels  
visit us at [ourpizzafarm.com](http://ourpizzafarm.com)

Pre-Packaged Frozen Pizza  
Also Available for take home  
Wood Fired...Flash Frozen...Vacuum Sealed  
Ready to eat

[www.ourpizzafarm.com](http://www.ourpizzafarm.com)

## Matawatchan Community Hall Rentals Available for Summer and Fall

Ideally situated for Family Reunions,  
Large meetings, weddings, birthday parties

Out door covered picnic/cooking area



Large Outdoor stage



Inspected Kitchen facilities  
\$150 for full day rental  
\$60 for 4 hour rental

5 min walk to local Swimming area, natural outdoor setting,  
with play ground for kids

For more information call Bill Graham 613-333-1694

## The healing tree

By Robbie Anderman

### MAPLE (Acer)

The Maple is a popular tree here in Canada where its leaf symbolically adorns flags, coats-of-arms, and pennies. Meanwhile the living tree itself adorns the earth we live on, having no respect for national borders, and is specially noted for the beauty of its colourful foliage in the autumn.

Rare is the person in these northeast woodlands who's never tasted Maple sap - be it in the concentrated form of real Maple syrup, plain fresh sap from the tree as a water substitute while the well is experiencing spring runoff, as a cooking or tea water, as a gourmet vinegar, or as an even more gourmet and rare wine. Few of all these Maple sap imbibers realize that amidst the flavour and sweetness are also good nourishing earth minerals, notably calcium and iron.

The Haudenosaunee (Iroquois) and Algonquin Peoples dried the inner bark of the Sugar Maple by the fire, pounded it in their big wooden mortars, sifted it, and made bread or porridge from the resultant meal and flour.

The Sugar Maple (*Acer saccharum*) also gives its seeds to people for food. After the 'wings' are removed, the seeds can be boiled and eaten hot, sprouted and eaten fresh, or sprouted and then dried and stored.

In the spring of the year the young Sugar Maple leaves can be eaten fresh off the twig or added to salads.

The twigs are a staple food for cottontail rabbit, snowshoe hare, white-tail deer and moose. Porcupines often eat the inner bark and can destroy a fine stand of Maples by girdling the bark, especially the upper branches. I've seen red squirrels nip a branch in spring, drink the sap, and return every so often for more from the same hole. Medicinally the leaves, seeds, and especially the bark have been used to strengthen the liver and spleen. An infusion can be made of 1 teaspoon of the dried Tree part to a cup of boiling water and 1 - 3 cups a day drunk on an empty stomach, or as often as every one to two hours when pain is experienced.

Similarly, the infusion is used as a nerve soother and tonic for the whole body. New mothers have drunk this tea as a muscle toner after birthing.

Externally the tea is used as a wash for sore eyes. The astringent quality of the

continued on page 11

## Madawaska Highlander Voluntary Subscriptions

Many thanks go out to those who helped keep our local publication in print last year. As our production and distribution costs continue to rise we do look to our public for support. We have a small loyal group of advertisers that we depend on and are very thankful for their support.

You too can become a Highlander Supporter.

Buy a Voluntary Subscription for \$10.

Payable to the Madawaska Highlander.

Mail to: The Madawaska Highlander

1837 Frontenac Rd

RR#3 Griffith ON, KOJ 2R0

If you would like a copy of the Highlander mailed to your home or someone else's  
Please send a cheque for \$20 to the above address

## Picnic (Cont)

(June 29<sup>th</sup>) before actual Canada Day on July 1<sup>st</sup>. The day's activities take place at the Matawatchan Hall grounds as it has since 1954. It will be a full day.

The day begins at 9:00 a.m. with the first regular Matawatchan market day of the 2013 season. Quite a number of vendors will be on hand featuring Free Trade Coffee, Fresh Veggies, Outdoor Oven baked bread, Maple Syrup, Local Honey, Baking, Candles, and Wooden Pens etc. Lunch at 11:00 a.m. will be a 'picnic lunch' of beef, pork, egg salad and cucumber cheese sandwiches accompanied by green salad, Greek pasta salad, creamy coleslaw and pickles. Lunch will run until around 1:00 p.m. but hamburgers, hot dogs and soft drinks will be available from the Griffith / Denbigh Lion's Club all afternoon.

At 1:00 p.m. beer and wine will be available for sale in the outdoor pavilion where lunch is normally served. The profits from these sales will be donated to the Matawatchan Cultural Committee to help in the establishment of a local cultural centre. The pavilion will be enlarged with a tent extending from one side. Alcoholic beverages will be restricted to this area.

At 1:00 p.m. opening ceremonies for the picnic begin with speeches if any dignitaries attend, the singing of O' Canada, the announcement of the winner of the baked beans contest and the draw of the raffle for the quilt supporting the Greater Madawaska Seniors Housing Corporation. Music begins at 1:30 p.m. with the traditional music of Garry Ferguson's band 'Highway 41'. Later in the afternoon the 'Pickled Chicken String Band' will serenade you with its 'roots music'.

Another activities that organizers want to reintroduce from the 'old days' is the playing of horseshoes at the picnic. The old horseshoe pits at the Hall

will be located and refurbished or new ones will be established. Ernie Jukes and Dave Felder will be officiating. Teams will be randomly assigned from the individuals wanting to play. Anyone interested in playing should register on the morning of the picnic at the Hall. An activities booth will be set up at the Hall where you can register.

All afternoon in the Hall heritage activities will take place. There will be historical displays and a slide show of old photographs. A couple of individuals well versed in Matawatchan's history will be on hand to answer questions and supply the back store to some of the photos. An additional history project called "Back on the Map Project" will invite you to place on a pre-Centennial Lake map the locations of old schools, stores, mills, hall, roads, homesteads, Algonquin places, etc. that you may know of.

During the afternoon there will also be a fashion show, bingo, a demonstration by the Greater Madawaska Fire department, Activities for children including kids' games, face painting, ice cream and story time. There will also be a story time for adults in the form of a 'Mind the Times speakers corner where you can tell our roving camera stories you have from way back; whether it concerns the picnic or the local fold lore.

The Township of Greater Madawaska, The Griffith-Denbigh Lion's Club and the Matawatchan Hall should be thanked for their donations of cash to make the picnic happen. Also to be thanked are the many volunteers who have donated time and effort to make the picnic a success.

Veteran picnic goes will know to bring a lawn chair or picnic blanket but you might also want to wear red and white for Canada (there might be a contest) and to bring a non-perishable food item for the Denbigh Food Bank. I hope that you can make it. It will be a fun day!

End

# Don't let this happen to you. Call a professional.



## THOMSON TREE REMOVAL



Serving Renfrew County  
and surrounding areas

**Problem Limbs and Trees**  
**Chipping of Trees & Brush**  
**Private Utility Lines**  
**Lot Clearing**  
**Fully Insured**

**613-333-1061**

## Letter to the Editor (Cont)

mote area with little to no development. Its night-sky is unrivalled in southern Canada and at the same time accessible to the larger centres of population. The location was determined based on several critical factors; darkness of the night sky, access to a major highway, appropriate topography, isolation to nearby inhabitants and high elevation with no higher elevation to the west. MHO had to satisfy both its scientific and tourism requirements. The Griffith site is by far the best we have looked at in the region. The view of the Madawaska River from 150m above is an added bonus which will contribute to the visitors' experience.

**A World-Class Facility and Offering:** Activities at the facility will focus on: 'experiencing our place in the universe', this is in fact our mission. About 85% percent of the activities occur during the daytime. Telescope viewing will be available on every clear night through reservation ticket bookings, using very large telescopes that are able to show very spectacular views of our universe. A ~25,000 ft<sup>2</sup> Visitors Centre with a state-of-the-art 8K digital planetarium, additional HD theatre, displays, exhibits, guided tours with presentations, invited guest, cafeteria, boutique and accommodations with a hotel to provide a well rounded experience.

**Showcase Energy Independent Building:** MHO will be a showcase of off-grid and energy independence. This will be the largest commercial off-grid facility in Canada and as such will add to MHO's unique offering.

**Current stage of development (June 2013):** With solid business plan in place, MHO corporation is aligning contractors, investors, and financing.

We appreciate the local support thus far and would welcome discussion with interested investors. This is the most significant tourist development and economic catalyst for the region.

We'll keep you updated with progress (within the pages of The Highlander).

Sincerely,

F. Roy/CEO, Madawaska Highlands Observatory Corp.

### Interesting facts about Canada

Canada's population density is 8.6 people per square mile, making Canada the ninth-most sparsely populated nation in the world.

## Griffith General Store

AUTHORIZED AGENT FOR:

APPROVED RETAIL PARTNER &  
AUTHORIZED EMPTY BOTTLE DEALER

Approved Retail Partner

### Stinson Self Serve Gas

Sun- Thurs. 8am - 8pm  
Fri. - Sat. 8am - 9pm

## LANDSCAPING SUPPLIES

Sunday LCBO and Beer Store Open 11am - 6pm  
613-333-1553 Fax 613-333-1554



# Community Calendar

## CHURCH SERVICE SCHEDULE

### GRIFFITH AND MATAWATCHAN

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

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

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

### DENBIGH AND VENNACHAR

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

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

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

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

### Burnstown

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

## CALABOGIE

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

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

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

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

## COMMUNITY EVENTS

### Calabogie

**Canada Day Breakfast at 8:00 a.m. July 1**  
Sponsored by the Calabogie & District Snowmobile Club  
Calabogie Community Centre

**Canada Day Art Show & Silent Auction (July 1)**  
Art Show at Community Hall – 8:00 a.m.  
Auction at United Church Hall

**Canada Day Street Events (July 1) Madawaska Street events begin at 4:00 pm**  
Kids Games Park with Theme Inflatables . Fire Trucks ,Race Cars, Mother Goose, Face Painting, Fish Pond & Minnow Races, Scavenger Hunt, Books, Chips, Pop, 50/50 Draw, Pizza, Ice Cream Bingo. Beer Garden, Crown & Anchor Prize Table, Beef-on-a-Bun, Desserts, Bake Sale. Music by P'nL at 4:30. Mixed Nuts begins at 6:30  
**Fireworks at dusk**

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

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

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

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

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

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

### Dacre

**Canada Day in Dacre (July 1)**  
DACA Centre, 111 Flat Rd.  
Celebrations start at 2:00 pm  
Adult & Children's Games .  
Horseshoe Tournament  
Volleyball . Euchre Tables .  
Balloon Animals . BBQ  
**Fireworks at dusk**

### Griffith & Matawatchan

**Sat. June 29 – Matawatchan Community Market resumes** for the summer. 9:00 a.m. till 1:00 p.m.  
Homemade Lunch,  
Free Trade Coffee. Fresh Veggies,  
Outdoor Oven baked bread,  
Maple Syrup, Local Honey, Baking, Candles, Wooden Pens etc.  
Something for everyone.

**Sat. June 29 –131st Canada Day Picnic in Matawatchan.**  
**At the Matawatchan Hall**  
Wear your red & white!! 1:00 to 5:00 p.m.  
There's fun for everyone!!! Speeches,  
Live music, baked beans competition,  
Kids' games, Face painting, Balloon animals, Miss Lovely the clown, Beer garden, Bingo, Horseshoes, Fashion show, Mind-in-time-speaker's corner,  
Back on the Map-historical project & displays. Great food all day,  
please bring a picnic blanket or lawn chair and a non-perishable item for the Community Food Bank.  
For more info or to register your baked beans, please visit [www.matawatchan.ca](http://www.matawatchan.ca) or call Victoria at 613-333-9319

**Denbigh – Griffith Lion's Club Bingo Monster Bingo** Dec. 11 @ 7:30 pm

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

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

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

**Northern Lights Seniors** meeting  
Follows the Fellowship Lunch at 1:15 p.m.  
**Euchre** -first & third Friday of each month at 7:00 p.m. at Lions Hall. Jan. – June

### Denbigh

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

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

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

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



**HUGE YARD SALE**

5791 Matawatchan Rd./ 2 Km. from Hwy 41

**June 28, 29, 30 and July 1**

**74 ft.x24 ft. of goodies**

APPLIANCES	FURNITURE
DECOR	HOUSEWARES
	TOOLS
DAWN TO DUSK	SEE YOU !!!



# Greater Madawaska Public Library to Expand this Year

By Sharon Shalla

I am happy to report that the library will be expanding later this year. In January 2013 the Library Expansion Committee made a presentation to Council requesting additional space on the lower level of our current location when the Municipal office moves this summer. On May 28th a motion was passed to provide the library with the space requested. We will be offering our children's Summer Program in the vacated Council Chambers, but we will delay renovations until the fall as we are now in our busiest season. The library has been operating in very cramped quarters and we are grateful for the extra space to provide the community with more resources and services such as CNIB material, Large Print books, designated reading and program areas, and an expanded public computer section. Local artist and library volunteer, Marlene Schaly, will be representing the library at the Matawatchan Canada Day picnic on June 29<sup>th</sup>. She will be sketching local historical images beforehand and will then hand out the postcard size sketches at the picnic. Promotional material will also be displayed regarding the library's Local History Digitization Project, so be sure to stop by and say hello.

The TD Summer Reading Club theme this year is GO! Children's programs will be focused on travel-related activities. Donna Leclaire has been busy planning fun and creative activities for

the children. The Storytime program on Thursdays will run from 10 – 10:30 a.m. and the older children's summer program will run from 10:45 – 11:30 a.m. A calendar of the library's summer events will be ready by June 24<sup>th</sup>. We will be hosting a puppet show on Thursday, July 18<sup>th</sup> from 10:30 - 11:30 a.m. at the Calabogie Community Hall. Admission is free, and although the shows are geared to ages 3 – 10, all ages are welcome to attend - the more the merrier. *Lisasaurus Rex* and *Simon Says* will be the two featured puppet shows. Children will have an opportunity to meet the puppets after the show. We hope to see you there!

Membership at our library is free to all residents of Greater Madawaska Township with proof of your current address. We offer a wide variety of resources including electronic books, children's Board Books, Early Literacy computers, audiobooks, Large Print books, magazines including Consumer's Report, and much more! We also offer a free courier service for library material with pick up and drop off at the Eagle's Rest. For more information about any of our services and resources call 613-752-2317, email [gmpl@bellnet.ca](mailto:gmpl@bellnet.ca), or drop in and see us at 4984 Calabogie Road. We are open: Tuesday - 1-7 p.m.; and Wednesday, Thursday, Friday and Saturday – 10:00 a.m. – 1:30 p.m.

## Floyd Enterprises

### Utility and Custom made Trailers

Welding and Steel Fabricating

Small Engine and Auto Repairs

Trailer Parts and Accessories

Lawn Mower Parts and Accessories

Made to fit Oregon Chains, Bars, Files & Oil

Wiper Blades

Motor oils, filters, washer fluid, Prestone, spark plugs

Batteries

No Drip Rust Proofing

Floyd & Marie Kauffeldt Hwy 41 Griffith

Phone or fax 613-333-2753

Visa and Interac accepted

## Highlands (Cont)

no other comparable business exists in the highlands. What could be more unfair? This highland restaurant is over half an hour from any town, with not even a village, business, resort, ski hill or snowmobile trail nearby. Example 2: Big business standards are inappropriately applied to micro business. Unreasonable insurance demands have been made on small businesses. My neighbour ran a small, idyllic pizza business from her farmhouse. She passed all health regulations with flying colours: separate dedicated kitchen with modern pizza oven, dedicated preparation counter, fresh dough prepared in front of guests, vegetables fresh from her garden, only the best of all ingredients. She was fully insured for her farm, and for any visitors who might come on farm business. But suddenly the insurance company demanded more than a double increase in her rates, just for her part-time pizzas. She explained that she could never justify that cost from a seasonal part-time business. She made only a little money and did it more as a community service and way of life, because everyone loved her baking. She gave residents, cottagers and travellers alike a break. It is almost an hour drive to town to find another take out meal. The insurance company insisted they wanted her to go commercial. She could not, and this resulted in her closing down her business. How can insurance close down the quality of life of an entire community?

Example three: Gas pump closures. Village gas pumps that are owned independently are mostly associated with the small general store/post office/coffee or café establishment. New environmental requirements for tanks, pumps, etc. equipment cost around \$50,000 to comply. These costs can be met by the large gas chains along the highways,

but not by small mom-and-pop pumps in our hamlets. Many have collapsed, closed down, run away—disappeared. Even when the owners had previously been in full compliance with the law, there was no government-backed liability insurance to accompany the new law. In the USA, most state governments provided this protection so that small operators could comply or sell their properties, and get out their equity.

The giant commercial dairies along the flatlands of the Ottawa valley have nothing in common with the clean cow pasture culture of our highlands, where our farmers hugs their baby goats and feed their bulls apples by hand. (I have proof of this on film!) We want to be small. We love being small. We have a right to be small. We have a right to live here. We are needed here, as stewards of the land – to preserve its beauty and integrity for all Canadians and for the world. Our landscape, villages, music, arts, culture and way of life – the closeness of wild and tame, wild animals and domestic, wild forests and rivers with fields and homes – forms our uniqueness. Few regions like this remain in the world. We should be a United Nations Heritage Region!

What we need now is official support for the foundation of our region—our heritage villages. We have the tiny charming human communities, raised by our pioneers on this land, which make a landscape endearing. Algonquin Park to the north does not have villages and our lowland villages to the south have been engulfed and consumed by urban sprawl. Condo developers advertise shopping centres as “village squares,” vainly seeking to warm cold bricks and mortar with old-fashioned words. But we have the real thing.

continued on page 17

The  
“Honey Do This  
Company”



**YARD MAINTENANCE CALABOGIE AREA**  
Seasonal Lawn Mowing or as needed  
Spring Yard Cleanup - Debris Removal and Haulage

**PROFESSIONAL HANDYMAN SERVICES**  
Creative Solutions . Reasonable Rates . Meticulous Work  
Carpentry Repairs. Interior Painting. Plumbing  
Deck & Dock Mildew Cleaning & Sealing  
- No job too small -

**PROPERTY MANAGEMENT**  
Insurance, Security and Damage Checks  
Emailed Inspection Reports with Photos

References Available . Insured . Flexible Scheduling

**BILL WEISS - 613 570 1488**  
[weissmaintenance@gmail.com](mailto:weissmaintenance@gmail.com)

LET ME EMPTY YOUR “HONEY DO THIS” JOB JAR



## AN EXPERIENCE YOU'LL SAVOUR

Dine between the mountain and the lake at Canthooks Restaurant, Calabogie Peaks Resort. Gather for casual fine dining with friends and family and enjoy seasonal favourites.

Open daily for breakfast, lunch and dinner. Dinner reservations are recommended.

Visit our website for information about upcoming events.

CALABOGIE PEAKS RESORT & CONFERENCE CENTRE  
613-752-2720, EXT: 1610 \* CALABOGIE.COM



## Healing tree (Cont)

leaves and tea have been recognized in their use as a poultice for boils.

Sugar Maple is one of the finest woods for furniture, building, and fuel.

The Red Maple (*Acer rubrum*) is similar to the Sugar Maple in use, as its inner bark is made into flour, its buds eaten and its inner bark boiled to make an eye wash, a tonic tea, and a wash for strengthening mucous membranes.

However, Red Maple leaves have caused the death of cattle and horses in West Virginia, so I wouldn't add them to a salad, nor make a tea from them. Perhaps it is something in the redness. Red Maple is also called Soft Maple because its wood is considerably softer than Sugar Maple. Therefore its value for furniture, building and fuel is relatively less.

Mountain Maple (*Acer spicatum*) has different qualities and uses from its larger and more populous cousins. As an internal medicine, it has been used as a uterine sedative in cases of threatened abortion and as a miscarriage preventive. It's taken as a tea for the four to five weeks before the projected date.

It has proven itself as a suitable substitute for cramp bark (*Viburnum opulus*). Mountain Maple tea has also been drunk as a remedy for diarrhea and intestinal illness.

As an external medicine, the pith of the twigs of the Mountain Maple has two uses for the eyes. Small particles can be pinched off the pith and placed directly in the eye where they will become sticky and adhere to any foreign matter which can then be removed with the pith. The pith can also be soaked in water to make a lotion for treating sore eyes.

Striped Maple (*Acer pennsylvanicum* -Maced.) bark is brewed for a poultice for swollen limbs, kidney troubles, and spitting of blood.

Striped Maple gets its name from the long white, vertical stripes that mark its thin greenish-brown smooth bark. It probably gets the name 'Moosewood' from the moose who eat its leaves in summer, and its twigs and branches are also an important winter food for deer. Birds feed on the buds in winter.

End

## Interesting facts about Canada

Canadians have made many important inventions, including Kerosene, the electron microscope, the electronic organ, insulin, the IMAX film system, the snowmobile, and the electric cooking range.

**Cottage of Hidden Treasures**

Featuring products from: **Mama Vic's Kitchen**

Madawaska Rd.  
Victoria Day - Labour Day



Gourmet Grocery and Local Art

Open Saturdays  
9 am to 3 pm  
Victoria Day - Labour Day


VISA Accepted

Phone: (613) 333-9319



[sunspacesunrooms.com](http://sunspacesunrooms.com)



**Carnegie Custom Construction**

**SUNROOMS & PORCH ENCLOSURES**

**Aluminum & Glass Railing Systems**

**Kevin Carnegie 613 752 0073**

**cell 433 1397**

## The Calabogie Highlands Golf Resort: Thirty years later

By Joyce Hatt and Susan Veale, 30th Anniversary Committee Members

The Calabogie Highlands Golf Resort turns 30 this summer. This beautiful course built on the shores of Calabogie Lake boasts a view like no other. With its spectacular views of the lake and the surrounding hills it has been home to many golfers over the past three decades.

As a child, owner Rick Fleming and his family called these rolling hills home. His father, a retired military man—The Major, bought the property in 1949 and used it as a cattle farm.

The land was turned over to Rick when he was 18. He had 190 head of cattle grazing the fields. Other than the cows and the farm workers Rick and his family were the only ones able to appreciate the beauty of this property.

One day a golf course designer happened by the farm and asked Rick to take him for a tour in his old jeep. He was wowed by the property and said, “this should be a golf course!” He couldn’t say enough stating, “It would be an incredible place to build a course where people could enjoy not only the golf but the incredible surrounding views.” Young Rick continued his farming but

always remembered the words of the golf course designer and his vision.

Rick’s friend Bill Hodgins dropped around one day and asked Rick how much snow dropped in Calabogie. Rick told him that Calabogie had more than enough snow for ski hills. Bill opened Calabogie Peaks and told Rick that Calabogie now needed a golf course.

Rick began checking out nearby courses and started planning a new use for his farm. Five years later, Rick found golf course designer Bill Dolgos in Montreal and the plans began. Bill insisted that even though almost all the courses in the Ottawa Valley at that time were only 9 holes, all courses should be designed as 18 holes. He told Rick that a 9-hole course was only half of a golf course.

By this time, Rick had some of the course built using the labour of his five kids, who worked very hard to help ready the farm for golf. They pulled rocks, drove tractors and cleared fields. Family and friends worked together to see the vision come to reality.

The first nine holes opened in 1983 with the second nine not opening until two years later. Rick recalls that after opening the first nine, the bank that helped finance his venture held one of the first tournaments. However, what was to become the second nine was still grazing grounds for the cattle and during the golf tournament, 160 of the 190 cows found their way out and crossed into the golf course. The competition continued around lost cows and lots of cow patties. Golfers were very careful about where they stepped and declared the cow patties to be unplayable ground...free drop. Today golfers enjoy a similar experience with ‘Hole # 3’...the infamous beautiful island hole, only now the geese and their young provide the free drops.

In those early years the course opened at 5:00 a.m. and each day green fees sold out quickly. The second nine helped alleviate some of that congestion.

Over the years Rick, his children and his former wife Debbie worked incredibly hard to bring ‘The Calabogie Highlands Golf Resort’ to the beautiful and enjoyable course that it has become today. Along the way another nine was added to the completed 18 holes of the Island Nine and the Mountain Nine. The Lakeview Course soon became a favourite to many who prefer to play 9 holes while enjoying the beautiful Calabogie hills. A few years ago Golf Canada named ‘The Calabogie Highlands’ as one of the top 50 golf courses in Canada.

continued on next page



## The Eagle's Rest General Store

**Cabin & Boat Rentals on Centennial Lake**

**Road and Lakeside gas service, Propane Refill Station**

**Great Selection of Fireworks**

**NEW Moccasins Are here**



**Tracey's Scooped Ice Cream**  
Starting July 1 st.  
Monday—Saturday 9 am—8 pm  
Sundays 9 am—6 pm

**Internet Access & WiFi Hotspot**

Steve and Gayle Main  
5373 Centennial Lake Road  
Griffith Ontario K0J 2R0  
**613-333-2713**



New Chef, New Menu, New Hours



## Fiddler's Green Bar and Grill

With Lakeview Patio

New Menu By  
Chef, James Paulen  
*Chef's Daily Features*

Open at 8:30 am, Monday to Friday  
7:00 am, Weekends and Holidays  
Dining Thursday, Friday, Saturday  
(Reservations Requested)

613-752-1234, ext 6  
For information & reservations



## Chilis & Chicks

Chic accents  
for your garden



blown glass chilis:  
Bettina Baum

ceramic garden  
chicks:  
Christian Paquin

**bittersweet**  
FINE CRAFT & ART

5 Leckie Lane • Burnstown  
open daily 11 to 5PM  
613.432.5254  
[www.burnstown.ca/bittersweet](http://www.burnstown.ca/bittersweet)

# J.LACOURSE CARPENTRY & SON Inc.

613.333.1042

Over 25 years of quality work



BULLDOZER 6 WAY BLADE  
WELL EXPERIENCED OPERATOR  
LANDSCAPING . ROADS .  
LOT CLEARING OR CLEANING UP

## Somethin' Special Gift Shop



Women's Clothing,  
Jewelry,  
Local Art, And (613) 432-0670  
Much More....  
Burnstown

Shortly after opening the course, Rick became one of the founders of the Golf Course Managers of Canada. He had learned the value of collective purchasing through his farming days and was able to translate that into huge savings for golf club owners when they banded together.

This year, in celebrating the 30th anniversary of 'Calabogie Highlands' the management of the course (which includes Rick, his son Chris as GM, and outstanding golf pro Steve Hall) along with Committee Chairperson Susan Veale are hosting three celebra-

tions. The gala opening celebration was held this spring, the 30th Anniversary Golf Tournament/Dinner will be held on June 28th and another special event is being planned for the fall.

This season, Fiddler's Green Bar and Grill has a new menu with a new chef, James Paulin. James brings to Calabogie his expertise in the dining field and looks forward to sharing his cre-

continued on page 17



# GRIFFITH BUILDING SUPPLIES INC.



1 Air Mile for every \$15.00 All Your Building Supply Materials & Hardware

Now Available  
"Sienna Lumber"

A new long lasting, pressure treated wood, that looks like cedar

Monday to Friday  
8:00 a.m. to 5 p.m.  
Saturday 8:00 a.m. to 3 p.m.  
Closed Sundays

Ask us about  
our New  
"One Time Stain"



Visit us on the web at [www.griffithtimbermart.ca](http://www.griffithtimbermart.ca)



- ◆ Steel Roofing
- ◆ Lumber
- ◆ Insulation
- ◆ Windows & Doors

Top Soil, Black Earth, Peat Moss, Manure, Mulch

- ◆ Vinyl Siding
- ◆ Fascia Material
- ◆ Shingles
- ◆ Trusses

Phone: 613-333-5596

## The Party Is Over

By John Roxon

Deleted emails, secret deals, and cash under the table: it must be North Korea or some other totalitarian regime. Yet this isn't Pyongyang, but the centers of the two largest governments in Canada, Ottawa and Toronto. The blame for most of the malaise and foot-tapping in our federal and provincial government today can be laid directly at the feet of party politics.

Imagine, if you will, a system whereby you can vote for the person best equipped to be the leader, the finance minister etc. Imagine again, that once elected, the leader could choose amongst the best and brightest in the land for other key positions within the government. These people wouldn't follow party lines, but would be non-partisan and have the good-will of Canada and its people as their driving force. Furthermore, these elected officials would be limited to just two terms and instead of them choosing politics as a career, would instead choose politics as a calling. Would it make a difference? Would an end to regional interests or voting along party lines rather than conscience create a more robust government?

Perhaps the best way to answer this is to examine the harm that party politics has done. Here are some of the head-

lines from the June 18, 2013 edition of the National Post;

"Quebec's distinct society actually proves to be riddled with corruption disease"

"Charity that demanded refund from Justin Trudeau has ties to Federal Tories"

"Liberals call for garnisheeing of Mike Duffy's wages"

"Rules required destroying Ontario gas plant emails, senior Liberal aide tells hearing"

George Washington's inaugural government in the U.S. was non-partisan. In fact, Washington himself warned against party politics in his farewell speech, published in 1796. In it, he warned that "The common and continual mischiefs of the spirit of party are sufficient to make it the interest and duty of a wise people to discourage and restrain it". Washington continued, "It serves always to distract the public councils and enfeeble the public administration. It agitates the community with ill-founded jealousies and false alarms; kindles the animosity of one part against another; foments occasionally riots and insurrection. It opens the door to foreign influence and corruption, which find a facilitated access to the government itself

through the channels of party passion. Thus the policy and the will of one country are subjected to the policy and will of another".

In Ontario, The McGuinty Liberals had deals for gas plants, and then cancelled them for the good of the party. In Ottawa, monies were passed to Mike Duffy largely because of his help to the Conservative party. Both of these incidents are recent and both illustrate the very problem with party politics in Canada today. The fact that most of the electorate chalk this up to usual government nonsense just shows how deep and ingrained the practise of "What's best for the party", rather than what's best for the country, has been. Everything from Trudeau's War Measures Act to the National Energy Program to Quebec sovereignty takes their roots and causes directly because of and from party politics.

Washington himself did acknowledge that there is a tendency to form unions along lines of shared interests, but it is this tendency that causes one region to be against another, for Quebec to be against Ontario to be against the West and the West to be against the central power brokers. If we had a government of conscience, it would be much more difficult for regional interests to gain a toe-hold. With a partisan political system, if you can influence the party in power then you influence the ruling government. Under a non-partisan system, special interests may influence a

handful of members, but they could be easily outvoted if those interests are not for the good of the country. Furthermore, absolute power would not rest so easily in the leader's hands as is the case now. Currently, the leader of any party can sway a vote his way which, in essence, serves to consolidate the powers in his hands which, if unchecked, creates a real despotism. Such is the case now, especially with majority governments. The leader has, for all practical purposes, unlimited or absolute power.

Unfortunately, it won't be easy to change our current system of government as too many people of influence gain with partisan politics. A good start could be to encourage more independent candidates and to actually vote for them. Through social media, a grassroots campaign to endorse and encourage good independents would go a long way towards dismantling our party system. The Liberals, NDP, Conservatives and various regional concerns are big money-generating entities. However, one thing to remember is that the voter is far greater in number than all the special interests combined. To paraphrase Friedrich Nietzsche, "Insanity in individuals is something rare; but in groups, parties, nations and epochs, it is the rule".

End

Alert, in Nunavut territory, is the northernmost permanent settlement in the world





**CALABOGIE  
HOME  
CHECK**

*Providing personalized care for your home  
when you can't be there.  
Serving Calabogie and the surrounding area.*

**JANE HUNTER Tel. 613-752-2208**  
*E-mail: jane.hunter@acn.net*

# Snider Tent and Trailer Park & Variety Store

*Gas & Oil*

*Propane exchange, Groceries, Giftware,  
Ice, Worms and Fishing Tackle*

**613-333-5551**

**Fire Works 10 pm June 29**

**Everybodies Welcome !**

## Griffith Matawatchan News

By Garry Ferguson

Anyone who may have thought we'd seen the return of those fun-filled trips up the Camel Chute end of the Matawatchan Road, with all the thrills of dodging familiar potholes, can relax. Alas, those trips to socialize with your friendly vehicle alignment specialists should be a thing of the past. The newer version of those original potholes – they seemed to be breeding faster than rabbits - will be patched and a new surface will be applied.

As promised, the Seniors Housing Corporation's Nu2U store at the old township office, next to the Griffith Hall, staged its official opening on schedule, June 01. The sign you'll see along Highway 41 (near the entrance) was made and erected by Terry and Gail Holtzhauer. Carol Anne Kelly, Christine Ward, Sharon Stone, Hazel Warren, Pat Holleran, Juliette LeGal and Carol Ferguson all turned out to set up. The local version of Value Village and the Sally Ann will gladly accept – on Tuesdays and Saturday afternoons - good clean second-hand articles in order to keep the Committee in pocket change until something substantial comes its way. If you happen to be passing through Griffith on a Tuesday or Saturday afternoon after 1 p.m., drop in. You will probably find at least one treasure. Just ask yours truly who always returns home with more than was taken to be donated.

The Denbigh Griffith Lions Club is at it again. Doing good deeds out there in the countryside that is. On June 27, members will travel to graduation ceremonies at North Addington and Opeongo High Schools to present three annual bursaries to deserving graduates. Two will be awarded at North Addington and one at Opeongo. From 7 to 9 p.m. on Wednesday July 24 the Club will throw an Appreciation Night for the community – seems to me that this is backward to what should be – where everyone is welcome.

Though there'll be acres of publicity before the event, it might be prudent to

mark the August 24<sup>th</sup> Show and Shine on your calendar. You won't want to miss it. They tell me that come shower or shine it Show and Shine. Also keep in mind the 7-p.m., Tuesday-night bingos. The July dates are the 9<sup>th</sup> and 23<sup>rd</sup>.

The folks at the Fish and Game Club tell me that someone will be the proud owner of a Polaris 550XP bike, providing that the someone has put out \$10 for one of the (max) 2000 tickets being sold by the Fish and Game Club through local stores. They also report that the pickerel count was low this year due to drastic changes in water levels causing murkiness. Mother Nature or Mother OPG? There'll be more dire warnings, during the next month or so, pertaining to the August Annual Pig Roast, so stay tuned.

Tucked away somewhere in the last edition of *The Madawaska Highlander* is an article by Bill Graham – our editor/publisher/writer/photographer/distributor/researcher/mentor/father confessor/etc. describing the features of a new website, [matawatchan.ca](http://matawatchan.ca). St. Andrew's United, the Matawatchan Hall Board, *The Madawaska Highlander*, Matawatchan Market and Committee for a Matawatchan Cultural Centre have all signed on keep the public up to date on the goings-on. Make sure to dig out your copy – which of course you saved – and give it another read.

If you can't come up with the article, go to the site any way. This is where you'll find all the information on the June-29<sup>th</sup> Matawatchan Picnic/Canada Day celebrations, as well as on many of the ten participating organizations from Matawatchan, Griffith and Denbigh. Bill Graham has written, somewhere in this publication, an in-depth article on the planned celebrations and the organizations, including the township, behind it. Festivities will commence at 1 p.m. immediately after the Matawatchan Market finishes. There's a big day planned so try to fit it into your schedule. At least, read Bill's article.

Here are some facts that may help readers keep tabs on a few other local

## Wellness Natural Health Centre

44 Norton Road Calabogie ON K0J 1H0

[www.wellnessnaturalhealthcentre.com](http://www.wellnessnaturalhealthcentre.com)

613.752.1540

Susan Veale BSc. K1M

*Specializing in Women's Health Care*

organizations. The Matawatchan Market will open every Saturday from 9 a.m. to 1 p.m. – except on August 24 - the day of the Lions Show and Shine - until August 31<sup>st</sup>. The planned Matawatchan Cultural Centre, through the magic (hard work and a profound knowledge of the bureaucratic mind-set actually) of Juliette LeGal is now an officially registered Not-for-profit corporation. The committee formed to make the Centre a reality has taken the lead in organizing the (above mentioned) Canada Day celebrations. Matawatchan Hall Board President Mark Tomlin is interested in hearing from members of the community on how to better utilize the Hall and the grounds. He wishes to remind the community that they are available for rent.

Folks over at the Camel Chute Camp Ground (The Trailer Park Boys) have a robust social agenda planned for the summer. On July 06, they will add a little competition to the daily fishing routine with a fishing derby. The day will finish with a pot-luck supper to shore up the spirits of the losers and make them forget the fact that they are losers. It is predicted that Jacques Lalonde will win the day. Problem is, Jacques reportedly made the prediction, so he may have to settle for the pot-luck.

On Saturday, August 03, within the confines of the Park only, Halloween will come about two months early. The youngsters will do the rounds and there will be – of course - another supper. The Fishing Derby losers should have their appetites back by then. A corn roast and a Twist 21 Tournament are scheduled for August 31. I'm familiar with a corn roast but the rundown on this Twist thing was too complicated to keep my mind from wandering, so I forgot. Curiosity about that, or any other social event may be satisfied by contacting Guy Poulin. He's behind all the revelry and goings-on at the Park.

On the afternoon of June 15, people travelled to Calabogie from far-flung places to remember Wes Bomhower. Every seat in the Calabogie United Church, including the choir loft, was filled for the moving Memorial Service to a multi-faceted man who touched many through at least one of his many attributes. He once sent me a handwritten song – to be sung to the tune of "There is a Tavern in the Town" - about the closing of the Matawatchan Store. A D8 Caterpillar could not have kept Bill Graham or me away.

continued on page 19

# Up the Line

By Wes Bomhower

## I HAVE A GIRL FRIEND

Finally, two cook's helpers, (or cookees as we called them,) were sent into our camp along the Nipigon River and I was relieved to be back outside again working on the digging and pole erecting crews. Morris Pollard, the older lineman, was in charge of the drilling and blasting rock holes and Jack Morrow's crew followed, erecting the twin pole structures which were mostly 60 foot cedars, and usually we installed them with pike poles and the raising horse. Some of the right of way had not yet been cleared, so Jack would sometimes utilize a big tree by installing a large pulley up a tree and with the aid of the bulldozer winch cable, raise the pole into position. All went well until one day we almost had a fatal accident.

The snow was very deep, making it difficult to maintain good footing anywhere, and as the winch cable tightened up, some of us held side pikes against the pole to guide it. Two men stumbled in the deep snow and fell with their pikes and Walter Eves and I could not hold the big cedar which came hurtling sideways at us. Someone cried, "down boys, quickly", and we pitched headlong into the snow as the big pole swung scant inches over our heads to crash into some smaller trees nearby! Holy Toledo! A near miss! My brother came running from the bulldozer thinking I was hurt or perhaps killed, but fortunately there was not even a broken bone amongst us. We were lucky. We re-arranged the equipment and this time we managed to get the pole standing vertical.

More men were hired, (and a few of the original bunch quit to find work in a more southerly clime,) and I was brought back into the kitchen again. About that time I began to think seriously of becoming a cook, the wages were good, and I would ask John Sirkoni a lot of questions. "Small Bobby", John would say, "you already could be cook but you must know how and when to order everything and to take inventory every couple days". I thought about that for awhile and decided perhaps cooking was not for me after all.

George Vermette from Ottawa became second cook under John and he was a great guy. Two other cook-ees, I can't recall their names, were just trouble makers, and one morning they got into a fist fight over some trivial matter. They were fired within the hour and so my work load increased as did George's because we were now feeding 125 men. But shortly afterward, some men were transferred out and word was that we would soon be moving camp

up the other side of Cameron Falls near Alexander Landing. The snow was disappearing quickly and within ten days we were ensconced in a beautiful spot where Fraser Creek emptied into the Nipigon River. And though Fraser Creek may have been a creek farther up country, here it was a 300 foot wide river, the bridge crossing it being right beside the camp on the road leading to Cameron Falls. More about that bridge later.

Across the road from the camp lived a family by name of Langtree. I soon became acquainted with the oldest girl, Melva, a lass of sixteen, and we had some good times together that spring and summer. When school was out for the summer, she obtained a job in the kitchen at Abitibi Pulp and Paper camp just outside of Cameron Falls and every evening would find me there on my bicycle. One of our guys who owed me some money, decided to quit and go back home but he didn't have enough money to pay me, so gave me the bike instead. I had a flashlight to carry on the bike, but this one night I forgot the thing, and oh, what a dark night it was as I returned to camp by myself. There was heavy forest on both sides of the road, seeming to make it darker, and as I approached the aforementioned bridge, something on the road ahead of me gave a great snort. I dropped down off my bike, thinking perhaps I could see what it was but it was too dark to see anything and my greatest concern was that it was a mother bear with cubs. Our mechanic had seen a trio just two days before and the mother bear was large with little sense of humour where her cubs were concerned.

What could I do? I had to cross that damn bridge to get back to camp and I had no idea what kind of animal I was up against! I began throwing pebbles toward the unknown beast, hoping it would somehow make a move. Suddenly, it gave another great snort and went crashing down through the forest to my left. Without hesitation, I boarded my bike, and though I couldn't see much, I'm certain that I broke a lot of speed records crossing that bridge and into camp, a very relieved lad indeed to be safe in my bed.

Next morning, George left the small tent quite early, which he shared with John and I, to prepare breakfast for a few operators and labourers over at the power house of Alexander Landing, and John rose shortly afterward to begin breakfast for our own gang, while I dozed a bit longer. In my dreams I could hear someone calling urgently, "small Bobby, small Bobby, and finally I woke up enough to realize it was old John calling me from outside somewhere. I pulled on my trousers and went outside. There was poor old John inside the screened in meathouse where he had gone for a side of bacon, afraid to come out because a huge porcupine was between him and the kitchen door. I shuffled my feet and the

porcupine ambled off across the yard, leaving John free to run into the kitchen with his bacon. I guess it was John's first encounter with such an animal.

Those were the days!

**Footnote:** I should mention that Ernie Pigeon and his travelling crew of about twelve linemen came into our camp that

spring and they helped considerably to complete the line from Cameron Falls to Pine Portage. I also inherited a 1930 Chevrolet and an antique fiddle from two men who owed me money but were fed up with the north country. I was a banker of sorts in those early years.

End

### Thank You

A note of appreciation is sent out to the good people of Calabogie and surrounding area for making the Memorial Service for **Wesley Bomhower** such a memorable occasion. A thank you is also extended to the ladies group who provided refreshments for all, following the ceremony.

To those family members who had the composure to pay tribute to a father, grand-father and uncle, a special thank you is expressed. As well, many attendees travelled far in order to join in this commemoration of life, which is much appreciated.

With sincere and heartfelt gratitude to all of the above...

Bernice (Bomhower) Benson .... Sister of Wesley

# Colton Creek Property Maintenance

Serving Ottawa Valley and surrounding areas

Joey Rosenblath (613) 334-8010

Matawatchan, ON  
coltoncreekpm@hotmail.com

- |                             |                                |
|-----------------------------|--------------------------------|
| Snow removal                | Cottage checkup                |
| Landscaping                 | Pressure washing               |
| Lawn Maintenance            | Staining & painting            |
| Tree & stump removal        | Dock install / removal         |
| Garbage & recycling removal | Fall & Spring cleanup          |
| Fully Insured               | General Maintenance and repair |

Call for a free estimate (613) 334-8010





# Kelly Homes Inc.

Custom Homes, Post and Beam, Log Homes

Garages, Renovations, Roofs, Decks

Excavating, Hardwood and Tile Flooring,

Custom Tile Showers, ICF Foundations

Discovery Log Homes Dealer Builder

NorthStar Window Dealer

Complete Project Management

## Better Built Homes

613 433 1035

www.kellyhomesinc.ca

## Highlands Golf (Cont)

ative dishes. What was once solely pub food, now also includes fine dining.

There are many people in the Ottawa Valley and beyond that have enjoyed the challenging golf that is offered at this outstanding course. The Anniversary tournament/dinner is open to the public and all are invited to come and help Rick and his family celebrate and share the beauty. If you have never played Calabogie or if you haven't visited in a while there is still time to sign up and

join in the fun. If you are a new golfer or would enjoy a shorter game that day, the 9-hole Lakeview Course will also be used starting at 3 pm. Call the Proshop at 613-752-1234 for more information.

Rick and his family would like to thank all those who have supported the Highlands over the past 30 years. The management and staff look forward to their continued contribution in providing an exceptional golf facility and their role in growing the game of golf.

End

## Highlands Region (Cont)

Democratically speaking – we the people of the highlands have our part to do. We must identify with our region as a whole, east to west across the hills. United we will have a voice because we will then have several Members of Parliament, and a number of Members of Provincial Parliament already representing the several jurisdictions of our region! United as a distinct geographic-economic-cultural region east-west, we will have a strong voice, which can be heard in Queens Park and Ottawa, and we can thrive again—and what is the first thing to ask from them? That they each create a special desk prepared to address our specific Highland Heritage Village Regional concerns. This could be a desk in Rural Affairs. But it must have a person who is thoroughly familiar with us, has visited all our villages, and understands the difference of our highland culture in which small is beautiful, and seasonality controls all things – including our economy.

It is good that the province encourages tourism to our region. Now let them encourage us. Let the province work with us to provide regulations which help us, not close us down. Banks (if

necessary forming a special bank for micro-businesses) to promote seasonal, sustainable micro-businesses, not to close them down. Insurance that protects our businesses not closes them down. Then there will be truth in advertising our Highlands to the world for its rare mix of wild and tame, wilderness and charming villages.

Editor's note: Mary Bazan Sheridan, documentary filmmaker, is producer of Highland Village Films. The company is making documentaries on the Highland Heritage Village Region.

End

**Art Show**

**@ Camp J**

**1748 Frontenac Rd.**

**June 29**

**10am - 2pm**

## To the editor of the Renfrew Mercury: July 14, 1899

Sir:

The annual picnic of the Presbyterian Church in Matawatchan took place on Wednesday, the 5th. The weather up to the day of the picnic was very unfavourable, as there had been on preceding days copious showers of rain, and the roads were consequently not in very good condition. Even on the morning of the picnic the clouds began to weep and betokened a wet day, but the glorious orb soon appeared and wiped away the tears, and so the day remained fine until towards evening. Despite the conditions of the roads, a goodly crowd arrived upon the grounds, some coming long distances on bicycles and in rigs. The forenoon was spent mainly in social conversation, renewing old acquaintances and calling up pleasant reminiscences. Everybody appeared to enjoy themselves thoroughly. The swings erected on the grounds were well patronized.

About two o'clock in the afternoon the people seated themselves to listen to a lengthy and well-prepared program, consisting of speeches, recitations, and singing. Very effective and inspiring speeches were delivered by Rev. Mr. Turkington of Matawatchan, Rev. Mr. Green of Ompah, and Rev. Mr. McCallum B.A., of Levant. After the program was disposed of, attention was turned to the sports, which consisted of racing, jumping, tug-of-war, etc. Before these amusements were completed, the rain scattered the crowd.

The day had been very hot and sultry, and about five o'clock dark clouds began to accumulate in the west, the thunder began to roll, and soon a terrible storm of rain and hail burst forth on the happy picnickers. Everyone

sought a place of refuge, but ere this could be affected many were thoroughly drenched, as the rain came down in sheets. Hail of extraordinary size fell and did a great deal of damage. The glass in the windows exposed to the storm was smashed to pieces, and the agricultural crops, especially the peas, were seriously injured. Luckily the hailstones prevailed over a small section only. In the evening, when returning home, several runaways took place. Some of the occupants were thrown from the rigs and received a severe shaking up, but no fatalities occurred. It would be unfair to conclude without reference to the ladies. They are to be highly commended for their work in preparing the meals, which for excellence would be very difficult to equal and impossible to surpass. And as it is only when the wants of the inward man are fully satisfied that the outward man can truly enjoy himself, the success of the picnic should largely be attributed to the ladies. From a financial standpoint, the picnic was also a success, for although the receipts were somewhat lower than previous years, yet the result is that the treasury is swelled by something over forty dollars.

Another very pleasant event might appropriately be mentioned here. On the evening of the picnic a marriage ceremony was to have been performed, but owing to some of the relatives of the bride having been injured in the runaways mentioned above, it was thought expedient to postpone the marriage until the following day. Accordingly, on Thursday at two o'clock p.m., the wedding took place in the church, and Mr. Eli Troke of Renfrew and Miss Jane Ann McPherson of Matawatchan were united in the holy bonds of matri-

continued on page 23

# Rural Vignettes

By Antonia Chatson

## BEING PLASTERED

I discovered another strong point of my talented mother, other than the making of and fixing of snake rail fences. When the fences ran out, she decided that she would work at re-cementing the outside stone of the house. In keeping with the mentality of the times - that is to make something look as if it wasn't, the men who did the masonry work filled all the cracks between the stones flush with the stones. After they had done that, they put fake lines evenly along the stone face to make it look as if manufactured stone rather than field stone had been used. It looked awful - at least to my mind. Why not emphasize the irregularity of the stonework, thus making it unique? When my mother set to work at the outside walls, she had the same opinion of the previous work that I had. She took great pains at chiselling out the old mortar and towelling in the new. But this time she pointed the stones and it looked much better. I was not too interested in this project of hers, but when she began to work at filling cracks and often large holes in the plaster on the inside of the house, I

was taken immediately. My father left my mother to her own devices when she was doing the outside stonework. I think he felt it was a silly, fruitless and Herculean task, but he humoured her, if that was what she wanted to do, and he went about his arboreal work. However, when it came to plastering, he was the expert.

Not that he wanted to monopolize the work, nor was he really too interested in becoming involved to the point that it took up any of his valuable time. But he did feel that it was his duty to demonstrate to my mother and myself how it should be done. There were copious quantities of hair cracks in the plaster and some larger ones up to say an inch in width. My mother found that if she mixed a small amount of plaster and water in a bowl, she could easily rub this mixture into the cracks and smooth it over with her fingers. To my father, this was heresy.

We had worked together in this and we had filled a fair number of cracks in this manner, when my father was alerted to our methodology, when he caught us one day, our plastered fingers accusing us of our actions. He correctly assumed that it was my mother who was at the root of this heterodoxy.

"Now Helen", I remember him saying, "you know that is not the correct manner in which to plaster cracks. Now you two just come upstairs with me and I will show you how to do it." Why he chose to do his demonstration in one of the two narrow cupboards in the bedroom, I do not know, but he did. We stood by, at a distance, as he hauled a large heavy wooden stepladder upstairs and tried to jam it into the cupboard. The width of the stepladder was just half an inch narrower than the width of the cupboard. I did mention that they were extremely narrow. Then as he warned us with a knowing look, he disappeared downstairs. We heard him go outside and pump a five gallon pail full of water which he brought in and placed at the bottom of the stairs. Then, quite a din ensued as he looked for various other implements in his workshop. Finally he thudded upstairs, carrying the bucket of water, spilling a fair amount in his progress, as he had filled it too full. In his other hand, he had a basin, in which were a trowel, another flat metal thingy with a handle on it, with which to smooth over the plaster in the crack and surrounding area - if needs be. Also he had a box of plaster under his arm and a foot long flattish brush with which to wet the surrounding wall before any plaster was applied. I knew that there were not many cracks in that cupboard and the

word 'overkill' sprang immediately to my mind.

He placed his load at the outside of the cupboard doorway. Now, in order to be able to climb the stepladder, he had to wiggle his one foot beyond the door jamb and place it on the first step of the ladder, then haul the rest of himself in, before he could climb up. The bottom step of the ladder was about a foot in to the left of the doorway, as the cupboards were not very long in keeping with their narrow width. He started with the five gallon pail of water, which I assumed he would place on the shelf opposite the top steps. Of course, he knocked it several times on the door frame, trying to get it in after he had gotten in himself, spilling even more water. He had to hold the bucket behind him as he ascended the steps, then he had to lift it over his head before he could place it onto the top shelf. He finally got that in position, then he descended for load number two. He placed all his tools in the basin, backed into the one side of the cupboard. But the basin had to be tilted to get it in and of course several things fell on the floor in the process. He eventually got everything in position. He climbed up to the second last step (remember that the ceilings were very high) so all we could see of him was from his knees down. How we

continued on page 23

**"The Only Place to Go"**  
**Smitty's Warehouse Operation**  
 For NEW or GOOD USED Appliances

Smitty has been keeping customers happy for 40 years in the appliance business. This proves Smitty has the **BEST PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE**, plus same day delivery, seven days a week. We sell gas refrigerators. Smitty plans to be around for another 20 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

**BEST QUALITY** **BEST GUARANTEE** **BEST PRICE** **BEST SELECTION** **BEST SERVICE**



**SMITTY'S**  
**"KING OF APPLIANCES"**  
**(613) 969-0287**  
 Open Evenings & Seven Days a Week -  
 River Road-Corbyville, Just North of Corby's

**Canada Day 2013**  
*in Calabogie*

**Monday July 1**  
**Canada Day Breakfast starting at 8:00 a.m.**  
 by Calabogie & District Snowmobile Club at the Community Hall

**Art Show — Silent Auction**  
 at the Community Hall 8:00 a.m. then United Church Hall 4:00 p.m.

**Madawaska Street events begin at 4:00 pm**

**Kids Games Park with Theme Inflatables . Fire Trucks**  
**Race Cars . Mother Goose . Face Painting**  
**Fish Pond & Minnow Races . Scavenger Hunt**  
**Books . Chips . Pop . 50/50 Draw . Pizza . Ice Cream**  
**Bingo . Beer Garden . Crown & Anchor**  
**Prize Table . Beef-on-a-Bun . Desserts . Bake Sale**  
**Music by P'nL at 4:30 . Mixed Nuts begins at 6:30**

**Fabulous Fireworks at Dusk**

**BOATERS - STAY WELL BACK**  
 THE TOWNSHIP OF GREATER MADAWASKA **NO DOGS • NO BIKES • NO SKATEBOARDS**



# Betty's Fries and Fish

177 Bridge St. Denbigh (Hwy 28)



**Freshly Made Haddock Fish and Chips**

**Hamburgers**  
**Hot Dogs**  
**Corn Dogs**  
**Pogo**  
**Sausage on a bun**

**Fries**  
**Poutine**  
**Peameal on a Bun**  
**BLT**  
**Club House**

**Ice**  
**Cream**  
**Cones**

**Betty's Fries and Fish**  
**Canada Day Long Weekend Special**  
**Bring this coupon in for a Free Ice Cream Cone**  
**with \$20 Purchase**

## We are OFF to School this Morning

By Howard Popkie,

I came through the big door and the smell of an old place hit me; first the rows of seats and the desk at the front for the teacher.

I was shown where my desk was and sat down. Frank Legris was my teacher and it was first day at school.

The teacher always wore a green suit, white shirt and tie and to go home he had a hat and rain coat. It was like a uniform for him since he never changed his dress.

He gave me plasticine to play with. Then he had a chalk tin full of little squares of cardboard with letters of the alphabet printed on them. It was small a on one side and a large Capital A on the other. He would write the word cat and dog on the blackboard and we had to find the letters in the can and compose the same words. After that he started to sound out the words to show us how to write.

That day he left us grade one kids to play with the words or the plasticine for the day and spent his time with the grades two to eight kids.

I spent the day looking at the big school room with the book cabinets and the maps on the wall of different countries. The big iron box stove with the stove pipes ran the full length of the school and was tied to the ceiling with stove pipe wire.

Someone had donated a very big grand piano to the school. It was at the back of the room and it had big legs that were carved like a lion's foot at the bottom with a big solid glass green ball in each foot.

On top of the book case was a skeleton of a big house cat mounted on a board. I saw a square wooden box with 23 one inch squares carved in it on all sides. It

was used to teach the bigger kids about square foot calculations. There were also cones of wood and balls of different shapes to teach the older kids more advanced arithmetic.

On the wall was a big picture of King George V and the Queen in a black frame. I couldn't see out the window since it was too high up on the wall. At the back of the school were a washstand and a pail of drinking water.

When I got home I told Mom all about it, and she said: "The place never changed, that's the way it was when I went to school there".

End

## G/M News (Cont)

I first met Wes in Cobden when we served as directors with the Heritage Old Time Music Association. Though we had, for some time, written for *The Madawaska Highlander*, we had never come face to face. When introduced, he said, "I always wondered what you

looked like." I, of course had always wondered what this great story teller looked like and told him so. We immediately became friends and for years he made it a point to include me in Calabogie happenings. I, in turn, had him perform with other Valley musicians

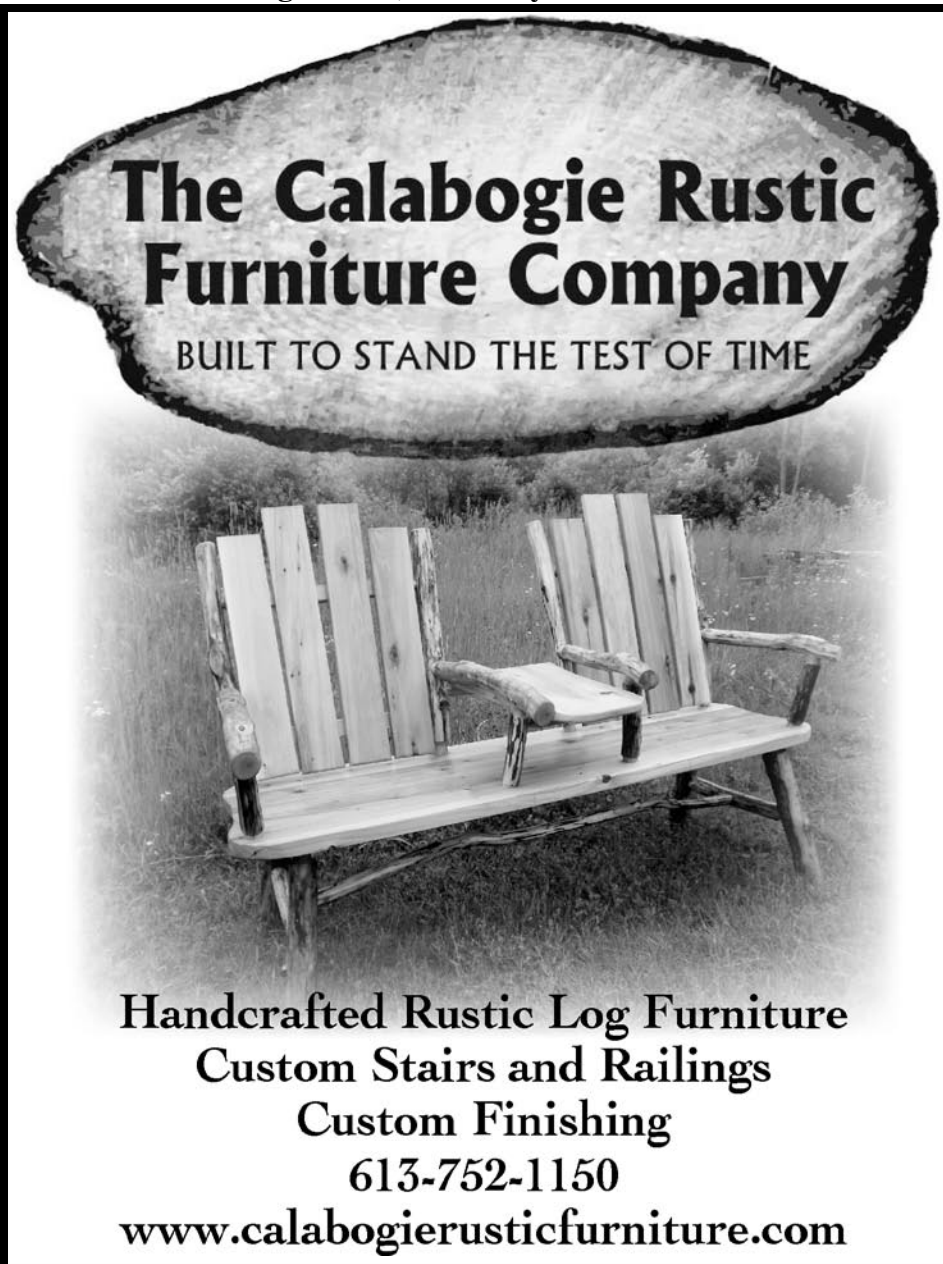
at the Matawatchan Picnic. He never failed to come up with something entertaining and out of the ordinary.

He spent his last days furiously adding to his cache of stories – enough to last for three and a half years according to

Bill's estimate – so a casual reader of the *Highlander* might not notice his absence for some time. It was evident though, to any who attended his Memorial Service that Wes is already sadly missed not only in this township but throughout Renfrew County and far beyond.

End





**The Calabogie Rustic Furniture Company**  
BUILT TO STAND THE TEST OF TIME

Handcrafted Rustic Log Furniture  
Custom Stairs and Railings  
Custom Finishing  
613-752-1150  
www.calabogierusticfurniture.com

**McDONALD FUELS**

**Furnace & Stove oil**  
**No-Lead Gas, Ethanol**  
**Coloured and Clear Diesel**  
**Complete Line of Lubricants**  
**Lease to own Hot water Tanks**

**Jane Street, Eganville**  
**613-628-3173**      **613-628-3677**



**PURA VIDA NUTRITION STORE**  
267 Stewart St; Renfrew;  
613-433-9437  
info@puravida-nutrition.ca

NOW FEATURING

**THE RAW - CURIOUS KITCHEN**

*Simple, Fresh, Local and Guilt Free!*  
Smoothies • Fresh pressed juices • Entrees • Desserts

VITAMINS, HERBALS, SPORTS AND DIET SUPPLEMENTS; AROMATHERAPY; HOMEOPATHY; GLUTEN FREE & SPECIALTY FOODS; BOOKS

HOURS - MON, TUES, WED 9:30 - 6  
THURS, FRI 9:30 - 8 ; SAT 9:30 - 6; SUN 10 - 5

## Bogie Beat

By Skippy Hale

I have always admired folks who took a change in their health status as a challenge. Such a person is Hughie Nolan. At the age of 60, he was informed that he was diabetic. Rather than sinking into a funk, he took the challenge head on, or should I say feet on! He decided to run a marathon to raise money for the Canadian Diabetes Association. He has run in Iceland, Ireland, Niagara Falls, Hamilton, Ottawa (several times), Mount Kilimanjaro and most recently, Mount Everest to raise funds for Hospice Renfrew. The day before leaving, there was a 'Bogie 5k walk/run for Hospice Renfrew to send him on his way. Training for the run involves certain challenges due to his diabetes which is helped by an insulin infusion pump but the high altitudes add another element to the mix. I wonder what mountain or highway he will tackle on his next run around the world.

Hank Schaly could be seen again this year with a group of St. Joseph's School children planting flowers at the Cenotaph. He teaches children every year about growing up in Holland and the relief when the Canadian soldiers liberated his homeland. He adds a bit of local history when he draws their attention to the names of very young men on the Cenotaph familiar to many of them through their families. These instructions and the children's participation in the planting have eliminated vandalism from this special spot by the lake. He and Henny also supervised the spring cleaning (by the Seniors' Club) of the Butterfly Garden at Barnet Park and the other gardens which grace the park.

The churches of Calabogie participate in collecting food for the Calabogie Food Bank. A recent Yard Sale helped add to their funds. The needs are growing for this wonderful service. Please

give generously, either from your wallets or dropping off a bag of non-perishable food to one of the church baskets or to the box at the Greater Madawaska Public Library. Thanks to Pastor Bill and his wife Diane for co-ordinating this wonderful project.




Another on-going activity in the village is our rink. After fixing the drainage problems and installing professional rink boards several years ago, plans are underway to make a permanent concrete base. This will allow year-round use of the surface and enable a smoother ice for the skaters. The long-range plan, for which funds are now being raised, is to have a roof cover to keep the bulk of the snow off. As a user of the rink, I am excited about this. After a heavy snowfall it is difficult to remove the layers of snow which cause the ice underneath to become soft. Also, the way the sun moves, there is often a soft area at one end. When we moved here, I saw many signs for the 'Ice Dream'. Now I understand what many have worked for and will continue to do so until the dream becomes a reality. I have often been accused of 'dreaming in technicolour' ...Guilty as charged, for without dreamers what would the world be? Thanks to all the volunteers who work so diligently for this project.

This year in September, Most Precious Blood Church will celebrate 100 years as a parish. Though the church was built in 1894, it was a mission of St Francis Xavier Church in Renfrew. They did not receive their own pastor until 1913. We are preparing a remembrance collection so if you have Wedding, First Communion or other pictures from the early days, please lend them to me. Provide a description with significant dates. They will be scanned and returned to you.

Please contact me with local stories of events to be included in future columns.

End

**SETTING  
A HIGHER STANDARD  
OF EXCELLENCE  
SINCE 1996**

**HARRIS CONSTRUCTION**  
harrisconstruction.ca




**RENCREW**



**General Contracting**  
New Homes Additions  
(613) 433-9118 (H) (613) 639-6309 (C)  
harrisbuilt@gmail.com

**YOU CHUCK IT, I'LL TRUCK IT!**



**\$5.00 per pick-up  
\$2.00 per bag**  
Monthly rate available  
(cash only please)

**THE DUMP DIVA**

Household garbage and recycling picked up at your home or business.  
**Wednesday and Sunday** afternoons - clear bags and bundles only.  
Griffith and Matawathchan area. 15 pound per bag limit.  
TELEPHONE: 613-333-5138 EMAIL: thedumpdiva@gmail.com

## How Do We Cope???

By Susan Veale, BSc. Kin.

As the lazy, hazy days of summer end, we start to gear up for fall; back to work, back to school and other activities. As calendars fill in, time becomes a premium. Juggling activities presents itself with its own stress. Although we are well aware of what we are thinking and can sometimes feel the panic and frustration in our body, how does our body actually cope with stress?

The answer is that the body has many coping mechanisms however the principal organ responsible for stress response is the adrenal glands.

One adrenal gland sits on top of each kidney. They form part of the body system called the "endocrine glands". The function of the gland system is to produce chemicals in the body which allow other "actions" in the body to take place.

The adrenal glands are responsible for the utilization of carbohydrates and fats; the conversion of fats and proteins into energy; the distribution of stored fat (especially around the waist and the sides of the face), the regulation of blood pressure and proper cardiovascular and gastrointestinal function. The adrenal glands also produce hor-

mones with anti-inflammatory and anti-oxidative properties which help to reduce the negative effects of allergic reactions to alcohol, drugs, food and environmental toxins.

Mid point in life for both men and women, the adrenal glands become more responsible for the production of sex hormones in the body. For both professional and recreational athletes, the adrenal glands have a responsibility for muscular strength and stamina. The adrenal glands are also responsible for the familiar response called "fight, flight or freeze". This primitive reaction happens as a defense to a stress. When the body reads a stress it starts increasing its production of a chemical called cortisol in order to prepare the body to either fight, flee or freeze. Picture a primitive hunter tracking a bear and the bear attacks. In preparing for battle, cortisol levels rise initiating an increase in the production of cortisol, that in turn would increase his heart rate and blood pressure thus increasing his delivery of blood and nutrients to the muscles by diverting it away from organs not needed in battle such as his digestive organs. Once the fight ends, cortisol levels return to normal and adrenal glands resume their normal production. All this is true, unless the bear wins.

Today, the bears we fight are less physical and more mental, emotional, psychological and environmental. In any given day, many people face "low grade stress" and the adrenal glands respond with spikes in cortisol production. In some cases, these small stresses occur all day long so the adrenal glands stay on "red alert" constantly producing cortisol. When stress continues without relief, the adrenal glands become overworked and a condition called "Adrenal Fatigue" occurs.

Adrenal fatigue may also be as a result of stress due to an infection, major sickness or injury. The adrenal glands respond to every kind of stress inflicted on the body, no matter the source. Cortisol production follows a normal daily pattern when the adrenal glands are strong and healthy. When the adrenal glands weaken, the normal pattern changes. Symptoms of cortisol deficiency may include allergies, feeling cold, morning sluggishness, low sex drive, muscle aches and pains and feeling unable to cope, 'burned out'. In cortisol excess we may see symptoms of irritability, weight gain around the waist, sleep disturbances, bone loss, high blood pressure, loss of muscle mass, insulin resistance, low sex drive, loss of scalp hair and feeling 'tired but wired'. Most commonly within conventional medicine we hear of the extremes of adrenal function: Addison's

Disease (no cortisol production) or Cushing's Disease (excessive cortisol released). For those that are not at either end of this spectrum finding a reason for their symptoms can be difficult and frustrating.

Restoring adrenal health means applying body, mind and spirit to the task. There is no magic "pill" to quickly restore function. It is a matter of care-taking for yourself and getting proper nutrition to support the glands.

To learn more on how to address Adrenal Fatigue, please visit [www.wellnessnaturalhealthcentre.com](http://www.wellnessnaturalhealthcentre.com) or phone the number below; I would be happy to discuss with you.

Wellness Natural Health Centre  
613-752-1540

End

Are you interested  
in joining a home  
school group in the  
area? Please contact  
Patricia at  
613-758-9902

## THE TERRY FOX RUN FOR CANCER RESEARCH

RUN  
WITH

TERRY



Inspired By A Dream Grounded In Tradition  
Volunteer-Driven  
NO ENTRY FEE NO MINIMUM PLEDGE  
Walk-Run-Wheel-Ride

**SUNDAY, SEPTEMBER 15**

1 888 836-9786 terryfox.org

Griffith Building Supplies, Hwy 41

Registration opens 8:00

Run begins at 9:00

An "out and back" along Church Street and Flying Club Road

Come out for a 5Km or 10Km Run, Walk or Bicycle

**KELLY DERUE, REAL ESTATE BROKER**  
CELL 613-433-2681



EADY REALTY, INC. BROKERAGE  
Raglan St S., Renfrew On K7V 1P8  
613-432-2100



### 477 A & B Stones Lake Rd

Stones Lake, Calabogie  
2 for 1 special... 2 Year round cottages/homes for the price of one. You can use one for personal use and rent the other out or great for two families. Each has its own well, septic, and hydro.  
MLS# 866998 264,900.  
Call Kelly to View 613-433-2681



### 154 Southside Way

Norway Lake, Calabogie  
A real cottage on pristine Norway Lake. Located in Springtown 5 minutes before Calabogie, just off Highway 508. New 12'.6"X 20' deck overlooking lake. A great place to make memories.  
MLS# 873019 229,900.00  
Call Kelly to View 613-433-2681



### 955 Stones Lake Rd

Your Home away from Home!  
Year round 3 bedroom waterfront home on Stones Lake, Calabogie. Minutes from motorsport racing track, 27 hole golf course and downhill skiing. The fishing's great, what are you waiting for!  
MLS # 864226 223,900.  
Call Kelly to View 613-433-2681



### 440 Finns Rd

Madawaska River, Griffith  
Over 216 feet of waterfront. 3.33 acres in total. Can be used year round. installed septic, drilled well. Peaceful, tranquil... the perfect getaway.  
MLS# 867639 189,900.  
Call Kelly to View 613-433-2681

## WE CANUCKS

By Ernie Jukes

### MAPLE LEAVES

We are often asked, "what is a Canadian", hugh? A question that is darn tough to answer for sure. Its actually easier to explain what we are not, as in ---we are not an American, we are not an Englishman, Irishman or a Scot. We cannot be --our blending of peoples just does not allow it. The broad task of finding a Canadian personality---is simply impossible because of the vastness of our gigantic nation. Even the size of our huge provinces -each capturing some individual character are larger than most countries in the world. Ontario for example is two-thirds the size of all Western Europe. But the "big, bigger, biggest " issue can be left to others. Lets examine ourselves.

Another fact of our marvellous mosaic is that everyone-yes all of us--- are immigrants! Even our first nation's ancestors walked across the Bering Strait from Asia. And we are still a young country only a thousand years if you start with the Vikings or 500 years old if you start with the French. Well say now, listen here-we have lots of languages and even more dialects of some form of English sprinkled across this huge land of freedom---the land of the Maple Leaf.

We are oceans of space. Vast landscapes in greens and blues of forest and lakes. We are Innu of the north, redman, yellow, brown, black and white, sea to sea a mosaic in four seasons. We are love and laughter, players of sports and games. We are seekers of adventure, exploration and invention that lights the way. We are different. We are big, yet we are few. We are brawn and beauty too. We are warriors for peace and reason. We are proud and we are free. We are Canadian.

While we don't have a national personality and we don't chase a dream---we do have giant strengths -giant visions in a giant land. We used to worry about finding our national character but found we don't have to --- it's built into each province and territory-a string of common denominators and traits that make us more satisfied and probably bigger

in our bigness then we used to believe. While we have not traded humility for arrogance - we are no longer intimidated by anyone. We are still reasonably conservative and realize that we can be smart, without being smart-asses. Much of our small population is still close to the land. Our attitude about this land and nature and a simpler life style certainly affects the way we go to the marketplace. This integrity is evident when we can still do business on a handshake. Individual Canadians care about the planet, world hunger, water and poverty. We are a serious bunch, but I find it peculiar that we still have more humorous storytellers than any other nation. And we also seem to shine in our inventiveness and in our arts and music. We are achievers in every aspect of world activity--but we can still be humble about it.

Honesty in our society, in our press, in our administration (most of the time) is another trait that makes us credible in a world that seems to be going in the other direction. This is apparent, for example, when our health authorities are immediately reporting such concerns as SARS, Legionnaires, Cattle diseases, Insect diseases, virtually as they appear despite the consequent of lost billions in 'trade or tourist dollars. Sure we have some problems

but don't a lot of them go directly back to the way we are brought up. In most families, in our classrooms and through our youth activities and sports it is taught that it is not necessary to cheat to win. We don't hand out undeserved plaudit---our Hero's are few..


Many people think of Canada as wilderness and cheap real estate, even though we are in fact one of the most advanced and developed of countries. Millions are coming here including many Americans for many reasons--- true freedom, education, health care and peace.. In other words a better place to live. Our reader's quaint remote pocket of rolling semi-forested hills and reasonably clear waters still attract those that appreciate nature. We all love the tranquility and the local history that has established our tiny hamlets in the backcountry of the Eastern Ontario Uplands. We are still building this Canada of ours--still pioneering, still finding ourselves--and liking what we find. We do amazing things in an amazing land considering the small population which we have to draw upon and the small tax base that we have to pay the way. Each province and territory is precious in making up this strong land of four seasons. Our deep history of "the brave north"

continued on next page











**CALABOGIE**  
L O D G E  
*Resort*

www.calabogielodge.com  
729 Mill Street  
Tel. (613) 752-2676



Vacation Ownership Visit our website for a reservation request form.



**LAKESHORE CAFE**  
FAMILY DINING

FAMILY FRIENDLY DINING



**CALABOGIE**  
HIGHLANDS GOLF RESORT

**Prime Rib Fridays**







**Fiddler's Green**  
Lakeview Restaurant and Patio

Culinary Experience Prepared by  
Chef James Paulen

**Starting Friday, June 7**

(613) 752-1234, ext 6 for reservations and information  
Limited seating

**Mike Labelle** Sales Representative  
**Coldwell Banker Valley Wide Real Estate, Brokerage**  
613-797-0202  
194 Daniel St. S., Arnprior, ON K7S 2L8  
613-623-7303 Toll Free: 1-888-623-3665  
michaellabelle@sympatico.ca calabogierealty.com

<p>4337 Calabogie Rd</p>  <p>200+ feet waterfront lot on Madawaska River with mobile home. MLS #875068</p>	<p>52B Virgin Lake Lane</p>  <p>Comfy 3 bdrm cottage/home on Virgin Lake. MLS #861169</p>	<p>15 Jim Wallace Rd</p>  <p>4 Season home w/deeded access to Calabogie Lake. MLS #873347</p>	<p>161 Viewmount Dr</p>  <p>Log chalet home in Peaks Village. Garage w/loft, deeded access to Calabogie Lake. MLS #869098</p>	<p>74 Whipporwill Valley Lane</p>  <p>Furnished waterfront home on Calabogie Lake w/lakeside bunkie. MLS #867720</p>
<p>329A Church Farm Rd</p>  <p>Waterfront home on Calabogie Lake w/detached garage &amp; loft. MLS #867619</p>	<p>185 Viewmount Drive</p>  <p>Year round 4 bdrm home w/deeded access to Calabogie Lake. MLS #8700354</p>		<p><b>BUILDING LOTS</b></p> <p>Lot 1 Pheasant Run MLS #857771 Lot 4 Morning Flight Ct. MLS #857770 18 Morning Flight Court. MLS #857769</p>	
<p>19 Corneau Lane</p>  <p>Spectacular views of Calabogie Lake from home plus boathouse. MLS #868041</p>	<p>103 Hart Lane</p>  <p>Waterfront cottage/home on Calabogie Lake. Flat to shoreline, private setting, family oriented. MLS#869110</p>	<p>90 Pheasant Run</p>  <p>Secluded home overlooking golf course, stunning sunsets, 3 bdrms, family rm w/walkout. MLS 868894</p>	<p><b>WATERFRONT LOTS</b></p> <p>37 Hart Lane MLS #869156 137A Hart Lane MLS #869153 2 Majestic Way MLS #874297 0 K&amp;P Trail MLS #857599 364 Black Mountain Rd private island MLS #875158</p>	

**COLDWELL BANKER** **Calabogie Real Estate** **COLDWELL BANKER**