

Volume 6 Issue 4 Free July-August 2009

Old time religion

By Bill Graham, Editor

Editor's note: As St. Andrew's United Church in Matawatchan prepares to celebrate its 125th anniversary it seemed appropriate to examine how the spiritual needs of early settlers were met by a variety of faiths in the early days (the old times) of the township and southern Renfrew County in general.

The Christian Church whether it was Catholic or Protestant was never too far behind Europeans making their way into the wilderness of Upper Canada no matter whether they were loggers or settlers. A pattern of first logging then loggers bring their families closer to their place of work and then a single family attracting the settlement of other families is well documented. It wasn't always the allure of work, which drew people into ever more remote areas, sometimes it was the draw of land offered by the Crown. Regardless, a church or at least a Christian presence was soon established.

In the earliest years in the most then remote parts of our wilderness, where the tallest White Pine were sought, itinerate circuit riders moved from shanty to shanty bringing "The Good Word" to the loggers and the odd settler along their route. Not only would they bring the "good news" but also news of a more secular type. You can imagine that people so isolated from the mainstream would welcome contact with the outside world.

The Methodist Church appears to have been the first to send preachers on horse-back to outlaying areas to evangelize. It proved to be a good model and other Christian persuasions followed suit. There are references to Anglican circuit riders in south-western Ontario and to the Lumberman's Mission of the Presbyterian Church in the eastern part of Upper Canada.

In the mid-1800s when Matawatchan was being established but when it was still a very remote territory, circuit riders are documented in early records as having passed through. Usually the references are of a circuit coming from the south through Plevna in today's Addington Highlands. All of this happened before what might be described as the "missionary period" of the area's history.

The ethnicity of the settlers determined to a large extent the church that was established in any area. Where there were Polish or Irish there tended to be Roman Catholic missions or churches and where there were Scots it was mainly Presbyterian

In the Highway 132 and Highway 41 corridors from Mount St. Patrick to Eganville to Griffith there are Catholics be they Irish or Polish. In White Lake, Burnstown, Matawatchan and to some extent Calabogie where the Scots settled there are Presbyterians (now United Church). In Denbigh there are also some Scots but mainly German settlers and so the Lutheran Church.

The first settlers to appear in what would become the Parish of Mount St. Patrick probably arrived in the 1830s. Some were certainly shanty men who lumbered the pines of what would become Brougham Township. The earliest loggers would have been French but soon newly arrived Irish would be working with them as logging was the only real source of hard cash. Both ethnic groups are predominantly Roman Catholic in faith.

One account left in a history by Father Tom Hunt, who was a third generation resident of Mount St. Patrick born 1895, says that his own family arrived with sixteen other Irish families in the early 1800s. They arrived at the Mountain "coming in the back door by way of Perth." It wasn't long before Mount St. Patrick was almost entirely undiluted Irish Catholic.

Among the first of the pioneer priests in the area was Father John McNulty. He arrived from Ireland in 1842—one year before the Parish of St. Patrick's was established—and was supposed to be head-quartered in Renfrew and visit Springtown, Eganville, Douglas and Osceola from there, but instead chose to centre his activities around what is now Mount St. Patrick because he had family living there who had arrived during the 1830s. Records show that Father McNaulty visited Springtown as early as 1838 and by 1854 St. Gabriel Archangel Church was established there.

A few years earlier in 1852 St Francis Xavier Church was established in Renfrew and Renfrew became the parish and St. Patrick's Church became the mission. In the ensuing years Churches were established in Griffith in 1900 (Holy Rosary) and in Calabogie in 1913 (Most Precious Blood).



Dispatches from Afghanistan (2009-4)

By Major Ross Allan

Editor's note: This is the fourth in a series of dispatches during the 2009 Highlander publishing year.

The Canadian Air Force officially arrived in KAF this week. Although individual members of the Air Force have been in Afghanistan for years, and there have been small sections of Air Force personnel supporting small-scale activities, the Canadian Air Wing is a much more ambitious undertaking. The Wing will operate or manage at least five different types of aircraft including our own transport helicopters complete with door gunners. Although Canadian airmen, airwomen, and aircraft have long supported overseas missions, this one will be the most dangerous and I expect our sheet metal workers will be patching bullet holes during their tour. The Air Wing inauguration included a successful parade. From an Air Force perspective, there are two criteria for a successful parade - not having one (alternatively: not being on parade yourself) or holding a parade during which no one is injured or embarrassed. Injury or embarrassment could result from the low standards of drill for which the Air Force is famously known and, surprisingly, proud.

A goodly number of insurgents perished this week. Whether due to a premature detonation of the roadside bomb they were planting (described by soldiers' as an 'own goal' and 'death by misadventure') or dueling with a tank (safety tip: do not set up rockets to launch at a Canadian base when a tank at the base can see you), this was a bad week for the insurgents. However, it was not a good week for Canada either.

This week we also lost three soldiers. Although I attended Ramp Ceremonies previously, these three deaths were the first of Canadians that deployed when I did and they were the first deaths in three months. Their farewell was well done. We had an opportunity to pay our respects at Fraise Chapel where the three coffins were laid out, each draped with a Canadian flag, and a larger Canadian flag formed the backdrop in the chapel sanctuary. The soldiers' pictures and a beret completed the setting. People filed in quietly, sat in contemplation, and said a private farewell. Later, all available Canadians participated in the Ramp Ceremony – we lined the route from the edge of the airfield to the aircraft that takes the coffins for the next leg of their journey. Other nations send contingents and our Canadian civilians also participate - the barbershop closes, the retail outlets lock their doors, and all turn out for a public farewell. Pallbearers walk the coffins to the waiting plane, a bagpiper provides a mournful tune, a padre says a few words, and we salute the fallen. It is an emotional event and, though conducted at a busy airport, the normal background activity seems suspended while the coffins move by those lining the route.

continued on page 2

continued on page 3

MADAWASKA RIVER WATER MANAGEMENT PLANNING PROCESS

Draft Water Management Plan

The Madawaska River water management planning process is being undertaken by the Ontario Ministry of Natural Resources, Ontario Power Generation, and power producers on Waba Creek: Fraser Power, Misty Rapids Power, and Barrie Small Hydro. The water management planning area incorporates the Madawaska River watershed from the south east corner of Algonquin Provincial Park to Arriprior and includes the Madawaska River, the Opeongo River, the York River, Waba Creek and other tributaries.

The Draft Madawaska River Water Management Plan is an update/review of the Madawaska River Water Management Review (2000). It has been updated to conform to the *Water Management Planning Guidelines for Waterpower (2002)*.

The intent of water management planning is to provide certainty and clarity as to how waterpower facilities are operated with respect to flows and levels during normal conditions while balancing, environmental, social and economic objectives.

The draft water management plan for the Madawasaka system is available for public review. Written comments must be received by the Ministry of Natural Resources or Ontario Power Generation by Monday, September 14th, 2009.

The draft plan contains operational criteria for flows and levels during normal conditions at the five individual waterpower facilities and the two water control structure(s) on the Madawaska River owned and operated by Ontario Power Generation. Additionally, operational criteria for the three small waterpower facilities on Waba Creek are also included. The Ministry of Natural Resources owns 25 water control structures and the mode of operation is included for a number of these structures. The draft WMP also contains requirements for compliance and effectiveness monitoring. The public is encouraged to review and comment on the draft plan before final decisions are made and the plan is approved.

Information centre(s) will take place at the following times and locations:

Tuesday, August 11, 2009 Barry's Bay Legion, 250 John Street Barry's Bay 2-5 p.m. & 7-9 p.m.

Wednesday, August 12, 2009 Kenwood Centre -Room 106, 16 Edward Street South **Arnprior** 2-5 p.m. & 7-9 p.m.



Madawaska River Water Management Planning Area

The draft plan will be available for review from Thursday August 13th until Monday September 14th, 2009 from 8-4 p.m. at the following locations:

- Ministry of Natural Resources, Pembroke District, 31 Riverside Drive, Pembroke, Ontario, K8A 8R6
- Ontario Power Generation, Ottawa/St. Lawrence Plant Group, 2 Innovation Drive, Renfrew Ontario, K7V 4H4

From August 13th to September 14th, A CD of the draft plan will be available upon request to Joanna Samson at joanna.samson@ontario.ca or Jennifer James at jennifer.james@opg.com. Additionally, the draft plan will be available for viewing on the Ontario Power Generation website at http://www.opg.com/safety/water/madawaska.asp

Joanna Samson o Water Resources Coordinator Pembroke District Ministry of Natural Resources (613) 732-5593 Jennifer James Public Affairs Officer Ottawa/St. Lawrence Plant Group, OPG (613) 433-9673 ext. 3350

The Ministry of Natural Resources is collecting your personal information and comments under the authority of the *Lakes and Rivers Improvement Act*. Any personal information you provide (address, name, telephone, etc.) will be protected in accordance with the *Freedom of Information and Protection of Privacy Act*, however, your comments will become part of the public consultation process and may be shared with the general public. Your personal information may be used by the Ministry of Natural Resources to send you further information related to this water management planning exercise. If you have any questions about the use of your personal information, please contact Karen Handford at (613) 732-5510.

Renseignments en francais: Tammy Belanger au (613) 732-5411.





opg.com

Dispatches (Cont)

Death and less serious casualties are an expected outcome of our activities here. Usually, the insurgents are on the receiving end because their equipment and training leave much to be desired. If they fire and stick around, they usually fare poorly, which explains the 'shootand-scoot' tactic or the use of roadside bombs. A bomb does not require the insurgent to reveal his position and go head-to-head with someone who is much better at hitting a target. Some insurgent groups will use the confusion following the bomb's detonation to launch an attack with small arms (rifle & machine gun) and, for very sophisticated groups, small arms and indirect fire (mortars). However, those more sophisticated attacks are usually reserved for convoys of civilian vehicles escorted by private security or Afghan police forces.

Canadian servicemen and women accept that casualties can and do occur. However, those casualties are not the focus of our activities - though a concern, neither our own casualties nor the insurgents are the reason we are in Afghanistan. Our role is not to destroy the insurgency through combat and record our progress through a body count. Instead, as a nation and as a member of the coalition, Canada has a three-pronged strategy revolving around security, development, and governance. Security is required to encourage development and promote governance. Canadian soldiers provide security by attacking the insurgents, by setting up in their home turf so they are either less inclined or too busy to take the fight elsewhere, by providing training to some of the Afghan security forces, and by providing time both for the Afghan security forces to improve and for other groups to work with those that the soldiers cannot train such as the judges, the police, and the prison guards. We assist with development by spending money locally, encouraging local businesses, employing locals, and, if necessary, either escorting aid or coordinating to minimize combat activities when and where development activities occur; we also engage in construction projects directly. The governance portion is beyond the scope of the military forces and we assist mainly by providing a good example of what an honest, politically uninvolved, military is about.

This winter, up to 6 million Afghan citizens are at risk of famine because of poor harvests. The situation is aggravated by insurgent attacks on the transportation network; for instance, you literally take your life in your hands when you travel by road from Kandahar to Kabul and you have a realistic risk of being kidnapped. If the government needs to move food aid, it may be difficult to do so especially when the insurgents do not want the government to be seen as doing anything for the people. This week, a gravel truck driver showed up at a Canadian outpost with a bullet wound in his leg – if the in-

surgents will shoot a gravel truck driver for the 'crime' of repairing the roads, imagine what they will do to get at the food aid that has propaganda value for whoever delivers it.

The Afghani farmers would like to get their goods to market and would like access to medical services. However, there is little security because insurgents, warlords, and bandits frustrate movement in all directions. Those lovely German and French castles along European rivers had the same effect 600 years ago - the local warlords extorted tribute from any commerce along the route. During their time in power, the Taliban suppressed the banditry, brought security, and initially earned the people's gratitude. With the Afghan police fighting the insurgency, banditry has returned although sometimes the bandits and the insurgents are the same, which makes it very simple for the Taliban to restore order and solve some of the criminal activity.

The Madawaska Highlander

Co-publisher and Editor: Bill Graham, 613-333-1694 Co-publisher and Business

Manager:

Richard Copeland, 613-333-1551 **Mailing address**:

The Madawaska Highlander

C/O Bill Graham 1837 Frontenac Rd RR#3 Griffith

Matawatchan, Ontario KOJ 2R0 *E-mail:*

highlandereditor@hughes.net

Advertising:

Richard Copeland, 613-333-1551 E-mail: highlanderads@hughes.net

Contributors and other volunteer staff:

Garry Ferguson Mary-Joan Hale Wes Bomhower Howard Popkie Christi Laundie Doug Vasey Ernie Jukes John Roxon Floris Wood Susan Veale Carolyn Jakes Don Rogers Jim Weatherall

Marge Smith

Ross Allan

Special thanks to: Jamie for proofreading

Design: Adam Copeland

Published in Matawatchan

Religion (Cont)

There are at least three St. Andrew's Churches in our area today—one in Burnstown, Calabogie and Matawatchan. Today they are United Church congregations. The United Church was inaugurated on June 10, 1925 in Toronto, Ontario, when the Methodist Church, Canada, the Congregational Union of Canada, and 70 per cent of the Presbyterian Church in Canada entered into an organic union.

The Presbyterian Church arrived in our area from two directions; one route from Perth and the other from Queen's University in Kingston.

Burnstown was first settled around 1825. The early settlers were predominantly of Scottish origin, many of whom came as a result of Laird McNab. A number of Bagot settlers were previously in McNab Township but crossed the line to be out of the Laird's reach. Although Methodist ministers travelled through the area at irregular intervals, the settlers were not long in seeking the "means of Grace" through a Presbyterian channel.

The first Presbyterian minister, Rev. Mr. Kearns, visited the homes in McNab and Horton townships in the early 1830s. At that time, and for some years after, the services were in Gaelic, as that was the tongue of the settlers. After Mr. Kearns, a Mr. Fairburn from Ramsay Township, near Perth, came occasionally to visit the people of the district, then known as the District of Bathurst. They met for worship services in larger barns in the summer and houses in the winter.

What is today St. Andrew's United Church in Burnstown traces its beginning from 1849 when it was Presbyterian. The early settlers in the Bagot and Blythfield Township included United Empire Loyalist descendants who came from Lanark County and others including some Scottish descendants of the pioneers who came to Canada under the Laird of

McNab.



Etching of a circut rider (circa 1840)

In the years 1850 to 1924 there were, in the Township of Bagot and Blythfield 62 families who were Presbyterian and 35 families who were Methodist.

The Methodist Church was located beside Hillcrest Cemetery on a half acre of land donated by Thomas Church. The Presbyterian congregation began construction of St. Andrew's Church on July 1, 1892. On the third Sunday in October 1892 the Church was officially opened and William Hawley, the senior elder at the time, laid the corner stone for the white frame building which would grace the shores of Calabogie Lake ever since.

On June 10, 1925 the Methodist and Presbyterian Churches joined together and formed the United Church. The white clapboard building on the Village side of the Lake was chosen as the site for the newly united congregations because of its beautiful setting.

At the time of Union, the Pastoral Charge was made up of Calabogie, Byers, Ashdad, Pine Grove, Hurd's Lake and Black Donald Mine. On May 10, 1927, a proposal was put forth that Black Donald not remain part of the Calabogie Charge but be attached to the Student Field of Matawatchan to which it was adjacent. On June 14, 1927 Home Missions recommended and Presbytery agreed, that the above recommendation be rescinded and that Black Donald remain in the Calabogie Charge. On October 12, 1927 approval was granted to discontinue Sunday services at Black Donald but pastoral relations were to be continued with some mid-week services where it was feasible. The Presbyterian Church made its way to

Matawatchan from the south in the form of theological students from Queen's College in Kingston. The first recorded mention of Matawatchan is contained in a report from the Perth Presbytery in the January 1872 edition of The Presbyterian. The mission station at Palmerston had been formed in 1869 and comprised of the townships Levant, Palmerston, Canote, Clarenton, Miller and Matawatchan. In 1879 help in establishing a church came from Mr Alex McCalla, who was the minister in Plevna just to the south. "Presbyterian churches date their founding from the official organization of their congregation. From this date a communion roll is started and a session is formed. It follows therefore that the church in Matawatchan was founded at the time it was officially organized in the summer of 1883."

On August 8 and 9 of this year St. Andrew's Church in Matawatchan will celebrate its 125th anniversary. For anyone wanting to learn about the history of the church in Matawatchan in advance of the August Highlander, they should attend St. Andrew's Church at 5:30 p.m. when Elmer Strong, who has written a book about the church, will be presenting its history. Everyone else will have to wait until late August for part 2 of *Old Time Religion*.

Sources: Springtown Reflections (Irene Robillard), People of St. Patrick's (Carol McCuaig) and St. Andrew's United Church: (Elmer T. Strong)



Your dual exhaust Specialist

• Gas Tanks • Walker Mufflers and Radiators

We supply & install:
Flex joints, Catalytic Converters, Resonators ETC

"If you can't find it we can probably make it"

Custom pipe bending - Licensed Mechanic safety inspections - ALL MAJOR REPAIRS brakes, shocks, struts and towing

• Tires and Batteries • Free Estimates on all Repairs

TILT AND LOAD SERVICE LOCAL AND LONG DISTANCE HAULING

We deliver to the garage of your choice

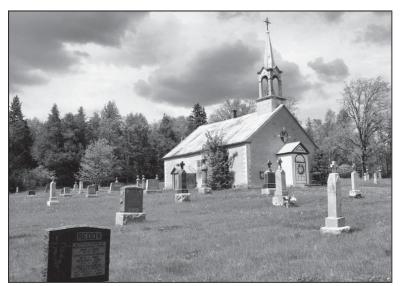
Foreign Vehicle Owners - Save big \$\$\$ on Exhaust work.

New Piping or Repairs

Guaranteed Mufflers Also Available

Shop: 432-9480 Fax 432-0704

Hwy. #132 6 km south on Whelan Rd. RR 4, Renfrew



St. Gabriel's Church - Springtown

Cottage Corner

A Cottage Guide to Fishing.

By John Roxon

Eight bloody hours out here and I haven't caught a thing. "I keep telling you, when you get a bite, jig the line a bit to set the hook", says Walter, my fishing companion. "What do you know", I say, "you're just over six months old, are afraid of the water and get all your meals served to you like you are royalty or something". Walter just let out a sigh as if to say "have it your way", and then laid down in the shady part of the boat.

Another 15 minutes go by when Walter suddenly raises his head, sensing some activity (at last!) from my side of the boat. But it's just another nibble and another empty lure to show for my efforts.

Walt rolls his eyes and his head hits the floor again with a thud. Defeated, I start to pack up my gear, put the lures in the tackle box and the rods in their holders and head back to the dock. While doing this Walter stares at me as if to ponder what he did in life to get stuck with me as his owner and master. "Well, there's always tomorrow", he says. "Shaddup", I answer back, frustrated at both my fishing ability and the fact that I managed to get one of the few insolent dogs on the planet. Through bloodshot eyes, Walter stares at me some more. He knows that he can push me overboard. What I'm not so sure about is his confidence in his ability to operate the motorboat. That's probably my saving grace.

I don't think that Walter can actually talk. Perhaps it was the eight hours under a warm July sky that enabled me to hear very clearly what Walter was thinking. And then maybe I'm just paranoid. And that's a kind description for someone who spent thousands of dollars on fully equipped boats, tackle boxes and rod and

reel combinations only to be heading back to the cottage with an empty bucket and a wisecracking puppy. Oh I have lures with names like Fishmonger, and Mepps, and twirly this and spinner that. I have rods which conjure up images of 16th century English literary masters and reels that sound like they were made by Basque terrorist groups. All marketed under the promise of bigger fish – of fish that will jump at the chance to be snagged on my lure. I even put a worm on a lure but the laughter coming from both Walter and the fish near the boat that were making a game of grabbing small bits of worm was making me even more frustrated.

Walter looked at me and said, "Why don't you sell all this useless equipment, get a piece of board and a hook and some decent bait and you'll probably have better luck. Besides, with the money you save you can finally build me a decent dogbouse"."

I checked the browser on my phone for the nearest Korean restaurant figuring I could sell Walter and buy some more fishing gear with the money. He bared his teeth ever so slightly and said, "don't even think about it", before his head clunked down once again. Walter is probably right – about just using a board and some line. Fishing has been marketed to death and everyone swears by their own methods. From my experience, location seems to be the main factor and then time of day. Actually, luck is the main factor followed by location and time of day. I've had people tell me that the fish like to hide amongst the rocks in shallower waters yet the largest bass I ever caught was right off the end of the dock where the water is thirteen feet deep. Some people swear by fish-finders, others say that they don't help. Of course the people who swear by them have to justify the \$349.99 they just spent on one and the ones who say that they don't work don't, in fact, own one. Other people say it depends on the moon phases and others the temperature of the water. Some say its best to fish near overhead hydro wires and others claim that the best fish are found where the floating logs congregate.

I haven't caught any fish under any of the above circumstances. I haven't caught one with a fish-finder and I haven't caught one without. There have been no fish on my hook under full moons, half moons and no moons.

Like most fishermen, the biggest fish I have ever caught I actually never caught.

Oh but I'll keep trying. I'll go fishing again and again with the insolent dog and he'll say things like "I guess we're not having fish for dinner", and I'll just grimace and throw my hook into the water yet again.

End

GREATER MADAWASKA LITERARY MATTERS

By Mary-Joan Hale

Can you believe it? The sun is actually shining today. I do not hear anyone complaining about the heat this summer. We have had so little of sun and too much rain, but out West, they are overcome with fire and badly need the rain. We have played havoc with Mother Nature and this is one of the consequences. I know some events are cyclical, but we certainly are seeing more than our share of changes.

Speaking of changes, Madge and Joe Quilty were honoured on Sunday July 19 at Most Precious Blood Church. They are moving to Renfrew after 50 years in Calabogie. On Saturday, they celebrated their 67th wedding anniversary. I will miss them in their regular chairs at Mass on Sunday mornings. Madge chaired one of the first Library Board of Trustees. They are regulars at our library and our circulation will certainly take a dip as Renfrew's rises. Not only have they been active in the library and in the parish, but have been volunteers in many other areas. They helped found the Calabogie Home Support and Joe's fiddle was heard around the Valley as a founding member of the Ottawa Valley Fiddlers. The Calabogie Food Bank and Renfrew/Calabogie Right to Life Association also benefited from their support. Sharon Ladouceur gave a beautiful tribute to them and Father Pat Blake offered a special blessing. A wonderful reception followed Joe's humorous acceptance of a picture of the church. Slainté dear friends!

Thanks to a special provincial grant to Ontario Library Service, we will be adding some new offerings, media and equipment to the library. The province is attempting to improve the financial backing which was removed in the early nineties. Our first purchase is a collection of an innovated format of audio-books called 'Playaways'. Rather than tapes or CDs which require a player, these are tiny self-contained units which contain a complete book, much like an 'iPod'. They can also play through your car's speakers with an adapter in older vehicles, and directly into a port in newer ones. A volunteer and I tried one out and they are wonderful. Units are less bulky than the earlier technologies and will be a boon for travellers and those with visual impairment. A special offer from the company allowed us to get 30 for the price of 20. We will catalogue them as quickly as we can and make them available for your use. We will also be adding more on-line services such as Ancestor.com. Stay tuned for more announcements.

The TD Summer Reading Program is progressing well. Judging by the laughter heard from down the hall, Lauren and Michelle are doing a wonderful job entertaining the children and stimulating a love of literacy. Hannah Lafleur is an SJHS student doing her Community Service block and a great help to the University students leading the program. It is an 'open registration drop-in' program on Wednesday afternoons from 1:00-4:00 p.m. in the Council Chambers. Bring a hat, sun-screen, a small snack and a desire to have fun and solve some mysteries. As an addendum to the program, we welcomed Peter Mennie, a comical magician who provided an interactive show for a hall full of parents, grandparents and kids on July 17th.

The library will be taking part in the Fes-

continued on page 10



Basic Installation only

High-Speed Internet

Add Digital Phone Service S

Starting from

• Unlimited local calls • 100 long distance minutes included – 8 calling features included • No Contract • Keep your phone number (where available)

Starting from

Where fixed wireless available.

613-432-8614

Paraffin or Beeswax?

Tip #4 for Using Candles

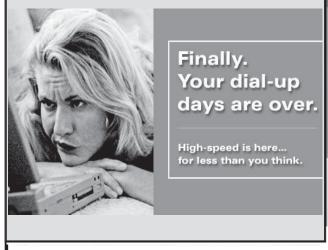
By Carolyn Jakes

Editor's note: This is the fourth of a series. Carolyn Jakes is an encaustic artist (beeswax painting) and teaches the encaustic method in her studio at 318 Kennedy Road. She has been selling candles and giving candle tip workshops for seven years. In previous editions, she explained hugging pillar candles to keep them flat on top, tending wicks to extend candle life and choosing a candle size.

Compare beeswax to paraffin.

- 1. You may think that beeswax candles are expensive. Surprise! Beeswax burns more slowly than paraffin because it has a higher melting point. Beeswax therefore costs less to burn than paraffin.
- 2. Beeswax pillar candles can be hugged very easily. The feeling is marvellous, like pressing your thumbs into butter. The wicks are much thicker thus allowing you to burn the candle right down to the bottom.

Paraffin pillar candles are harder and therefore harder to hug. My thumbs hurt



XPLORNET HIGH SPEED INTERNET

Ready when you are. Where you are.

- Fast up to 5.0 Mbps (up to 125x faster than dial-up)1
- Won't tie up your phone

when I hug a paraffin candle. The wicks

are thinner and the candles are seldom

burned down to the bottom. They are

3. Bees travel over 50,000 miles and pol-

linate over 2 million flowers to generate ½ pound of pure beeswax. The white

beeswax turns yellow due to the colour

of the pollen. Discerning beeswax candle

- 30-day money-back guarantee
- Free technical support, 24/7/365

247313

makers use thick, all natural plant fiber wicks, better able to withstand the high melting point of beeswax. The sweet aroma is the essence of the flowers. Beeswax reacts like water and evaporates slowly with the heat of the flame.

Paraffin is a petroleum bi-product that requires chemicals to harden, colour and scent it. (Cheap perfume is usually used instead of essential oils.) Common ailments include itchy, watery eyes and headaches caused by the benzene, acrolyn, stearic acid or other chemicals in the candles. Cheap, foreign made candles in discount stores may contain lead in the thin wick.

4. Many people burn beeswax candles in their bedroom before retiring as they believe that they release negative ions as do waterfalls, seashores, electrical storms and rainfall. The negative ions help alleviate asthma and allergies. While beeswax burns cleanly, paraffin candles release toxins and black soot.

1-800-565-0544

Choose the natural product.

xplornet.com | 1.866.841.6001

NORON HOME

COMMUNICATIONS

250 Raglan St. S., Downtown Renfrew

Serving Renfrew and Area for 30 Years

It has been said that a beeswax candle represents our pure, mortal form. The unmelted, natural wax is our potential and the deep, rich, golden glow of the flame is our human spirit. The paraffin candle is just a petroleum based imitation.

A future issue of this paper will cover topics such as candle tools, supplies and tips. For free candle advice, call Carolyn at 613-752-2500.

End

Pine Valley Restaurant & Variety

Post Office Now Open



Home cooked Meals Movie Rentals

Home Baking

Lotto Machine

-552

Ice

Crafts 333-5523

Gas & Diesel

ATM

Hwy 41 in Griffith Groceries

NOW IN STOCK

MUSKOKA CANDLE'S 100% SOY BEAN WAX

Matawatchan Yard Sale Aug 1 downtown Matawatchan



The Madawaska HIGHLANDER

"read cover to cover"

Soldier survived bloody Italian assault in WW II

By Nora Ryell

John Lacourse: John Walter Lacourse was born on July 28, 1917 in Belvenie Ontario and died on May 4, 2009, in Renfrew Ontario. He was 91. He leaves his wife Bernadette and his children Marion, Patrick, Avery, Andy and Teresa.



John Lacourse

Corporal John Lacourse narrowly escaped death during the Second World War, but he considered himself lucky – a devout Catholic, he never went anywhere without his rosary and a prayer he kept tucked in his wallet.

As part of the Canadian 1st Division, Cpl. Lacourse and the rest of the 7th Battalion were on the front lines during the Italian Campaign. In May of 1944 his antitank crew met heavy resistance from the German Army as the Allies scrambled through the Hitler Line on their way to Rome.

A particularly heavy bombardment hit a six-pounder artillery vehicle in which Cpl. Lacourse was riding. The crew was ordered to abandon the vehicle and, despite shrapnel in an arm and a leg, he jumped out – only to land on rocks, compacting five discs in his back. The shrapnel wounds would heal, but the back pain would flare up from time to time throughout his life as a reminder of the war.

John Lacourse was born in the small community of Belvenie, Ontario, about 140 kilometers west of Ottawa. His parents, Paul and Katherine Lacourse, had eight children and a farm

At 15, he found work in local lumber camps as a cook. He later purchased 300

acres with one of his brothers and went into the lumber business.

At a local house party, he met Bernadette Larmond, who lived in Eganville, and he walked the four-hour distance to court her. They were married on May 25, 1942, and in August Mr. Lacourse left for war.

In Halifax, he boarded the Awatea, a New Zealand liner requisitioned as a troop ship for a convoy. A mid-Atlantic collision in heavy fog with a U.S. destroyer severely damaged both ships.

The Awatea was believed to be lost at sea. But its freshwater tanks were emptied to allow the vessel to ride higher in the water and the Forestry Corps quickly shored up the inside of the bulkhead with wooden timbers from the bridge sections. Midday on the second day, the ship arrived in Halifax.

Two weeks later, Mr. Lacourse was once again crossing the Atlantic, although it would not be until the middle of 1943 that the Canadian would see some action in Italy. In June 1943 they landed in Sicily and joined the British 8th Army on its advance on Naples.

Cpl. Lacourse's best friend was felled by a sniper during the carnage of Monte Cassino.

When he sustained his injuries on the Hitler Line, Cpl. Lacourse was initially unaware that he had been hit. "I scrambled to crawl under the tank," he said in a recent interview with the Ottawa Citizen. "An infantryman under there looked at me all cover in blood and said that I must have been near somebody who was hit. At that moment, my arm and leg went numb

He spent a few weeks in a field hospital and then returned to the front line. "The nights weren't bad, but as soon as the sun came up they started pouring artillery hell on us. It was some awful."

Once the Canadians breached the Hitler Line, they found themselves in pursuit of the Germans as they moved back to retrench along the Gothic Line. As part of the Canadian 1st Division, Cpl. Lacourse's regiment moved to Florence in preparation for the attack. It would turn out to be a bloody and protracted campaign, but by February 1945, the tide was turning for the Allies and the Canadian 1st Division was on its way to North-western Europe.

Looking back...



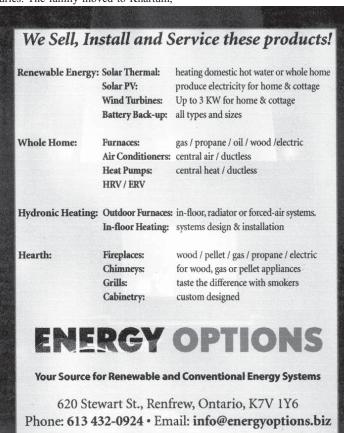
Community workers for the Matawatchan Church during the 1920s

Cpl. Lacourse's luck held and his regiment joined the drive into Belgium and the Netherlands. At long last he could think about going home.

Back in Canada, he and Bernadette resumed their life together and raised five children born within six years. The plans to continue the lumber venture had to be changed, however, because of his war injuries. The family moved to Khartum,

near Belvenie and he operated the only gas station there for 27 years. When it burned down the family moved to nearby Griffith, and he made maple syrup, grew vegetables and hunted deer.

Editor's note: This obituary was first published in the June 24 Globe and Mail and is reprinted here with their permission



Website: www.energyoptions.biz

Remembering earlier days ...

By Marge Smith

Since our friend Nelson Thompson was unmarried, it presented a real problem when he had the "trashers" come. Someone had to prepare the meals and so we volunteered. it was a real challenge for us since we were not accustomed to cooking on a wood stove in August!

Nelson always had the new potatoes peeled and cut up small and the wax beans cut in one inch pieces: He often had several lemon meringue pies ready as well, Our job was to roast the meat, cook the potatoes and meats and get it all on the table on time for a dozen hungry men. There was always lots of homemade bread and butter was used liberally on the potatoes and beans. After pie and lots of hot tea and a short rest it was back to work for the men while we did dishes and began preparations for the evening meal.

The threshing mill was owned by the parks "boys", and it was set up and operated by George. He was the eldest, very easy going with a wry sense of humor. On one occasion I was watching them set up the mill and get it started, and he asked if I'd like to participate. Since I was a real green horn I agreed. He gave me a large Hop bag and sat me on a stool by a chute and started the mill. Out came the grain into the bag, someone took the full sack away and gave me an empty one. I couldn't leave my post or the grain would spill all over the barnyard. Conveniently, all disappeared except the one who carried the full sacks away I was stuck and soon covered with chaff and dirt. After a time and some hearty laughter, they rescued me and I was glad my job was in the kitchen!

Early in my first summer in Matawatchan I fell victim to the 'old separator trick. Cranking the cream separator to get all

the Riverstones Gallery 1694 Burnstown Rd Burnstown, On. којі Go Canada 613 432-8081 original art prints cards & framing Karen Phillips~Curran riverstonesgallery@gmail.com the discs spinning was much more difficult than it seemed at first. Once the myriads of spinning discs are in you can't stop until the cream pours out and that is a long, tedious job. Then all the discs and other parts had to be washed and scalded -- another big job! The cream was stored in the separator house amid blocks of ice in an icebox. Twice weekly the Eganville Creamery truck came to take the cream. I didn't volunteer too often to do the "separatin".

Nelson had a younger brother, Neil who was born with a hearing abnormality. Since he could not hear very well his pronunciations were often unique; and combined with valley speech and intonation, he developed his own very special speech pattern. For example, many words had a "d" at the beginning. "I dot do go do get dose darn dhows," Getting the "dhows" was a challenge since in earlier times fences kept cattle out of gardens and crops, but they were free to wander far and wide.

Because of his hearing problem, Neil found it difficult to get and keep jobs. And, as a result, he sometimes tipped the Robbie Burns bottle a little too much. If he did so, he always had a big glass of milk with an onion sandwich - huge onion slices on homemade bread with butter - before bed. He also used Minard's Liniment as a hair tonic. (Minard's is a very strong smelling liniment probably best used on horses). Neil claimed it was good for his hair, and he may have been right. All of his brothers had thin hair, but Neil's was thick and wavy all of his life. End

EULOGY TO MARGARET(NAUGHTON) HUNT

Margaret Hunt, Margaret Hunt, Naughton was her name In days of yore & long before We to this Valley came. A good, God fearing woman, Irish through & through, She lived hard times Back in those times But through it all she grew

To love this verdant Valley, Mount St. Patrick & the rest. She joined the hunt, with family went

Each year, and she liked best The Mountain in the autumn When the maple & the ash, The poplars & the sumac's Vivid colours made a splash "To show God loves His children" Those were the words she said. God keep you Margaret (Naughton) Hunt Where only angels tread.

Wes Bomhower

NORON

SECURITY SERVICES

250 Raglan Street South Renfrew, ON K7V 1R4 E-mail: noron@nrtco.net 1-800-565-0544



Residential/Commercial

VIDEO SURVEILLANCE INTRUSION SMOKE & FIRE CARBON MONOXIDE **FLOODING** TEMP SENSORS MEDICAL EMERGENCY 24 HOUR MONITORING

www.noron.ca



FINEST QUALITY MATERIALS & WORKMANSHIP



- 100% fine nylon material (Clear enough to read a newspaper)
- Light weight, lets breeze through (Important) Zipper from shoulder to shoulder
- Elastic in waist
- Knitted cuffs on sleeves
- Fire retardant (Nylon tends to melt as long as flame is applied)

Clearance Sale

All must go

Ammunition

Rain Coats

Work Wear

Rain Suits

·Hunting Clothes · Hardware

Work Gloves

•TV/Sat Cables

156 Bridge St., Denbigh, Ontario KOH ILO (613) 333-1077



28 YEARS CONTRACTING EXPERIENCE

LICENSED CARPENTER AND MEMBER OF ONHWP

(Ontario New Home Warranty Program)

Residential Renovations Soffit and Fascia

Commercial Septic Installation General Carpentry Additions Roofing Siding

Call for More Information:

Home-333-5207 Business- 333-5596 Fax -333-1121

jsmacdonaldcontracting@hotmail.com

GRIFFITH BUILDING SUPPLIES IN

All Your Building Supply Materials & Hardware

Garden Centre

Black Earth-Peat Moss Sheep Manure Garden Accessories

Now-**TIM-BR Mart**

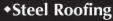
1 Air Mile for every \$15.00



Ask about our Fiberglass Insulation Special Sico Paint and Stain Buy 6 gallons recieve 1 free

HOURS: Monday to Friday 7:30 a.m. to 5:00 p.m. Saturday 8:00 a.m. to 3 p.m.

Closed Sundays



- Lumber
- Insulation
- Windows & Doors

Highway 41Griffith, Ontario K0J 2R0

- Vinyl Siding
- Fascia Material
- Shingles
- Trusses

Phone: 613-333-5596

Fax: 613-333-1121 ❖ griffithbuilding@xplornet.com

Community Calendar

CHURCH SERVICE SCHEDULE

GRIFFITH AND MATAWATCHAN

St. Andrew's United Church

Feb. to August Sunday Worship 8:30 a.m. Aug to Feb Sunday Worship 11:00 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

Sunday School 10am Sunday Worship 11am WMI meet first Monday of the month Weekly Bible study Tuesdays 7pm at Fellowship Hall and in Plevna Pioneer Club Thursdays 6pm at Clar-Mill Hall, Plevna

St. Luke's United Church

Sunday Worship 10:00 a.m. Sunday School 10:00 a.m.

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.

CALABOGIE

The Calabogie Bible Fellowship Congregational Church

The Mill Street Chapel at 538 Mill St., Regular service – Sundays 10:30 a.m.

Most Precious Blood Catholic Church

504 Mill St., Rev. Father Pat Blake Sundays 10:30 a.m.

St. Patrick's Catholic Church

Mount St. Patrick Sundays at 9:00 a.m.

Calabogie St. Andrews United Church

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

COMMUNITY EVENTS

Calabogie

TD Summer Reading Program: Mystery 009 Theme, Wednesdays

1-4 pm, during July & August for ages 6-12 at township library

Pre-school Program, Tuesdays, 2-3 pm, year round, ages 0-5 at township library

Gospel Fest, 1-4 pm, BBQ 1-5 pm, Barnet Park, Aug. 16, 752-2598

Calabogie Seniors' Dinner & Meeting,

last Thursday of each month, 5 pm at Barnet Park Cottage in Aug. All seniors 55+ welcome – 752-2853

Calabogie Women's Institute

meets second Thursday monthly, 7:30 pm. at Calabogie Home Support Office next to 5056 Calabogie Rd. 752-2598

Calabogie Arts and Crafts Assoc.

Every 2^{nd} Monday (if holiday, then 3^{rd} Monday),

10:00 am – 1:00 pm, Community Hall, prospective members most welcome (\$12 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 11:00 noon For emergency situations, please call 752-

Griffith & Matawatchan

Matawatchan Market Every Saturday morning

9:00 pm to 1:00 p.m. Lunch served at 10:30 p.m. Matawatchan Community Hall

Annual Community Yard Sale

Saturday August 1 Downtown Matawatchan Everyone welcome For info: 333-2798

Fish & Game Club Annual Pig Roast

Saturday August 1 beginning at 1 pm The Hollaran's on Hutson Lake Rd Bring a lawn chair & a friend

Kid's Fishing Derby

Saturday August 8 – 10 a.m. to 1 p.m. Hollaran's Hidaway – Hutsons Lake Prizes and free lunch for the kids

125th Anniversary of St. Andrews Church Matawatchan

Many activities August 8 & 9, 2009 See ad on page 17

continued on page 19

MDX

CONTRACTING

EXCAVATING, LANDSCAPING, & CONCRETE RESTORATIONS

- *SMALL EXCAVATIONS
- *FOUNDATION REPAIR
- *CONCRETE RESTORATIONS
- *HARD & SOFT LANDSCAPING
- *NATURAL STONE AND INTERLOCK RETAINING WALLS
- *MINI EXCAVATOR & BOBCAT AVAILABLE
- HYDRAULIC ROCK BREAKING

LOCALLY OWNED AND OPERATED

OFFICE # 613-333-9313

CELL # 613-433-4112

EMAIL MDXCONTRACTING@YAHOO.CA

CABA Corner

CALABOGIE AND AREA **BUSINESS ASSOCIATION** ANNUAL AWARDS

Each year CABA recognizes exemplary business and community members for their outstanding contribution to a vibrant, healthy community.

Here's your chance to nominate your favourite for this valued spotlight.

To help us recognize people who are excellent role models, just fill in your nomination and include some comments about why you have chosen the particular business or community member. Nominated businesses must operate within Township of Greater Madawaska or Burnstown area. All entries will be evaluated by CABA Executive and Directors for final selection.

One completed ballot per individual please.

BEST HOME BASED BUSINESS AM-**BIANCE**

(consider exterior, interior, operations, overall atmosphere) NOMINEE:

BECAUSE:

BEST COMMERCIAL BUSINESS AM-

(consider exterior, interior, operations, overall atmosphere) NOMINEE:

BECAUSE:

Literary matters (Cont)

tival of the Senses again this year. We have changed our 'sense' to the 'Sense of Wisdom'. There will be many activities on that day for your literary enjoyment.

A rumour which keeps circulating is that "No one uses the library, so why do we need it." Obviously it is like one of those urban legends which crop up from timeto-time in our email boxes. It has no basis in fact, but oft-repeated and 'must be true, because I heard it from a friend who heard it from a reliable source'. This reliable source will give you the 'whole truth and nothing but the truth'. It is a myth, an untruth, a rumour spread by folks who obviously do not darken our doors! If they did, they might have to wait in line to use one of our computer stations; sit in their cars at off-ours to use our Wi-Fi; see the kids reading, crafting, painting, or making up puppet shows; join one

of the many people obtaining a library card,- borrow books, or do research. If these people had had my Dad who would not accept hear-say, "Mary-Joan, what do you mean everyone else's parents let them do it?" Unless I could corroborate my complaint, it fell on deaf ears. My University Profs must have known my Dad because they expected at least two or more original sources for statements in my essays. I guess the 'reliable sources' do not read this column or they would already know. Sooooo, if you do hear this silly story, set them straight, because after all, we are about the dissemination of knowledge and you can help dispel the myth. While you are at it, you might drop a word or note to your Councillor about better funding for the library. Our book budget is now under \$2,000 for the

BEST CUSTOMER SERVICE (consider

repeated, consistent and outstanding ser-

OUTSTANDING COMMUNITY MEM-

(May include recognition for volunteer

work, bravery, accomplishments, com-

munity leader, etc. This category may or

THEIR CONTACT NO:

PHONE NO:

PLEASE SEND TO CABA, PO BOX 159, CALABOGIE, ONT. K0J 1H0 or

submit by email to: prisident@calabogie.

org or to any CABA Executive Member,

BEFORE no later than September 15,

may not be a business operator.)

vice)

NOMINEE:

BECAUSE:

BECAUSE:

YOUR NAME:

EMAIL ADDRESS:

ADDRESS:

Fall is Coming!

Are You Ready?

- Pool Closing Chemicals
- Pool Leaf Covers
- Wild Bird Seed
- Bird Feeders
- Wood Pellets
- Tuff Duck Clothing
- Lined Gloves
- Lined Rubber Boots
- Leaf Rakes
- Steel Roofing/Siding
- Wormers for all your animals
- Snow Fence eek!

Call Us -

For All Your Needs.

M & R Feeds and Farm Supply (RENFREW)

" We're more than a feed store " 400 Raglan St. S., Renfrew, Ontario, K7V 1R8 613-432-8886

CALABOGIE



Summer Clearance Now

Mon-Thurs 8:00-5:30 Friday 8:00-6:00 Saturday 8:00-5:00 Sunday from 10 am to 3 pm

Come in and pick-up your complementary catalogue

636 Mill Street Calabogie Ontario K0J 1H0 Phone (613) 752-2102 Fax (613) 752-0003

Kelly Homes Inc.

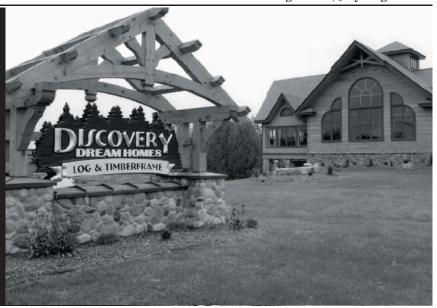
Business built on Quality workmanship

Home Building, Log Homes, Post & Beam homes,

cottages, garages, siding soffit & fascia, backhoe work, finish carpentry, hardwood & ceramic flooring complete project management

jody.kelly@sympatico.ca

613-433-1035



STEBRO CONTRACTING

Tel: 613-433-7752

Cell: 613-433-7753

New Hydraulic Rock Hammer Excavating & TruckingDemolition

Sand, Gravel, Stone & Topsoil

Septic System Design & Installation

FOR ALL YOUR RESIDENTIAL NEEDS

• Driveway • Foundations • Septic Systems • Drainage • Backfill • Hydro Trenches

Ottawa Valley Insulation & Construction

- Blown Cellulose
- BATT Insulation
 - Air Barrier
- Vapour Barrier
- Insulation System
- •Sprayed Fireproofing

Has gone green!

TAKE ADVANTAGE NOW

THE HOME RENOVATION TAX CREDIT (HRTC)

• Home renovations are a smart investment

•Superior insulation for greater energy efficiency

REBATES ON INSULATION FROM ECO-ENERGY RETROFIT HOMES GRANT

Call now to retrofit your bome

Specializing in sprayed urethane foam

613.433.9908

Serving Lanark & Renfrew County

Trail Builders

By Don Rogers

Over the last five years a number of local individuals and organizations have emerged initially as trail blazers where they cut through red tape and pessimism to bring a trails vision to Greater Madawaska and more recently as trail builders in actually establishing a trails system.

Five years ago a Sir Sanford Fleming College study, commissioned by the Township of Greater Madawaska (TGM) Council and the Calabogie and Area Business Association (CABA), identified outdoor and eco-tourism as key to the future development of a successful and profitable tourist industry in the township. This observation was reinforced in the TGM Mission, Vision and Strategic Plan published in 2006.

As a result of these reports, a multiyear trails initiative was put in place by the Township's Economic Development Committee. The goal of the initiative is to contribute to the economic well-being of TGM by taking advantage of the rugged natural beauty of the area. The initiative will help to establish TGM as a leading four-season eco-adventure tourism destination.

The current focus has been on the development of three hiking trails, Manitou Mountain and potential trails in the Oak Lake Provincial Reserve and the Griffith Highlands area. Manitou Mountain was

opened on July 15. The other two areas will be ready in the near future.

At the opening Cheryl Gallant MP for Renfrew-Nipissing-Pembroke cut the official ribbon to open the Manitou Mountain Trail. Accompanying her were many of the builders from Council, the Economic Development Committee, the Trails Sub-Committee, CABA, and non-affiliated individuals. They are cited in the accompanying photograph of the opening.

The Manitou Mountain Trail links with two existing popular trails at the Calabogie Peaks Resort — the enchanting Lost Valley Trail and the scenic Skywalk Trail. With sixteen kilometres of diverse trails and six mountain top vistas, the Manitou Mountain Trail complex offers hikers and snowshoers a truly outstanding trails experience.

These trails are only the beginning. Opportunities will be explored to ensure that a broad network of recreational trails exists in the Township. These will be an all-season attraction to those of every skill and interest level who enjoy the outdoors and adventure. This includes skiers, hikers, snowshoers, bikers, paddlers, snownobile and ATV users. Photographers and bird watchers are also active trail users.

The initiative has been supported financially by the Township, CABA, local businesses and Renfrew County Comcontinued on page 18



(L – R) Don Rogers, Tim Yearington, Jeff Muzzi, Debora Giffin, Cheryl Gallant, Peter Emon, Don Hutton and Bruce Parker. Absent from the photo: Rick Brown and John Pratt





Greater Madawaska Fire Department – Station #2 Griffith
July 2009



Back row, Left to Right – Greater Madawaska Councilors Tom Ryan and John Pratt. Firefighters Adam Copeland, Mark Brown, Macky Sayers, Brandon Bird. Captain Dave Van Iderstine. Firefighters Sean Tohivsky, Terry Holtzhauer, Reeve Peter Emon, Firefighter Dave Parkes, GMFD (Calabogie) Station #1 Captain Gilles Aucoin and Station Chief Earle Fraser.

Front row, Left to Right - Firefighter Chris Peters, Captain Scott MacDonald, GMFD (Griffith) Station #2 Chief Gary Peters, Captain Ken Birkett Greater Madawaska Councilor Karen Lehnhardt, Firefighter Betsy Sayers.

Absent - Firefighters Andrew Myatt, Byron Nauss, Steve Inwood



Community Builders Award presented by Reeve Emon to Ken Birkett and Joanne Murray.

In my backyard

A Common Garter Snake

Thamnophis sirtalis

By Richard Copeland

Snakes have taken a bad rap since biblical times. From the cause of human temptation to a show of divine power on a Pharaoh's head dress they have been blamed or worshipped for millennia. In Australia they are a protected species with heavy fines for their intentional execution. For North American gardeners they a scourge to be banished or for some they are invited in for pest control.

and stripes, in eastern Ontario the garter is black with yellow stripes. Adult males range from 39.6 to 60.2 cm while females will grow in the range of 39.9 to 91.7 cm.

Their territory is wide ranging generally inhabiting meadows, streams, ditches, marshes and woodlands. Their aquatic capabilities will often find them confused with water snakes. They are good swimmers. Garter snakes feed on frogs, toads, fish, earthworms, tadpoles, salamanders, meadow voles, and mice. The young are born externally from eggs in litters of 20 – 40 and reach as many as 80. As they grow they shed their skins, the younger snake shedding more frequently to accommodate higher rates of growth.



They lay claim to phobic behaviour in humans. Everyone likely has a position on snakes, but we really don't see a lot them any more. Unless we are looking.

The name comes from *Tham* meaning pretty, *nophis* meaning snake and *sirtalis* meaning garter in reference to a man's black garter. Snakes are the most successful among reptiles with garter snakes being the most prevalent in North America. Depending on region they vary in appearance with the dorsal background colour ranging from black to dark brown to olive green. In the Maritimes they are brown with spots, their stripes often obscured, in the west they are boldly marked with red

The first snake to appear in the spring, the garter is an opportunistic predator that sniffs' out its prey through its tongue. The flickers of tongue movement are sampling the air for smells and the more exciting the smell the higher the rate of flicker. Molecules of scent are pressed into the roof of its' mouth where a special organ called the Jacobson Organ receives the twin tips of the tongue and in combination with the nostrils and the olfactory part of the brain the scent is interpreted. A snake can track an attractive scent in a similar fashion to other predators. One analysis done on the contents of the garters' stomach showed a diet consisting of 37% earthworms, 31% salamander and 25% toads.





In my backyard I have a hoop house where I experience varying degrees of success in gardening. The early sighting of mice this past year was not a welcome event, but within a few days the first garter snake appeared. Likely a fe-

male she watched me with interest as I watered and it wasn't too long after her appearance that the mice disappeared. We were good friends for weeks until I guess she moved on to greener pastures.



Digital Infrared Imaging A New Approach to Breast Screening "heat". Thermogra

By Susan Veale BSc. KIN

Independent scientific research has proven that one "atypical cell" meaning a cell that is abnormal duplicates itself within 90 days and within eight years; it has become 4.2 billion cells. This rate could be representative of breast cancer cells as a detectable mass in breast tissue is about 4.2 billion cells.

Current traditional tools of assessing breast health include mammography, MRI, ultrasound and breast self- exam. These tests rely on detecting a gathering of cells such as a lump often requiring several billion in the process. New technology called "Computerized Digital Infrared Thermography" offers an earlier way of detecting breast tissue changes before the development of a cellular mass. The programming assesses breast health by looking at functional changes in breast tissue. In many cases, the new technology recognizes a change in tissue five to eight years before other methods could and that time difference is important as solutions can be offered before surgery.

The word "thermography" is derived from the root word "thermo" meaning

"heat". Thermography refers to the "taking of images". Breast Thermography is taking an infrared image of the breast tissue for the purpose of measuring heat. A digital infrared imaging scan provides

A digital infrared imaging scan provides the earliest evidence of breast disease. The sensitivity rate is 90%. This means in 90% of cases, the scan accurately indicates a presence or absence of disease. Human skin, regardless of pigmentation or age, is an excellent emitter of infrared energy, in other words, heat produced by metabolism.

Abnormal cells tend to be hotter than normal cells as malignant tissue is greedy. To fuel their rapid growth, malignant cells produce a chemical that makes new blood vessels grow. This process is called angiogenesis, "angio" means blood vessel and "genesis" means creation.

A digital infrared imaging scan will show the heat difference between normal breast tissue and problem areas as normal breast tissue will act as a control against which hot areas are compared.

A digital infrared imaging scan is non invasive, painless and requires a minimal amount of time. Three digital infrared

Continued on page 15

Griffith Matawatchan News

By Garry Ferguson

On Wednesday June 24, 2009, Denbigh Griffith Lions president, Terry Holtzhauer, presented the Lions' Melvin Jones Fellowship Award for long-term service to Rowena and Erwood Reynolds. The Reynolds spearheaded the effort to start a Lions Club in the Griffith area and continue to be a driving force within the organization. The Reynolds weren't the only ones to come in for some well-deserved praise. Barry Dicks presented club plaques to Sue Lafleur, Brigitte Hoffman and Scott MacDonald for their outstanding assistance during the huge renovation to the hall.

Since it was time again pick the recipient of the annual Educational Assistance Bursary, yet another presentation was made. Britany Buls who attended high school in Cloyne at the North Addington Education Centre was the recipient of the award.

The Lions were very happy with the results of their participation in the Matawatchan Picnic this year. Seems that hotdogs and hamburgers went over well, even for those who already ate dinner. I think that's called eating for a good cause.

We've been promoting the Lions Show and Shine for some time but now that the event has drawn closer, we have more particulars. Added to a barbeque and a field full of classic and collector vehicles will be a kiddies' (I said kiddies') bouncy castle, a collection of 3000 antique tools, a display by the OPP and a demonstration by an MNR sniffer dog. Apparently they can home in on illegal game so don't come with venison on your breath.

The weather couldn't have been better for the St. Andrew's United Church and the Hall Board's cooperative outing better known as the Matawatchan Picnic. I think the Board considers it prudent to team up with a church hoping that it may have an inside track when praying for no rain. Since rain was not a worry this year, everyone stayed until after the music program was over. Roy Berndt again came with his trailer-mounted, antique, one-lunger engines and kept a crowd of the curious onlookers entertained for the duration of his demonstration. His motto could be, "Make a racket and they'll come."

Don't forget the Matawatchan Jamboree in the Matawatchan Hall on August 23, 2009. It has always been a success and according to the folks from other parts of the area has given us locals a reputation as the friendliest people in the Valley. We (snicker) won't dispute that. For particu-

continued on page 18

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

Denbigh Checking In

By Christi Laundri

The sun has finally made an appearance. Hopefully, she will stay awhile. Lack of sunshine inhibits growth in the garden and negatively affects our moods.

30- some people turned out for a Progressive Dinner on Friday June 19 organized as Adult Fellowship through the Vennachar Free Methodist Church. Stops were made at a number of houses; the first for punch, the next for salad, then nacho chips and dip, on to barbequed hamburgers and finally to the Fellowship Hall for the pot luck dessert round and games. Everyone was raving about the food and had a very enjoyable time overall, even though they had to travel the countryside to get fed. Thank you to all who organized the dinner and to those who opened their homes!

Congratulations and best wishes to John and Anne Ball, who celebrated their 50th wedding anniversary June 27th.

Starting June 27th every Saturday throughout July and August an open air market will be held at the Matawatchan Community Hall, from 9 am till 1 pm. for info call Joanne at 613-333-5534

Sunday Services at Vennachar Free Methodist Church will start at 10:00 am beginning Sunday, July 5th, and will continue through the summer until after Labour Day in September, returning to the regular time on September 13th. Sunday School, Bible Studies and groups will also resume in the fall.

A notice to all our card players, there will be no Friday night Euchre games for the months of July and August. Our next Euchre night will be September 11, 2009. For more info, call Betty Bass at 333-2366.

The Denbigh Recreation Committee would like to thank the local businesses for their great donations to our silent auction, held the day of our yard sale. A thank you also to everyone that donated items for that sale

Happy July Birthday to Muriel Burgess

The lawn tractor pull was the event of the Canada Day celebrations in Denbigh. Quite a few machines competed for the top position. The Pink Lady certainly stood out in her vibrant colours, and the large crowd enjoyed watching the competitors. Winners are: JUNIOR Division: 1st - Jared Malcolm. 2nd - Darien Malcolm. 3rd - Dwayne Rosien. STOCK Division: 1st - Brody Gregg. 2nd - Steven Rosenblath. 3rd - CJ White. LAWN TRACTOR: 1st - Tiffany Rosien (1st pink lady) 2nd - Devon Rosien. 3rd - David Malcolm. MODIFIED: 1st - Kevin White. BEST LOOKING LAWN TRACTOR: Tiffany Rosien (1st pink lady) BROKEN DOWN

continued on next page

Screening (Cont)

images are taken and then both hands are placed in cool water for one minute to stimulate the "cold challenge" to the blood vessels. After the cold challenge is complete, a second series of three scans are taken to record the changes in the response of the blood vessels to the colder temperature.

Each digital infrared imaging breast scan is read and analyzed by a member of the American Board of Thermography and a report is sent to both the individual and their health care provider for any further recommendations.

The thermology report is summarized by a classification number guide regarding breast tissue function. This criterion was established in 1970 at the Pasteur Clinic in Paris. The numbers are an indication of normal to very abnormal cell function indicating risk for malignant disease, but they are not a diagnosis for breast cancer.

Benefits of Digital Infrared Imaging include:

 Timely – Problems can be detected before abnormalities are seen with mammograms

Denbigh (Cont)

BROKEN DOWN LAWN MOWER: Ryan Gregg. SHOWMANSHIP: Kevin White & David Malcolm. A thank you to all who participated, to Mike Kerr for operating the Backhoe, and to those who worked to connect chains, grade the dirt, and keep score. A special thank you to Mark Rosenblath who organized this event. See you all next year.! Canada Day Kids games consisted of bike, sack, and 3 leg races, balloon tosses, bubble blowing, egg relays, tug of war, poster contest, bike decorating contest, and a large bouncy castle. In the 5 and under category of the poster contest, Diana Weichenthal and Lea Hermer shared first place. Eric McCarthy took first in the 6-10 age group, Jenna Shannon 2nd, and Terri Lvnn Rosenblath 3rd. Kody won first in the 11 and over, with Maikaela Keller as 2nd. Best decorated bike saw a tie between Diana Weichenthal, and Kara Rosein, and both Caitlyn and Kylan White won best costume awards. Anyone wishing to have copies of the pics I took on Canada Day should contact me at denbighnews@hotmail.com or 613-333-2376.

Denbigh Diner's Club meets the first Monday of every month at 12 noon. Come and enjoy good food and good company.

Denbigh Community Craft Club meets the 2nd and 4th Wednesday of every month at the Denbigh Community Hall at 1 pm. July's craft will be card making. Tea and coffee served. All are welcome.

August 9th at 11 am: anniversary service at St Andrew's United Church,

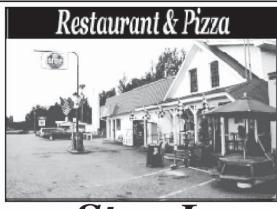
continued on page 18

- 2. Inclusive Examines the whole chest, breasts and armpit areas
- Safe for all Ages Puberty, pregnancy, breastfeeding, pre-menopausal and postmenopausal years
- Good for all Breast Types –
 Dense, pregnant, breastfeeding,
 fibrocystic, enhanced (implants)
 and women on oral hormone
 medication
- 5. Painless No squeezing, no pressure, not touched by equipment or technician
- 6. Risk-free No harmful rays emitted so repeat imaging can be done as often as needed to monitor breast health and to guide treatment
- Risk Indicator- Digital infrared imaging results are a better indicator of future breast disease than a family history of disease.

Digital Infrared Imaging will be offered at a clinic August 22nd, 2009 in Pembroke. If you are interested in more information or would like to schedule an appointment for a scan, please contact Susan Veale at Wellness Natural Health Centre, 613-752-1540.

www.mylysis.com wnhc@bellnet.ca

End



41 Stop Inc.

Barry & Suzanne Lee 333-9333 Denbigh Best Western you'll ever have....

• Gas • Propane • Ice • Worms • Groceries

• Gifts & More

Mon - Thurs- 8am -7pm Fri - Sat - 8am -8pm Sun 9am-7pm

Check store for long weekend hours

SEARS

1-800-267-3277 www. sears.ca Inquires Denbigh Store 333-1646 store #7714 The Cool Cow

> Open - 11-7 Daily

Tracy's Ice Cream 16+ flavours to choose from





Motel & Restaurant
In the beautiful
DENBIGH HILLS OF MAZINAW COUNTY
FAMILY OWNED AND OPERATED

Situated at the junction of Hwys 28 and 41, Swiss Inn is ideally located for the four season traveler.

Swiss Inn offers an upscale country restaurant renowned for its Swiss and Canadian cuisine and fine wines, served with traditional hospitality.

SINCE 1968

Inquire about our recreation packages

OPEN ALL YEAR Swiss Inn, Denbigh, Ontario, KOH 2R0

The Lips Family (613) 333 2221 swissinn@northcom.net www.SwissInn.ca

HOOK, LINE AND SINKER

By Ernie Jukes of Camp J

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

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

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

In those days many anglers also used a bamboo cane pole. I can remember as a wee kid using a simple branch, a string and a bent pin.....but hey it worked! Netting eventually became illegal here and so did spearing in our part of the country. Later on to help pay my college tuition I worked as a guide for fishermen and also assisted a local lodge. The pay wasn't as great as the catches, but the tips were big.

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

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

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

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

Of course we can never forget about "Down East" for both fresh and salt water fish. We realize that the salmon seem to be declining in the famous Miramichi however I did learn to fly cast there from the required guide. I have enjoyed that special form of lightweight fishing ever since. Naturally we went out on Bay Chaleur in a friend's sea going vessel but it was in New Brunswick's Nepisaguit River, off shore, that I caught a salmon on a fly. Its steaks almost filled the BBQ for a Bathurst dinner.

Another time while RVing Scotland I accepted an invitation to wade the River Spey for salmon. No salmon that time but I made a new friend. It was the Scots who originally brought fly fishing over here, but we must remember it can be dangerous. One of my editors of an outdoor publication in Ontario, drowned when his waders filled with water and took him

down like two anchors. You can never be too safe in our outdoors.

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

Ice fishing on a sunny winter day can be fun and productive. Once the ice is thick and safe, it is a fishing method in which anglers use a variety of special equipment to be refreshed or catch colds. It too has occupied our time for hundreds of winter seasons. Whenever the time or wherever the place, it is important to "Catch and Release". Do not waste. Help future generations also have the amusement and consumption of fishing.

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

End o the line.

Local Drum Circle

We have named ourselves the Cathcarmo Drum Circle after the three founding members and we are looking for others to fill out the circle.

If you have a heart beat you have rhythm. If you have never placed hands on a drum you are welcome to join us and discover this wonderful, therapeutic, stress-busting instrument, the djembe. We get together the first three Tuesdays of the month, from 11:00-1:00 in Calabogie.

As well as the djembe, ashiko and sangban (African drums) we have several other small instruments like the claves, bells and shakers to enrich the ensemble. So, whether you are a novice or an experienced drummer you are welcome to join our circle. It is free so what have you got to lose? Other than your cares, that is.

Please call 613-752-2500 for more information.

Matawatchan Yard Sale Aug 1 downtown Matawatchan

GARY GARAGE DOOR

Can We A-Door You?



Commercial Doors
Residential Doors
Electric Openers

613-432-7766 ~1-888-256-4793

Fishing with Jim

By Jim Weatherall



It has been a good summer so far. The weather hasn't been the best, but the fishing has. A lot of nice fish are being caught in all the lakes. Calabogie Lake gave up a 5.62

lb. Large Mouth Bass to Ed Briner. Nice fish Ed! Owen Mulvihill landed himself an 8.36 lb. Pickerel up on the Madawaska River on a jig head and worm. A real good fight I understand. Congratulations Owen!

I have been out on Stone's Lake a few times this year and have had good luck on the 'Wacky Worms'. Most of the fish were taken on the green pumpkin colour. We had some good size fish ...lots over 3 lbs. and a few over 4 lb., one of which weighed 5.3 lb.

My grandson Jake Powell and I went into the Calabogie Fish & Game Bass Derby on July I I to and had a great time. We got lots of fish, although we did not

catch a big enough one to win. The adult prize of \$200.00 went to Nicole Luloff with a 3.2 lb. Bass. The junior prize of \$100.00 was split between Nicholas McLean and Isaiah Luloff, each with a 2.34 lb. Bass. The Shotgun draw went to Brendan James and second prize of a hunting knife was won by Elwyn Ziebarth. All in all it was a great day and the Fish & Game Club did a great job. Jake and I enjoyed ourselves and would like to thank the club for a job well done.

I've been asked many times where I get my minnows and how I get them. I will take time here to explain the situation for myself and my fellow minnow harvesters. I personally trap mainly in ponds and creeks. To do this I must have a bait harvester's licence, issued by the Ministry of Natural Resources, which entitles me to trap with a larger trap than a resident angler can use. I must trap on designated zones only.

In the spring of the year, when water levels are high, I get a variety of minnows (large, medium and small suckers, dace, shiners, chub and fat heads). As sum-

Continued on page 22



Owen Mulvihill's Pickerel





FISHING AND HUNTING LICENCES

GUIDING SERVICES

GUIDING SERVICES
FULL LINE OF TACKLE

LEECHES WORMS MINNOWS



RV & AUTOMOTIVE BATTERIES

COFFEE & SNACKS

CONFECTIONS & SUNDRIES

12600 LANARK RD CALABOGIE, ONT (613) 752 - 2145

St Andrew's United Church Matawatchan 1884 - 2009 Celebrating 125 Years



Saturday August 8, 2009

4:00 p.m. BBQ and Piper

5:30 p.m. History Presentation by Elmer Strong

6:30 p.m. Gospel Music Hour

Ending with evening coffee, tea and goodies

Sunday August 9, 2009

11:00 a.m. Anniversary Worship – Guest Speaker Rev. Ken Norman

with special music from the Choir and St. Andrew's Church

musicians.

12:30 p.m. Fellowship and light lunch

Everyone is welcome

LACOURSE MINI MART



LCBO Agency



APPROVED RETAIL PARTNER &
AUTHORIZED EMPTY BOTTLE DEALER

STINSON SELF SERVE GAS Hunting & Fishing Licences

Stawa Valley!!

Largest Selection of Fireworks in the Ottawa Valley!!

CLEARANCE SALE!!!!

CIL Paint \$10.00/gal CIL Paint \$5.00/qt

T-Shirts & Slush Pants \$2.50 ea. Select Watches & Sunglasses \$4.00 ea.

> Mon - Sat 8am-8pm Starting May Long Weekend OPEN:

Sun-Thurs 8am - 6pm Fri & Sat 8am - 8pm

Sundays LCBO only opens at 11am closed at 6pm

Phone 333-1553





- Card Readings . CranioSacral Therapy
- Healing Touch · Hot Stone Massage · Hypnotherapy
- Life Coaching . Raindrop Therapy . Reiki
- Thai Massage Thai Foot Massage

By appointment - on-site service available



Packages available...

Ultimate Wellness Makeover Pkg 🞗 Massage (Thai or Relaxation) Reiki (or Healing Touch)

Life Coaching (or Hypnosis)

Body and Mind Package 🞗 Massage (Thai or Relaxation) & Life Coaching (or Hypnosis)

Body and Spirit Package

& Massage (Thai or Relaxation)

& Reiki (or Healing Touch)

Moira Hutchison CTACC DHP Acc. Hyp.

telephone: 613.432.1239 • mobile 613.281.0611

41 Leckie Lane • Burnstown • ON • KOJ 1GO

web: www.WellnessWithMoira.com • email: Moira@WellnessWithMoira.com

Please return

Would the person(s) who borrowed my white EZ Load boat trailer from the Centennial Lake boat launch on the night of July 1st please return it to the boat launch parking area. I will pick it up on the afternoon of Saturday, August 8th.

Bear Attacks Fridge



A hungry Black Bear broke into the summer kitchen of a trailer at Snider's Trailer Camp and destroyed this Refrigerator. His reward was a dozen eggs. The fridge door is on the lawn with many other scattered items. Beware of bears!

DENCO Engineering Ltd

Consulting Engineer Services



905-641-2364

Storm Water Management Shoreline Erosion Control

James R.Denham P.Eng. (905) 641-2364

Denbigh (Cont)

Matawatchan. This joint service will be followed by a lunch. Activities for the Anniversary Service on Saturday the 8th of August will be posted at a later date.

United Church women meet the first Tuesday of each month at the church at 1:30 pm. Third Wednesday of every

G/M news (Cont)

lars, see the Jamboree ad somewhere in this issue.

All are welcome to the St. Andrew's United Church 125th Anniversary celebrations at the church in Matawatchan starting with a barbeque at 4 p.m. on Saturday August 08, 2009. On page 17 of this paper is a poster with all the details.

The Fish and Game Club's annual Pig Roast will come to pass at the Cliff and Pat Holleran spread on Hutson Lake Road on August 01, 2009 – anytime after noon. Al Pennock will be firing up around seven a.m. and will probably be looking for someone to talk to, so if you can't sleep, you know where to find him.

The Kids' Fishing Derby at Hutson Lake was cancelled due to the beastly weather. It has been rescheduled for August 08, 2009. For particulars on club activities call Al at 613 333 2390. End

month: Fellowship Lunch at the Griffith Lions Hall at 12 noon.

Land O' Lakes Community Support Services has a list of support Programs for seniors, people with disabilities, visiting social and hospice services, etc. There is no fee for many of the programs. For more information call Land O' Lakes Community Services in Northbrook at 613-336-8934, Fax 613-336-2044, or log on to www.lolcs.com

On Aug 22nd, Denbigh Griffith Lions Club will hold their annual Show and Shine and 100 doodle bags will be handed out to the drivers. If anyone has business cards or info they would like to include in these bags, contact Gary and Ruby Malcolm at 613-333-1449

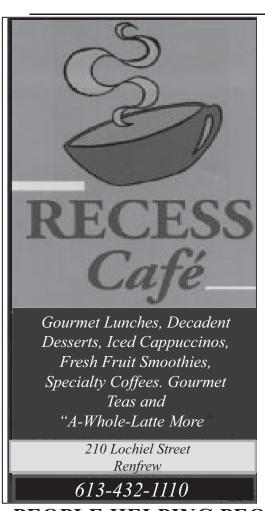
Thought of the day: ".if a man is only as good as his word, and his word is no

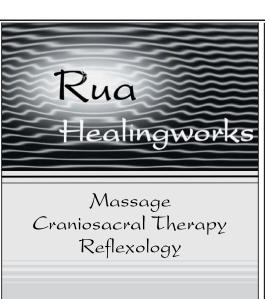
End

Trails (Cont)

munity Futures Development Corpora-

Although the effort is lead by the Township's Economic Development Committee, great support has been received from the County, MNR, Ontario Parks local businesses and various volunteers.







1694 Burnstown Road Burnstown, Ontario KOJ 1GO

On-site Service Available

613.433.5738 rua.grinbergs@sympatico.ca www.ruahhh.com

Rua Grinbergs, Bodyworker



(613) 333-5551

PEOPLE HELPING PEOPLE SENIORS' HOME SUPPORT

Chris Cobus, Executive Director

Seniors' Home Supports are one of several community support services which have a mandate to help keep seniors active in their own homes and communities for as long as possible. "I want to remain in my home as long as possible" is a statement we hear time and time again from many of the people who approach home support for assistance. We do our best to respect and honor these wishes.

Each home support is unique in the services that they provide in their communities, as needs and available resources determine what can be provided. Services may include (but, not be limited to): transportation, friendly visiting, telephone security checks, frozen meals, foot clinics, home maintenance (both indoors and outdoors), diner's club gatherings, grocery delivery and general intervention & assistance (help with forms/advocacy/information on local resources). To find out which services are available in your area, it is best to contact the home support program nearest to you: Arnprior (613-623-7981), Barry's Bay (613-756-2772), Calabogie (613-752-2828), Deep River (613-584-1900), Eganville (613-628-2354), Golden Lake (613-625-2800), Pembroke (613-732-9993

extension 3220) and Renfrew (613-432-7691).

In a recent document entitled: Home and Community Care: The Key to Sustainable Health Care in Ontario (November 2008), the Ontario Community Support Association (OCSA) is identified as the voice of the home and community support sector. This document identifies community support services as being key to preventing unnecessary and more costly health interventions such as emergency room visits, hospital admissions, and premature long-term care placement. The documents states: "For every dollar of provincial government funding, about \$1.35 of service is provided by community agencies due to client fees, donations and other direct financial contributions from their communities. Over one million clients are served and \$103 million in volunteer hours are delivered to the health care system each year". At the local level, Seniors' Home Supports try to ensure client fees are kept affordable so that those who need our assistance can get the help they require. They keep staffing costs to a minimum, by recruiting, screening, training and supervising numerous volunteers who help in the delivery of local services. Seniors' Home Supports are grateful for individual and group donations and the community's participation at fundraising events. Community support of their efforts is essential to keeping care close to home.

Home supports provide a vital service in our community by helping to keep seniors and adults with disabilities active in their homes for as long as possible. If you would like more information about what the nearest home support can offer you, or would like to support the efforts of your local program by making a donation or exploring volunteer opportunities, give your nearest office a call.

People helping people...that's what Home Support is all about!

Editor's note: An Ontario Trillium Foundation Grant made this article possible

Ena

Calendar (Cont)

Matawatchan Jamboree (HOTCMA) Sunday Aug 23 – 1:30 p.m. to 5:00 p.m.

Matawatchan Hall See ad on page 23 for more information

125th Anniversary of St. Andrews Church Matawatchan

Many activities August 8 & 9 See ad on page 17

Lion's Club Bingo

Every second Tuesday at 7:30 pm

Sylvia's Foot Care

Every six weeks St. Andrews Church (Matawatchan) Call Annabell Marshal 333-1752

"Northern Lights" Seniors

Meet the third Tuesday of each month at 1:30 p.m. alternating between Griffith and Matawatchan. For information contact Lois Robbins at 333-1082. All Seniors Welcome

Denbigh

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.

. 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 Next clinics are August 11 & 12, 2009 For information or appointment Please call--Muriel Burgess 613-333-5559 OR --Annabelle Marshall 613-333-1752 Home visits can be arranged

Out on the First Concession

I BECAME OWNER OF A JERSEY **CALF**

By Wes Bomhower

The winter before I turned sixteen years old, Rastus O'Clarke who farmed out on the next concession, fell ill with a malady of some sort in January and was confined to his bed for the rest of the winter. His wife, Hattie, came walking up our laneway one blustery afternoon to ask if I could please come and take care of their livestock until Rastus got back on his feet

They kept about one thousand laying hens and Rastus had a reasonably good business established selling eggs in the city every week. They also kept 16 milk cows, a few young cattle and a snappy team of horses which required some attention, and a big friendly collie dog which stayed outside most of the time. In the house, was a small, short-haired terrier named 'Tiny', a miserable little cur that snarled at everyone, but he was their baby, so to speak, because they had no children. Tiny didn't like me and the feeling was mutual.

Their milk cows were dried up for the winter from producing milk until the spring calving time, a practice most farmers followed in winter in those years

if they shipped their milk to a cheese factory, so the chores I would be doing for awhile consisted of feeding and watering all the farm animals and chickens, gathering the eggs and keeping the stables cleaned out every day. And each night before retiring, I would make the rounds with the kerosene lantern, (no hydro yet) to see that all the animals were bedded down and comfortable with a good supply of straw.

The horses needed exercise periodically, and Hattie's brother, Roy Alquire, from down the road would help me harness up the team to the sleighs and we would go flying up the concession road to a little country store located where the railroad passed through. The store keeper stocked a pretty good line of everything and one day he drew my attention to a shipment of dates that had just arrived. I loved the dried fruit, so purchased a pound or two, figuring on having a snack after the evening chores were done. I stashed the bag of dates on a shelf in the drive shed for later consumption, never realizing that the collie dog had a sweet tooth also. Hattie complained that the dog hadn't eaten much of his dinner that night and I found out why when I went to have a snack of my dates. All that was left was a torn paper bag and the collie's tracks in the snow, and needless to say, the big dog's bowels worked overtime for the next 24

Fish & Game Club Annual Pig Roast Saturday August 1 beginning at 1 pm The Hollaran's on Hutson Lake Rd Bring a lawn chair & a friend

Griffith and Matawatchan Fish and Game Club



Kid's Fishing Derby



Saturday August 8 - 10 a.m. to 1 p.m. Hollaran's Hidaway - Hutsons Lake Prizes and free lunch for the kids



Scooped

Ice Cream

Sunday 9 a.m. to 6 p.m. 613-333-2713 or TheEaglesRest.ca



Corner:

Computer Viruses

By: Doug Vasey

Viruses are software programs, and they operate in similar ways as any other program running on a computer. The actual effect of any particular virus depends on how it was programmed by the person who wrote the virus. A computer virus program can copy itself and infect a computer without the permission or knowledge of the owner. The term "virus" is also commonly but erroneously used to refer to other types of malware, such as; adware, Trojans, and spyware programs that do not have the reproductive ability viruses have.

The world of computers is no different than any other environment we inhabit such as the street or the school yard. It is often characterized by human behaviour. Every one of us has the propensity to emit varying levels of good or evil and to different degrees of conscious purpose. However, some mischievous souls get their kicks by doing others harm or creating havoc. We have little control over that. The most we can do is prepare and remain vigilant without dwelling on any associated negative energy. It is important to have a good computer security program, especially if you use the internet.

There are only two ways for your computer to get a virus:
• You load the virus onto your computer through an infected floppy, CD-ROM, or other storage medium.
• The virus arrives by a downloaded file, email attachment, or other method from the Internet or a network. At this point, an infected file is on your computer's hard

drive. But remember, your computer will only become infected if you launch or view the file, or run the infected program. So an important tip is to always scan new files for viruses before you use them.

Most modern antivirus programs try to find known virus-patterns inside ordinary programs by scanning them for so-called virus signatures. If a virus scanner finds such a pattern in a file, it notifies the user that the file is infected. The user can then delete, or (in some cases) "clean" or "heal" the infected file. Some viruses employ techniques that make detection by means of signatures difficult. These viruses modify their code on each infection. That is, each infected file contains a different variant of the virus.

The computer partition table is a small storehouse of information that tells the operating system where to look for its specific boot code. It is located in the master boot sector and is read by the master boot record at boot up. Thus, this information is often either moved, or encrypted by boot sector viruses and makes it impossible to boot into the operating system. It is likely data can be recovered from such an infected hard drive but the hard disk should be thoroughly wiped before reinstalling the operating system and programs.

Some viruses try to trick anti-virus software by intercepting and modifying its requests to the operating system, thus making an infected file seem as though it is clean. Modern anti-virus software employ various techniques to counter stealth mechanisms of viruses. It is important to keep your anti-virus signatures up to date.

Memory resident computer viruses are those which install code in memory which infects future program usage again and again. This type of virus can be stubborn to eliminate. Some antivirus programs allow you to create a boot disk (make sure it is uninfected and write protected) from which you may be able to eliminate the infection upon boot up.

Certain programs and operating systems are more prone to attack than others. Virus writers have especially targeted Microsoft products because of their market dominance. Apple's Macintosh computers have been hiding in the weeds and for the most part escaped the wrath of virus writers. However, there are still a few viruses out there created for the sole purpose of challenging the Mac. ClamXav is a free virus checker for Mac operating system X and is available on the internet.

The following list contains symptoms that <u>may</u> indicate the presence of a virus. None of these symptoms definitely indicates virus activity!

The system slows down.

- •The operating system or applications display unusual error messages.
- •Weird messages pop up (greetings, insults, etc.)
- •You notice uncommon graphic effects on the screen.
- ·Frequent data loss occurs.
- •Frequent program crashes. Programs crash often, unfortunately, but if applications begin to crash excessively often, you should become suspicious.
- •The operating system or regular applications refuse to start.

I have seen hard drives destroyed by viral infection. It isn't pretty. It usually means that accessing the drive to retrieve information data is expensive and there's no guarantee the data you're looking for is still legible. Because some motherboards have rewritable ROM chips, they have been known to become infected, although it is rare. I have usually been able to restore chips so infected, but on a couple occasions chips with a resident virus have blocked me out. That usually means the need for a new mother board unless you're into soldering new chips.

The best way to avoid being hurt is to avoid dangerous neighbourhoods and

wear reflective clothing after dark. Oh. that's right, we're talking about computers, still; avoid dangerous neighbourhoods; such as illegal download sites. Everything we do or say in this world matters, and there is a cost for everything. You may have the best internet security software money can buy, but, if you want to download pirated music, movies, or programs; you will get viruses. It is a certainty. The cost will be a high security hard drive wipe and reprogramming at least once a year. The reason is: those sites are the wild frontier for virus gun slingers and hotshots. Every day new viruses are being written and every day they are being released into the stream.

Antivirus programs and programmers don't have protective signatures until they know the malware exists. Then the protective signatures are written and the PC user downloads them to update his or her internet security program. When a down-loader attends these dangerous sites, it often means protection levels are diminished and these nasty culprits can intrude upon your property. Often times the virus malware isn't activated until you unzip and execute the file. Beware!

Play safe. Don't download unless it is from a reputable site such as; iTunes. Install sufficient internet protection for your activity and exploration level. I recommend: Norton Internet Security, Bit Defender or eSet Smart Security. If you are a light user, by that I mean you perform the occasional internet search and exchange email with friends then you can probably get by with some free online software. I recommend: Avast, or AVG antivirus along with Spybot Search and Destroy to root out any other intruders such as Trojans or spyware. Usually only one anti-virus program can be loaded on a computer at a time as they tend to conflict with one another. Although you can usually install two or more anti-spyware programs without any conflict. Remember don't execute jokes, photos or chain letters unless they are scanned. Have a nice safe day.

J. LACOURSE CARPENTRY and Son Inc.

Builder of Quality Homes for Over 20 Years

Licensed Carpenter







Main Office: (613) 333-1042 · Cell: (613) 312-0704 · Cell2: (613) 312-0697

Office: (613) 333-1553 • Fax: (613) 333-1366

- · Log & Custom Homes (Pre-Fabs)
- Renovations
- R2000 Registered Builders
- · Deck's
- Registered with Tarion
- · Dealership in FM Windows & Siding

FREE ESTIMATES

We Build Your Dreams From The Ground Up!

BULLDOZER AVAILABLE

- Easy to move
- Experienced Operator
- Reasonable Rates
- Cottage Lots-Roads
- Landscaping ETC.

Recreational activities near hydro stations and dams åre dangerous

Stay clear of hydroelectric stations, dams, shorelines and surrounding waterways. Hydro stations operate year-round and affect water flows and ice conditions. Water that looks safe can become treacherous in minutes. Ice that forms near, or even several kilometres away can be dangerous. If you see water levels changing, move a safe distance away immediately. Obey all warnings, signs, booms and buoys or you could face charges and fines of up to \$2000.



ONTARIO**POWER**

Floyd Enterprises

- * Utility and Custom made Trailers
- * Welding and Steel Fabricating Small Engine and Auto Repairs
- *Generators, Pressure Washers
- * Trailer Parts and Accessories
- * Lawn Mower Parts and Accessories
- *Made to fit Oregon Chains, Bars, Files & Oil
 - * Bosch Wiper Blades
- * Motor oils, filters, washer fluid, Prestone, spark plugs * Batteries

NOW HAVE:

Husqvarna Chains Saws and Lawnmowers By Order No Drip Rust Proofing

Floyd & Marie Kauffeldt Hwy 41 Griffith Phone or fax 613-333-2753

Visa and Interac accepted

Pura Vida Nutrition Store

"Visit our new location at

267 Stewart Street, Renfrew, Ontario, K7V 1X9 Just past the bridge at Albert Street Tarot Card readings - Donna Kinniburgh Thai Yoga Massage; Reflexology - Lou Bennet Reflexology & Reiki - Jennifer Johnston Call the store for appointments

Vitamins, Herbals, Teas, Homeopathy, Aroma therapy Smoothies and gourmet coffee

Gluten-Free **Products**

Hours:

Diet & Sports Supplements

Mon. & Tues. 9:30 am - 6:00 pm Wed. to Fri. 9:30 am - 9:00 pm Saturday - 9:30 am - 6:00 pm Sunday - 12:00 - 5:00 pm

Tel. (613) 433-9437 • Fax (613) 433-9959 • e-mail: renfrnutstore@bellnet.ca

Fishing (Cont)

mer approaches, water levels drop in the ponds and streams, making it difficult to find the larger bait. Also in hotter temperatures, the traps can't be left more than a day as the minnows die faster.

I build my own traps, which are about 15" around and 24" long, which takes about time, I hope to see you out on the lake. 4 to 6 hours to build at a cost of about Be safe and "Catch the Big One". \$40.00 in material. The only trap a fisherman can use are 12" by 20" and they must Jim.

have the owner's name in it and the person using the trap must have a valid Ontario Resident fishing licence, and he or she can be the only person to use the trap.

The reason for the M.N.R. to have all these regulations on trapping is to try to stop the spread of "non-bait fish" from one lake to another. If you trap your own bait, make sure you sort your bait at the trapping site and put back all the non-bait fish (i.e. perch, sunfish, bass, mudpout, small pike and many others). It is also against the law to dump your bait in the lake unless it was trapped in that specific lake. A fisherman must not have over 120 minnows (10 doz.) in his possession at one time including those caught or purchased. He or she may possess 10 doz. Leeches that have been caught or purchased.

Bait Harvesters are forbidden to sell Crayfish or frogs. The angler may catch his or her own and use them as bait. Anglers can only possess 36 Crayfish and must only use them in the body of water in which they were caught. They may not be transported over land. You may have only 12 frogs and only Northern Leopard Frogs may be used as bait. Hopefully this information is of some interest to you and will keep you on the right side of the law. In the mean-

End



BODY MIND SPIRIT "An Oasis of Energy, a Sanctuary of Calm"

www.Heartsongyogapilates.ca

TOOLS FOR LIVING FULLY

Join Anytime!

Drop-in Visits Welcome!

Group Classes

* Personal Training

*Teacher Training & Certification

*Heartsong will be relocating to a larger facility come the fall! Be watching for our Grand Opening!

Summer Sale

Fair Trade & Quality Canadian Fashions Terrific Summer Clothes! UNIQUE Dresses, Skirts, Tops & Pants -Shop by appointment or 'by chance' or 'after your Yoga or Pilates class'!

> Elizabeth Hagan Certified Pilates, YOGA & Fitness Professional YOGA & Pilates Teacher Trainer Enthusiasm * Experience * Expertise

> > 197 Raglan St. S, Renfrew -Entrance off Plaunt Street 613-433-7346

hours. He was a nice friendly animal though and I knew the loss of the dates was mostly my own fault, so I chalked it up to experience.

Tiny, the ill natured little terrier, had been sleeping in the house most nights but Hattie noticed that we were not compatible, and gave me orders to fix a nice bed for Tiny in the warmth of the cow stable. I was to fill a wooden wheelbarrow with straw and place a horse blanket just so for Tiny to recline on, and I was willing to do all that, but Tiny wasn't having any part of it. He jumped into the empty wheelbarrow and bared his fangs in the meanest snarl and resisted any attempts I made to place the straw and blanket for his comfort, so I said, "O.K. Tiny" and I let him sleep in the bare wheelbarrow.

Toward the end of March, the cows began giving birth to their calves, mostly Holsteins, and the calves were big and long legged except one that was born to a lone Jersey cow. Rastus kept that one Jersey cow to boost the butter fat content in the herd's milk production each summer because Jersey milk is almost a third cream. Whatever, her calf was really small as compared to the rest.. It was a bull calf, a cute little thing with soft, intelligent eyes, but when I announced its birth and gender to Hattie, saying how small it was, she went upstairs to talk with Rastus and decide on the fate of the little animal. I can still hear Rastus' decision, (he had

First Concession (Cont) an extremely loud voice) and his decision broke my heart. "Tell Wes to knock that thing on the head and bury it in the manure pile. The milk it would consume from its mother is more valuable to us and we certainly don't need a Jersey bull.

> Well! I carried that cute little calf out to the manure heap then picked up a large sledge hammer with tears in my eyes. And I thought, "If only I could strike the wee beast on the head with my eyes closed, perhaps the awful deed could be accomplished". I stood there a moment trying to work up some courage for the distasteful task, and suddenly I had a revelation! Didn't my father have a nice warm cow stable and milk enough to support this small creature? I brought the calf back into the stable with a much lighter heart and went directly to ask Rastus O'Clarke's permission to take the calf home to raise as my own. "Yes Wes, by all means, take him", big Rastus growled from his bed, and that was that, the Jersey calf was mine.

> Rastus O'Clarke was diagnosed with terminal cancer early that summer and so ended my position as caretaker of his livestock. He and Hattie sold all the milk cows, the beautiful team of horses and the one thousand laying hens and they became semi-retired. Rastus passed on to his reward in less than two years.

Times indeed have changed!

The Heritage Old Time Country Music Association (HOTCMA)



JAMBOREE In **MATAWATCHAN**



Sunday August 23, 2009, 1:30 to 5 p.m. At The Matawatchan Hall, 1677 Frontenac Rd.

Featuring Rick Sernoskie & 'The Bay Connection' as the house band Step, square, round dance, lunch, children welcome, wheelchair accessible

Those wishing to perform may sign up at the door until 4 p.m. Come out and show off your musical talents

> General Admission: \$8.00—Members: \$6.00 Performers, children 12 and under free

WELLNESS NATURAL HEALTH CENTRE

General Wellness Homeopathy **Biotheraputic Drainage** Reiki Reflexology



Applied Kinesiology **Soft Tissue Recovery** Massage Therapy Ear Candling Hair Tissue Analysis

www.mylysis.com

44 Norton Road Calabogie, ON K0J 1H0

613-752-1540 By appointment only

The Duck Restaurant



The Duck Restaurant Wed-Sun 4PM - Close **Book your private parties @** (613) 752-0888 www.theduckrestaurant.ca

> The Duck Restaurant 729 Mill Street Calabogie, On KOJ 1H0

SHOW & SHINE



Sat. August 22, 2009 10 am - 4pm Lion's Hall — Hwy 41 — Griffith



Forever young



Happy Birthday Garry

Love, Carol, Laurie Anne, Scott and Annette, Valerie and Ron, and Mark and Patti



Twilight Golf

Golf any day after 4:00 you can play as many holes as you want for only \$15

Kids Golf

Kids age 16 and younger can golf for FREE on the Lakeview 9 course. Call the Pro Shop for details.

Senior 55+ Golf

Monday or Tuesday 18 holes for only \$20 or with shared power cart for only \$35

Pro Shop (613) 752.2171

Clubhouse (613) 752.1234

highlandsgolfclubs.com







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

Visit our website for a reservation request form. Contact us TODAY as inventory goes quickly

Vacation Ownership

Interested in vacation ownership or points membership Call Now



Featuring The Duck Restaurant Open 4 pm Wed. thru Sun.

160 Viewmount Dr.



160 Viewmount Dr.

Tastefully redecorated 4 bdrm home with deeded access to Calabogie Lake. Open concept main floor wwood burning fireplace, patio doyrs from both lyrm & doyrs from bo

173 VIEWMOUNT DR \$262,500



FULLY FURNISHED GETAWAY! DEEDED WATER ACCESS ON CALABOGIE LAKE HOME

VRAP-AROUND DECK, COZY WOOD BURNING FIREPLACE, HOTTUB ROOM, AND GARAGE. WALK TO THE SKI HILL AND THE BEACH. READY TO ENJOY WINTER ON THE SKI HILLS OR SNOWMOBILING AND SUMMERS AT THE BEACH.

LOT 1 VICTORY LA



\$50,000 "The Juniper" Very affordable water access lot with acreage. Water access and 1/9th share of common area go

with beautiful perennial

th this lovely broperty. Boat dock will be in place waiting for our boat. Close to the Calabogie, Peaks Ski Hill and the village of Calabogie, Build your dream nome or vacation property here.
39 KILLARNEY LA

A \$349,900
Brimming with appeal
and livability! Charming
sunshine bright
waterfront bungalow

with Deautiful perennia gardens, large wrap around deck, original pine floors - perfect setting for your family to enjoy watersports, golfing at the nearby course or downhill ski at Calabogie Peaks just minutes away. All this to use as your year round home or cottage and just an hour to Ottawa, 1 1/2 to the Kingston seaway area. Definitely a must see!

\$339,900 | 86 Viewmount Dr



just with

friends

\$368,900 Custom built 3 bdrm, 2 baths on 1/2 acre lot overlooking ski hill in Peaks Village. Boiler gas radiant heat

loor, 2 car garage. Deeded water access.

34 MORNING FLIGHT CT \$389,900



ON THE GOLF COURSE WITH DEEDED WATER ACCESS THIS NEW HOME OFFERS A PRIVATE 1+ ACRE TREED LOT IN A HIGH

END SUBDIVISION OPEN CONCEPT MAIN FLOOR A LARGE FAMILY ROOM ON THE LOWER LEVEL, 4 PIECE ENSUITE WITH JACUZZI TUB, 12 BY 30 FT REAR DECK, WON'T BE DISAPPOINTED



"The Aspen" Peace and quiet with water access on this lovely 3+ acre treed lot. Ownership include 1/9th share of a common lot

allowing for water acces and a boat dock. Enjoy waterfront ownership without the high taxes. Lake is steps away from your lot. Make this one yours today.

25 VEIWMOUNT DR

Country Serenity! Immaculate chalet in Peaks Village overlooking Calabogie Peaks with many updates from hardwood floors, new propane

23'x12' deck with sunken hot tub in the front and a screened porch with skylights overlooking the rear yard The two 12'x20' moveable sheds provide storage for your lawn equipment and a locked 8'x12' shed with electric door for the "boy toys". Move in tomorrow



177 PHEASANT RU

kind home. Cedar walls ceilings,railings throughout. Lvrm features 12 ft window complimented by stained glass inserts overlooking georgous ennial gardens & screened gazebo. Open concept

kitchen/eating area/dining room just perfect for family gatherings. Lower level has 3 bdrms, full bath, l/r, kitchen, separate access to gardens.

Mike Labelle

1-888- 623-3665

33 WINSUM CT



\$199,900 VERY PRIVATE! YEAR ROUND SUMMER/SKI CHALET OVERLOOKING CALABOGIE LAKE WITH DEEDED WATER ACCESS, JUST MINUTES

DRIVE TO THE SKI HILL
AND A NINE HOLE GOLF COURSE ENJOY MEALS
ON THE 44'X 35' DECK, OR MORNING COFFEE
FROM THE UPPER BALCONY SAVOURING THE RESTFUL ATMOSPHERE. CALABOGIE IS ONLY AN HOUR'S DRIVE FROM OTTAWA

\$245,000 LOT 12 NORCAN LAKE LA \$249,000 1086 VICTORY LA LOT 10 \$349,900 569 KENNEDY RD



Totally private for your dream waterfront home or vacation property. Natural beauty with mature trees and an

access to tranquil Norcan Lake. Sloping lot with 541 feet of your own shoreline. Just a short 1 hour and 10 minute drive from downtown Ottawa. Submarine hydro and telephone upplied to lot line.

1086 VICTORY LA



\$399,900 | 5513A Centennial Lake Rd

\$399,000 'The Stone" cottage is a real treat. This one is a classic. Right on the shores of Norcan Lake, and all the comforts. Bathroom has whirlpool tub for relaxing. The view of the

Affordable cottag

iving on 1 acre

Madawaska Rive ust minutes to Centennial Lake

One bedroom with athroom and living/dining/

lot overlooking

lake is second to none, all with your own private boat dock and beach area. Enjoy all mature has to offer with nature trails nearby, golfing, skiing and all just a short 1 hour 10 minute driv from Ottawa. Check it out @ www.hilltopvacationproperties.com

kitchen area. Outbuildings included. Fish, canoe or swim - come and enjoy!

LOT 3 VICTORY LA



"The Ironwood" Beautiful natural state building lot with water access to Norcan Lake 3+ acres to build your dream home or vacation property on.

Ownership of this lot includes 1/9th share of common area with lake access. Check it out @ www.hilltopvacationproperties.com



"The Store" Weterfront living at its best, ideal view of Norcan Lake, wow. Its all here, including the boat dock. Spacious open concept, 2 bathrooms with

and bunk beds for fun wacations or full time residence.

I hour and 10 minutes from downtown Ottawa. Just
minutes from downhill sking, goff, nownobiling, nature
trails and all the fishing and boating you want. Check it out www.hilltopvacationproperties.com

\$120,000 | 40 NORTON RD



\$189,900

40 NORTON RD

5 BEDROOM
BUNGALOW WITH
A VIEW OF
CALABOGIE LAKE.
MANY UPGRADES
TO THE HOME. JUST
MINUTES TO THE
SKI HILL, CALABOGIE LAKE. GOLF COURSE
AND ATV TRAILS. NY UPGRADES TO THE
HOME. JUST MINUTES TO THE SKI HILL,
CALABOGIE LAKE, GOLF COURSE AND ATV
TRAILS. WONDERFUL RAMILY HOME.

1086 VICTORY LA



\$549,900 "The Lodge" This is it! Restored Log lodge, with 7 bedrooms, floor to ceiling fireplace,

to cening Irreplace, wrap around porch, right on the shores of beautiful Norcan lake with your own sandy gatherings, or multiph families. Come fully furnished, just move in and enjoy. Check it ont at ww.hilltopvacationproperties.com or www.canontolodge.com

\$80,000 17 PHEASANT RU \$45,000



DEEDED WATER ACCESS TO
ALABOGIE LAKE
WITH THIS NICLY
TREEDED LEVEL
LOT ON THE

\$35,000

COURSE BUILD YOUR DREAM HOME HERI



NICELY TREED CORNER LOT AT THE ENTRANCE TO KENNEDY WOODS (CALABOGIE RD (508) AND KENNEDY RD).

201 DANIEL ST. S. ARNPRIOR, ON., K7S 2L9



mikelabelle@remax.net

www.calabogierealty.com