



ShoreLines

The Newsletter of The Old Fort William Cottagers' Association

J U N E 2 0 0 6

OFWCA Committee

Chris Cavan, Tim Crack,
Chris Graham, Joann McCann,
David L. Prentice, Angie Retty

Newsletter Editor

David L. Prentice
41 Tapp Road, Box 8,
Sheenboro, Quebec J0X 2Z0
(819) 689-2865
«davidprentice@renc.igs.net»
«ofwca@mac.com»
«[http://web.mac.com/davidmpc/
iWeb/SheenOFWCA/Welcome
.html](http://web.mac.com/davidmpc/iWeb/SheenOFWCA/Welcome.html)»

— With the significant assistance,
expertise, and contributions of the
OFWCA Committee

Neighbourhood Representatives

ICO Road—Tardiff Bay:
Ray and Mary Walker
(C) 689-5394 (H) 226-3043
Tardiff Bay—Fort William Dock:
Laetitia Peacock (C) 689-2039
Fort William Dock—Brazeau's
Creek: Tim Crack
(C) 689-1075 (H) (514) 590-0916
Brazeau's Creek—Clearing:
Harry Murphy
(C) 689-2582 (H) 735-5662
Clearing—Kaulbach's Point:
Andrew Perrault
(C) 689-2580 (H) 689-2464
Kaulbach's Point—Hart's and the
Islands: Ron Kaulbach
(C) 689-2943
(H) (514) 931-2314
Hart's—J.C. Caughey's
Chris Cavan
(C) 689-2336 (H) 731-2730
J.C. Caughey's—Fortier Point
(Raymond Gleason's)
Dick Edwards
(C) 689-5171 (H) 732-9336
Fortier Point—Lighthouse Road
Rob Allwright
(C) 689-5033 (H) 523-9733
Lighthouse Road—Malin's Point
David L. Prentice
Downey's Bay and Upriver
Stephen Severin
(C) 689-2280 (H) (905) 885-8251

As I write, we are about to enter the Solstice. Bad day. We've hardly seen anyone, haven't even used a quarter of a tank of boat gas, and already the days are getting shorter. What causes this? Such a drag.

But it is (in a few hours, anyway) summer and we expect that all Cottagers will make the most of it. Many boats have been in the water for some time and kids are being towed up and down the River frequently. And the weather, though contrary at times, seems generally to be trending for the better—despite a big storm that caused at least one barn to be knocked down in Sheen recently—so we can hope for sunny days and quiet nights.

It was a pretty good winter, not too extreme. I posted some photos on my website a few times (note link to the left) and if we ever get our high-speed Internet connection in Sheen, updates may become more frequent. (The Municipal building was to have been wired on November 23 as part of a County project, and we are still waiting.) Got some decent photos of the icy River, and pix of Billy's annual sleighride and fiddle event. Jack Brennan invited us to witness the making of a movie about logging, the way they used to do it. I'll leave the photos up for a few more weeks. Maybe by then we will have some fine shots of summer events around Sheen and Shore.

Canada Day is on July 1. There's a schedule at the end of this issue. We note that Bobby Miller of the Hotel Pontiac has joined your OFWCA in funding the Fireworks this year, so we can expect a bigger night than ever before! Watch from the shore or anchor your boat out there and enjoy the show.

Bravo to Paulette Demmons and Mary Edwards for helping me with the advertising for *ShoreLines*. They moved a couple of our advertisers up from the Business Directory to full-size ads; all of these help fund the printing and postage. We also repeat our quest for new and updated email addresses; it's a good way for you to be up to date with Sheen news, year-round, and we'd be happy to email your newsletter to you if you wish.

No issue would be complete without an expression of our interest in having some you help to share the running of your OFWCA. Maybe you can write an article for the newsletter. (We have a great story in this issue from the daughter of one of our members.) Maybe you have old photos! Or maybe you have an idea for an Event or a Project for the OFWCA. What's on your mind? Let us know! See you at the Meeting (book a breakfast and go early), at Canada Day, and on the River. Have a great summer.

DLP

**OFWCA Annual General Meeting
Saturday, July 15, 2006, 9 a.m., Hotel Pontiac**

2005 AGM Minutes

Our Annual General Meeting was held at the Hotel Pontiac on July 16, 2005.

1. The meeting started with a welcome by Tim Crack and members introduced themselves.
2. Visit by Sureté du Quebec. Mayor Roy Perrault introduced Jacques Piché and Jocelyn Larabie, the officer responsible for Sheenboro. Members asked questions concerning jurisdictional responsibility for the river with the OPP, noise level of boats, ATVs, thefts, hunting along roads, and contact information. They advised that in case of emergency, call 310-4141 anywhere in Quebec and this will link up with the Police. (Of course, we also have 911 service from your landline phones.) From a cellphone, one should call *4141. Jacques recommended that people leave very few valuables at the cottage and that they engrave their license plate number on appropriate items. He also indicated that the Neighbourhood Watch program is an excellent way to reduce criminality in an area and he provided a guide to create a program. We have had such a program and some members recommended that we resurrect it.
3. The minutes from the last AGM were approved by Chris Graham and seconded by Laetitia Tardiff Peacock.



The Fort Hotel Pontiac

Take a walk on the beach or relax on the porch. Stay longer and enjoy the sunset. You're sure to find someone you know here at the Fort.

Come visit us at The Fort for food and drinks. We have great food (breakfast, lunch, and dinner) every day of the week in a nice warm atmosphere, and special theme brunches and dinners until Thanksgiving.

Pick up a pizza, or let us prepare your take-out dinner. We can bake you up a pie or decorate a cake for any occasion. (Please order ahead.)

Check the Sheenboro parish bulletin or call us to see what's going on. The Sheenboro fiddlers usually come down and play on the porch on Tuesday evenings, and we sometimes have musicians from out of town who like to drop in for some fun.

We hope to see you soon! Come see all our changes – including our new "Green Egg Barbeque"!



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4. Old Business:

a) Treasurer's Report: Angie Retty outlined our expenditures and revenues and indicated that we have a balance of \$1,285.44. The Dues received from last year were \$1,325. We also took in \$395 for ads in *ShoreLines* and \$400 from the Petawawa Yacht Club. Major expenses included fireworks (\$800), *ShoreLines* duplicating and postage (\$438), the banner (\$200), and our summer worker to remove trash from the island (\$290).

b) Naming of roads: Councillor David Prentice spoke about the naming of roads indicating that the purpose is to help emergency and Hydro vehicles find their way to the home/cottage. The former Tripp Road North will be called Downey's Bay Road to make it less confusing. The Municipal Secretary is holding off the finalization of the list until after the election. He advised that if you need a number to be posted at your cottage, you should call Bill Brennan. Once the roads have been approved, Sheen Council will seek approval of the Quebec government and then will notify emergency services.

c) OFWCA Banner: Chris Graham advised the membership that we have our banner and it was carried during the Canada Day parade. She suggested that next year, cottage children carry it in the parade. It will be stored at Don and Angie Retty's in the event that a member needs it for a function.

d) Solar Lights: Joann McCann prepared a handout summarizing the issues concerning this matter, as the Coast Guard wants to hand over responsibility and liability for solar lights on the buoys. The membership had a discussion over the issue and it was recommended that we do not get involved in this endeavour. David Herbert put forth the motion that a letter be written to the Coast Guard urging them to install solar lights on the buoys before next summer. Isabel Herbert seconded it and the membership was in favour of this letter.

e) Tim Crack asked members to elect bay reps and asked bay reps to get involved in the Association.

f) Ads for OFWCA Newsletter: David Prentice explained that he has in the past canvassed local businesses to place an ad in our newsletter and that it generates \$300 an issue. He asked members for volunteers to take over this job. Mary Edwards and Paulette Demmons volunteered to do this.

g) Fireworks: The consensus was that the fireworks were a great success over the water and should continue. Carole Nevills will write a letter to the R.A. giving our support and asking that they continue at the Fort over the water every year. Joann McCann made a motion that we continue to contribute \$800 to the R.A. for the fireworks and it was seconded by Bill Larkins. The membership was unanimous in approving the expenditure.

5. New Business:

a) Introduction of Councillor: Tim Crack introduced Janet Retty, Councillor of the Sheenboro Council. She explained that she is a cottager and resident of Sheen and is working with David on the Civic Addressing project and is involved in getting recycling at the Dump.

b) History of your Cottage: David Prentice suggested that cottagers write up the history of their cottages and to send him electronic versions of them. We will post these and publish them.

c) OFWCA Dinner, Hotel Pontiac: Joann explained that the OFWCA is having a dinner at the Fort in August to raise funds for our environmental projects, such as paying a student to remove garbage from Gibraltar Island. The guest speaker is Meredith Brown, the OttawaRiverkeeper. Angie outlined the meal and the choice of entrées. Chris Graham explained that she will be selling tickets; there will be a maximum of 80 tickets at \$25 each.

d) OFWCA Membership: Joann made a motion to raise the annual membership dues to \$25. Paulette Demmons seconded it and the membership voted in favour of it.

e) OFWCA Website: Joann raised the idea about the Association's having its own website. The matter was discussed and members felt that it should run off the Sheen website. Peter Demmons made a motion that we approach the Sheen Council and ask if we can run off of their website and we'd contribute \$300 to pay for the installation of our page. David Prentice seconded it and the membership voted in favour of this.

Other Business:

a) Fire Pump: Rob Miller asked about the pump. Tim stated that it has been serviced and is at Mark Jennings' home.

b) Environmental Rules/By Laws: Peter Marchant raised the issue of environmental transgressions concerning logging in the Municipality and noted that it continues. He asked if this is a matter for the Sheen Council. There was a discussion of this issue and David Prentice suggested that a letter to the Council would be helpful. Chris Graham recommended that concerned members could attend the Sheen Council meeting on August 8 at 7:30. Joann McCann stated that she would be attending that meeting to make a presentation on the environmental issues in the municipality and to seek clarification regarding the Council's bylaws.

c) Boating Emergencies: Sam Hungate asked who do you call on the River or from the islands in the case of emergencies. Janet Retty explained that you call 911 on a cell phone and you'll be linked to the OPP in Pembroke.

Meeting was adjourned.

Recycling Comes to Sheenboro!

By David Prentice

Your Sheenboro Council has addressed one of the key desires of many members of the OFWCA by instituting recycling at the Dump. You will find three large green bins; all recyclable items are to go, *unsorted*, into whatever bin is in the process of being filled at any given time. Just put all your stuff in a box and take it to the Dump; then you can flatten the box and put it in, too. There is also a smaller blue bin that holds old oil of certain specific types and the containers for that oil, as well as paint cans that still have paint in them and empty aerosol paint cans. Adjacent to that is a drum that holds batteries; drop small batteries into the hole and leave larger batteries on the ground below.

Full guidelines and a list of items that are acceptable can be picked up from Billy or our summer employee at the Dump, from the Sheen website [«http://www.sheenboro.info/»](http://www.sheenboro.info/), or from my website [«http://web.mac.com/davidmpc/iWeb/SheenOFWCA/Recycling.html»](http://web.mac.com/davidmpc/iWeb/SheenOFWCA/Recycling.html). I urge you to bookmark my site for all sorts of news and updates [«http://web.mac.com/davidmpc/iWeb/SheenOFWCA/Welcome.html»](http://web.mac.com/davidmpc/iWeb/SheenOFWCA/Welcome.html).

It is critical that we reduce the amount of material going into the Pit. Clearly, *all* clean recyclable items should go into the Bins; we hope that you are composting your kitchen vegetable waste, too. And remember to recycle *all* of your paper: besides the newspapers and magazines, there is much more. I have set several boxes around the house to accumulate old notes and lists, the zillions of cards that fall out of magazines, letters and "junk mail," and similar kinds of paper that I had not considered as being eligible for recycling. Just pitch all that stuff into the bin.

We ask for everyone's cooperation and also for any thoughts you may have on how we can improve our communications or our

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Recycling program. The green-bin flyer was drawn up on three hours' notice and the other was a rush job as well. As the two will be combined into a single brochure sometime this summer, your thoughts, questions, and comments would be appreciated so that we may present the clearest and most compelling message for you and your neighbors. Call or email me, or flag me down in the boat, if you have any questions or comments on any of this. Thank you.

Oiseau Rock

By Joann McCann

I have created a new website devoted to Oiseau Rock, its pictographs, and its history. If you want to become a member of Friends of Oiseau Rock and receive updates on my work, future archaeological work, and the proposed hiking trail behind the Rock, please sign up while you are visiting the website. Go to [«www.friendsofoiseaurock.ca»](http://www.friendsofoiseaurock.ca).

Oiseau Rock was featured on the CBC Radio-Canada science "Decouverte" television show on January 16, 2005. Also a group of paddlers in one of the large freighter canoes paddled from Deep River to Oiseau Rock as part of the Ottawa Valley Rendezvous last September. This is a 28-kilometre round trip. I showed the paddlers the pictographs, they enjoyed the hike to the top where

everyone had a swim in the lake and enjoyed the spectacular view. In early June 2006, Daniel Arsenault and 10 of his students were at the Rock recording the pictographs. He may return later this summer for more work. I have also been contacted by a filmmaker who is researching a proposed film on sacred sites in Canada and he wants to include Oiseau Rock in his film. You may see a film crew up there this summer.

If you see anyone at the site painting on the Rock, please ask them to refrain from doing so. I am waiting approval and funding for a sign for the face of the Rock, which will emphasize its sacred and historical significance. Unfortunately, approval processes for these funding requests are so often delayed, but I will continue to press for a sign to be erected on the face of the Rock.

The Cottage Environment

By Joann McCann

Hurrah, hurrah, the Dump has recycling! Please recycle!

Here are some more thoughts on how to help the environment.

1) River-recovered wood: these are old growth timbers and logs recovered from the Ottawa River and milled into wide plank flooring, panelling, trim, posts, and beams. See [«www.logsend.com/»](http://www.logsend.com/). I saw this at the Cottage Life Show and spoke to the owner, Gordie Black. The wood is absolutely beautiful! The company also hopes to establish funding for improved fishing in the Ottawa Valley basin, specifically for brown trout, pickerel, and walleye.

2) Composting for cottage gardens: Lee Valley Tools sells a rolling composter for \$185 or a cheaper version for \$23. A cottage neighbour had an open composter and had no problems with wildlife. If you're concerned about attracting wildlife, a self-contained composter would be better. See [«www.leevalley.com»](http://www.leevalley.com).

3) Building a new deck or swimming raft? Choose local cedar over pressure-treated spruce, which has preservatives such as chromium, copper, and arsenic.

4) Shop at bulk food stores for cottage supplies and will you get the items you need, but with less packaging.

5) To cut down on electricity, check out at [«www.powerwise.ca»](http://www.powerwise.ca).

6) In order to lower your phosphorus contribution to the river, use environmentally friendly cleaners. Nature Clean is a line available at IGA stores, Home Hardware, and some Loblaws stores. Simply Clean is another line and is available at Health Advantage, 1107

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for all your cottaging needs. We have a huge display of fishing tackle, rods, bait, convenient grocery items, and fireworks. Bring in summer with a bang! Cold beer and wine are readily available for summer entertainment.



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Pembroke St. E., (613) 732 -9298, and at Nutrition House at the Pembroke Mall, (613) 735-7710.

7) Finally, if you want to determine if a company or a product is environmentally friendly, check out the Environment Canada website: «<http://www.environmentalchoice.com/English>». There is a section pertaining to cottage products.

8) Septic Tank Treatment: 2 cups brown sugar, 1 tablespoon baker's yeast, and 5 cups warm water. Mix sugar and yeast in warm water until dissolved. Pour solution into toilet and flush.

The Tattler

The Tattler is our spin on a newspaper that was written by some Fort William cottagers at the turn of the century to share news among local residents and cottagers. Got news? Contact Joann McCann (689-2229, (613) 737-7796, or «jpmccann@rogers.com»).

Sadly, over this past year, some of our cottagers and residents have passed away, and the cottage and Sheen community send our sympathies to the families and friends of the deceased:

On November 8, 2005, cottager Jack Taylor passed away at the age of 84, husband of Arvella (née Powell) and father of Michael (Karen), John (Carmen), Kevin (Lorraine), Mark (Gloria), Mary (Bob), Maureen (Andre), and Anne (Rob), and Grandpa to Kaitlin, Alexander, Laura, Ryan, Matthew, Jonathan, Meaghan, Josh, Julie, Matthew, and Erin. Jack was retired from Kenwood Mills, Arnprior, but spent many enjoyable summers at Fort William.

Cathy McLraith, daughter of the late Margaret and Hon. George J. McLraith and sister to Mary Margaret McLraith and George McLraith, passed away on December 14, 2005. Her nieces and nephews include Cathy, Ken, Julia, and Geoff Sproule and Margaret Galligan, and grandnephews.



Harold Levesque and Laura Meehan, 1965

From DLP Family collection

Happy belated 60th birthday greetings to the youthful ladies of Sheen, Arlene Clyde and Lorna Agnesi.

Frank Retty is now a senior, having turned 65 last September. Happy belated birthday greetings!

Happy belated 90th birthday to Anne Ahearn! She had a quiet celebration with family in Ottawa in December. Anne finds the winters long and always looks forward to getting back up to the Fort with her husband, Stu, and family for the summer to warm up by the beach!

Early congratulations to cottagers Emily Muldoon and Michael Demmons, who are to be wed Fort-William style this August. We all hope that you get lovely weather and a wonderful day!



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Kelly Egan on the Ottawa Riverkeeper

The following article appeared in the *Ottawa Citizen* on Sunday, May 28, 2006, page A11, and is reprinted with the permission of the writer, Kelly Egan.

Ottawa Riverkeeper stands on guard: Despite the myriad authorities on both sides of the Ottawa River, none of them are taking responsibility for the waterway's health

In 2002, the pulp and paper industry discharged more than 163,000 billion litres of toxic effluent into the Ottawa River. The very same water travelled through 50 major dams and power stations, generating at least \$1 million worth of electricity every day, in excess of 4,000 megawatts in total.

I did not know those things. Did you?

The Ottawa River is both mother and orphan. She feeds and sustains, but without a single guardian of her own.

The Ottawa Riverkeeper is trying to arrest the sense of drift. It is giving the old girl a checkup; taking her temperature, tucking her in at night under the stars. It is, more than anything else, sitting up at night; watching, worrying.

The Riverkeeper, founded in 2001 as an offshoot of Robert Kennedy Jr.'s Waterkeeper Alliance, has just published the first of a series of reports on the state of the river. This 81-page document concentrates on the basic ecology along the 1,271-kilometre waterway and the impacts of human habitation.

Meredith Brown has been Ottawa's Riverkeeper for two years. She has been struck by the myriad of authorities on both sides of the river that have some regulatory stake in the waterway.

"One of the big messages I want people to take way is that nobody is taking responsibility for the health of the river," said Ms. Brown. "We really have a big miscommunication problem on our hands."

There is very little ongoing monitoring of water quality on the river, she explained, making it difficult to answer the question: How's the river doing?

"I get asked that question all the time and it's not an easy answer. We don't really have a great idea."

This first report is an overview and a sketch of the sectors having a major impact on the river.

Among the findings:

- 1.7 million people live in the Ottawa River watershed, at least 25 per cent of whom are on septic systems. There are 93 municipal wastewater treatment plants in that area, with varying levels of treatment.

Ottawa, for all its multi-million-dollar investment in sewage infrastructure, still has room to improve, the report says. "The Ottawa facility is currently being upgraded to increase its capacity so that it can receive sludge from the Lemieux water filtration plant. This aluminum-laden sludge is currently being dumped directly into the river on a daily basis, despite the fact that the effluent is a pollutant and does not comply with provincial or federal regulations."

Ms. Brown says the nature of pollutants in the river is a common question. "The public knows very little about what's going into the river and they want to know. I talk to people all over the watershed and they're floored when they find some of the stuff I tell them."


- Of the nine pulp and paper makers, Tembec's mill in Temiscaming contributes the largest amount of wastewater, an astounding



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158,284 cubic metres a day in 2002, or about 35 per cent of the total. "Unfortunately," says the report, "they also have the worst record of compliance with environmental regulations."

- The river is home to 96 species of fish, the largest and longest lived being the sturgeon, which can be 2.5 metres long and weigh 135 kilograms. "Within the Ottawa River, the status of lake sturgeon varies by reach," writes fisheries specialist Tim Haxton, from the Ministry of Natural Resources.

"Some of the reaches have a seemingly healthy population, meaning they display good recruitment, have diverse and and size classes and decent abundance. Other reaches have poor recruitment and only few adults remaining."

- The Ottawa River has more than 50 dams or power stations; the total in the watershed (including tributaries) is in the hundreds. None of the large dams have fish ladders. Remarkably, the report says the Dumoine River is the only one without a dam in the entire watershed. The Ottawa has 13 main reservoirs, the largest two being the Baskatong and Dozois.

- Within the watershed, there are five plant species, including American ginseng and butternut on the endangered list, one fish (copper redhorse), four birds (Henslow's sparrow, barn owl, Kirtland's warbler, loggerhead shrike) and one reptile (spotted turtle). Many other species are threatened or of "special concern."

The Ottawa Riverkeeper hopes to produce a second book within a couple of years. The full report is to be on the group's website as of Wednesday.

So what we have is a good start. Finally, an organization — albeit a tiny one with two employees — is looking at the Ottawa River stem to stern, shore to shore, from plant life to plant discharge, from dams to damn catfish. The watch is on. Action, it must surely follow, cannot be far behind.

Contact Kelly Egan at 726-5896 or «kegan@thecitizen.canwest.com».



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Dinner with the Riverkeeper

We had a successful dinner where over 80 cottagers and residents mingled over cocktails and appetizers before enjoying a dinner at the Hotel Pontiac on August 13, 2005. Over coffee and pie, we listened to Meredith Brown, Ottawa Riverkeeper, describe background in the environmental movement, her organization, and how we can get involved in the riverkeeper's work. She is employed as a professional Riverkeeper to facilitate the maintenance and enhancement of the Ottawa River's ecological integrity through monitoring water quality; original research; identifying breaches of the law and reporting them to the appropriate authorities. Through her expert understanding of the river's ecological values, processes, and special features, and the protective framework offered by various federal, provincial, and municipal jurisdictions she creates additional methods to sustain and enhance the ecological health of the river. Meredith also develops educational programs and projects in order to increase the public's understanding of the Ottawa River, so that they are able to become stewards of the river. Many were surprised that the River is not tested for water quality, and consequently, we are going to work with Meredith in order to seek testing of the water at various locations on our stretch of the River. Shortly after Meredith's speaking engagement at our event, the *Ottawa Citizen* ran a story on her. We'll bring copies of this article to this year's AGM on July 15, 2006.



Sheen Hall
From George Quay

Recipe Corner

by Chris Graham

Stuffed Tenderloin with Yogurt Sauce

round steak or sirloin (the amount of steak depends on the number of people you are serving, and the local butcher can advise you on this)

cooked packed spinach } { steam spinach and
cooked fresh mushrooms } { mushrooms together
1 slightly beaten egg
2 tablespoons butter
2 tablespoons parmesan cheese
½ tsp. garlic salt.

Pound steak until thin. Drain cooked spinach and mushrooms. Chop until fine. Drain again if necessary. Add egg, butter, parmesan cheese, and garlic salt. Spread stuffing over meat. Roll like a jelly roll and secure with string. Roast steak on a drip pan approx. 1¼ to 1½ hours. Cover with foil and let stand for 10 minutes.

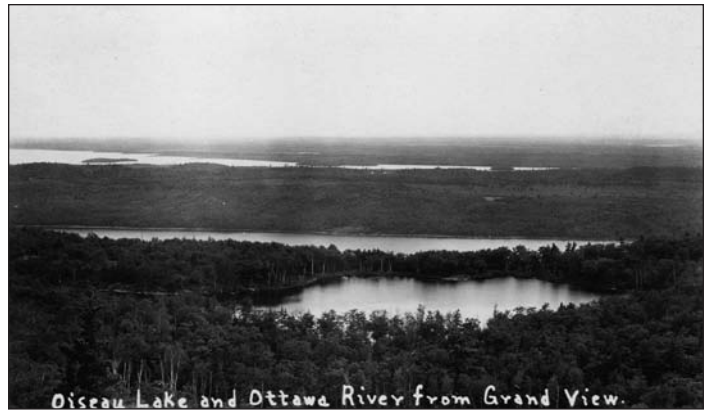
Serve with Yogurt Sauce:

½ cup plain yogurt
4 tsp flour
½ tsp. instant beef bouillon
½ tsp. pepper
½ cup light cream
paprika

Combine the first four ingredients. Cover and chill. Place in a saucepan and add cream slowly. Heat on low to medium heat till hot. Pour into serving dish and top with paprika. Pour over stuffed tenderloin.

Mixed Greens Salad with Goat Cheese

one 140 g package of soft goat cheese
mixed greens
sliced red onion
balsamic vinegar



Oiseau Lake and Ottawa River from Grand View.

Oiseau Lake, the River, and Chalk Bay, from "Grand View," the peak behind the Lake (no trail up there, but it's worth bushwhacking!).

Photo from Sue Collier

Spread goat cheese on a piece of aluminum foil and broil in oven until goat cheese is golden brown. This size of goat cheese will do approximately 4 to 6 servings of salad.

Place mixed greens in individual salad bowls. Add sliced red onion to your preference. Top with broiled goat cheese. Sprinkle each salad with approximately 2 teaspoons of balsamic vinegar to dress salad.

Pesto Veggie Pizza

1 bottle Classico Basil Pesto Sauce (or if you are really energetic, make your own)
grilled red pepper (see note below)
zucchini, thinly sliced
tomato, thinly sliced
red onion thinly sliced
small amount of mild salsa
mozzarella and parmesan cheese

To grill red peppers place them on a barbecue rack over high heat. Roast the peppers turning often till evenly blistered and charred on all sides. Transfer to a paper bag to steam for 10 minutes. Peel away blackened skin, and discard stem and seeds.



Roy's ANNUAL GOLF TOURNAMENT

Friday, August 4, Island Brae Golf Course

Proceeds to Chichester/Sheenboro Volunteer Fire Department

Entry Fee \$50: Includes golf, prizes, and supper at the Sheenboro Parish Hall (salad, steak, baked potato, dessert).

Register in advance: George's Bar, 689-5518 or 689-2715

Limited number of entries accepted.

Deadline for Registration: July 18



Are you thinking of selling your waterfront property? Why not consult a licensed real estate professional? All appointments are free of charge.

ERIK VON WITZLEBEN

(819) 689-5505

Serving the Western Pontiac area since 1993

Slice for pizza. Brush pizza shell with the pesto sauce, then top with the above ingredients and bake in a 400 degree oven until cheese is melted. Approx. 15 min. For all the meat lovers, you can also add some sliced up cooked chicken.

Easy Blueberry Cake

1 egg
1 cup white sugar
1 cup flour
2 tsp. baking powder
pinch of salt
½ cup milk
3 tablespoons melted butter
1 tsp. almond extract
1 cup of fresh or frozen blueberries

Topping

5 tsp. white sugar
½ tsp. cinnamon
Mix together.

Beat well adding blueberries last. Spread in an 8x8 pan. Sprinkle top with cinnamon and sugar mixture and bake in a moderate oven until golden brown.

Your New Riverwatchers

by Chris Graham

Last summer the OFWCA had a dinner evening with Meredith Brown, the Executive Director and Riverkeeper of the Ottawa Riverkeeper Association. It was a huge success. I think we all learned a lot about the Ottawa Riverkeeper organization, what it does, and what it hopes to achieve. The organization is largely run by volunteers who have an interest and passion for the River.

Joann McCann had already been in touch with Meredith Brown for some time, so Joann made the suggestion that maybe we could start a Riverwatchers program for our stretch of the River.

One of the initiatives caught our interest. When Meredith stated that water samples were being tested in other parts of the Ottawa River, we thought that it was important that some water testing be done in our area. Hence, Joann McCann and I are your new Riverwatchers. Our area encompasses from the Short Turn near the Petawawa Yacht Club to Oiseau Rock. Our role will be to keep an eye out for environmental and shoreline issues, raise awareness of the River, and to participate in water testing.

On November 1, Joann and I attended a Riverkeepers tea at the Marriot Hotel in Ottawa. The guest speaker was Robert Kennedy Jr., who traced back the beginnings of the organization. As well Riverwatchers around the country were introduced.

This organization is successful largely due to volunteers, and if anyone is interested in joining our initiatives, please get in touch with one of us.

The Legend of The Evil Rock

Anna Pouls, daughter of Fredi and Mark Hungate of Dow Island, has graced these pages once before (June 2000). Fredi's mother, Agnes Steven-Hubbard, and Mark and young Sam were in residence two years ago when Aggie slipped on a rock near the deck. This is Anna's letter to her grandmother:

Dear Grandma,

First of all, I am so sorry to hear that you fell!!! I hope that you are not in too much pain, and I hope that they are giving you lots of drugs so that you can visit faraway places right from your very bed ;)

What a stinky thing to have happened. They told me about the run-in with the rock—I say blame it on the rock. It has probably inched itself a little more to the middle of the path over the years, just to be a downright nuisance, don't you think? We will have to have it removed and sunk into the deep waters of the Lac des Allumettes, just like we wanted to do to that boat some years ago. Too bad one can't set fire to a rock. It would make it much more spectacular and satisfying to watch it float out, burning crimson into one of those fiery sunsets that can only be seen from Fort William, than to just plunk it into the water from the end of the dock—ah, but there lies

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another problem: rocks don't float, do they?! How utterly annoying. Awful things, stubborn and deceiving and very difficult to take revenge on, those Dow Island rocks! Ah, well. I suppose then we would have to have all the rocks removed from the island to follow suit—because I don't know about you, but I am constantly stubbing my toes on those damn things—so perhaps it wouldn't be such a bad idea after all: *Operation Remove All Rocks*. I'm sure Mark would be in on the idea, and Vals Echlin's son, too, as they both seem to love throwing rocks around. Maybe that's a man thing—and if that were the case, I'm sure we could get Brady in on the scheme, and Joseph [Cressy], and all of Andrew's crew. If we could only get Mum to cook for them—oh, but no, that wouldn't be good at all, because then what about the famous Back Rocks (or perhaps after this evil incident, the *infamous* Back Rocks—because it seems that now all rocks are evil things)? They are what make Dow Island so special. Who has Back Rocks equipped with a Triangle big enough for the rear ends of all the women in the family—and even the rear ends of all who have been invited to Dow Island? Have you ever thought of that? Now *that's* special. I have no doubt that even in 20 years when my derrière is bound to expand exaggeratedly in all different directions I will still be able to brace the cold water (when Nina makes me go swimming at six in the morning, like you used to do) by slowly easing myself in from the strategic place of the Triangle. And if we removed all the rocks from the island—well, then Grandma's Bathtub would have to go as well. And that would be the biggest shame of all. There is also the fact that there wouldn't be any place comfortable to watch us water skiing or to watch people

like Appie jumping overboard thinking that they will be able to touch bottom. (Do you see how deceiving Dow Island rocks are??) Because although granite does not cushion very well, it is much better than the blueberry bushes that grow all along the perimeter of these famous/infamous rocks of ours—the bushes, they stick into the skin, through your clothes, mind you, in a very uncomfortable manner—and you have to wait until your bum goes numb before you can actually sit on them without wincing, while still worrying about ants and other lovely creatures crawling up from the bushes (and that hard green-white lichen) into your shorts and beyond. And I am sure that if we squashed enough blueberry bushes there wouldn't be enough to make pancakes. And then Vals and Jose would be bound to get peeved with us for taking their blueberries!

So, after weighing the options, I have decided, dear Grandma, I am sorry to say, that the rocks must stay. *Operation Remove All Rocks* will not be put into action, despite energetic offers to help from people like Mark and Brady, and even Sal (as long as we stock her up with enough beer to get her through her two sacred weeks of peace, sun, and no shaving). Though I regret not being able to do anything to prevent further situations like this one from happening in the future, I must be content to use this as a lesson to remind all who visit Dow Island of the deceiving nature of our very own Dow Island Rocks.

I might be crossing the border of respect towards age and wisdom, but Grandma, I do know the truth. Even from here in Mexico, I



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have investigated the rock situation and I can only imagine what got into you. After years of telling your kids and grandkids and even other people's kids not to run up or down the path, you burst free from your wisdom and correctness—and you did it yourself!! You ran down the path!!!! I suppose this is what happens to beautiful wise women who know everything from how every word is spelled according to the Oxford Dictionary (and even Larousse, and many others!) to table manners and cross-stitching: There comes a day when one must set herself free from all these rules and risk being called a hypocrite, in order to breathe in deeply every scent in the air—even that of mischief and reckless behaviour! ;)

We could always say that the rock leaped into the air and pinned you down and that you weren't running at all! Which is probably what you told everybody—and now everyone is probably scared to come to Dow Island because of the legend of the evil rock that jumps up and pins you down on a whim. But you and I will always know the truth. ;) Please know that I am thinking of you every minute of the day, and that although I can't bear to think of having to leave my beloved Mexico, I can't wait to see you, and I will, soon. ;)

Love and many kisses, Anna

Canada Day

Here is the outline of what is going on for Canada Day in Sheen. We are pleased that our Member of Parliament, Lawrence Cannon, Minister of Transport, Infrastructure, and Communities, will be with us in Sheenboro sometime that day.

- 9:00 am Outdoor Mass
- 9:30-11:30 Pancake Breakfast
- 11:00-4:00 Silent Auction (Contact Heather Lemke [689-1110] or Jeannine Jennings [689-5045] about any items or services that you wish to donate. Be creative!)
- 11:30-5:30 Hamburgers, Hot Dogs for sale

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- 12:30 pm Opening Ceremonies
- 1:00-2:00 Parade, with a Piper!
(We welcome your floats! Call Peter, 689-5395)
- 2:00-3:00 Children's Games
Face Painting
Children's Entertainment: Frank Rossbottom
- 2:30-5:30 Music: Wayne Venne
- 3:00-4:00 Talent Show (Contact Lorna Agnesi [689-2317] to enter)
- Nightfall Fireworks at the Hotel Pontiac/Fort William dock,
Courtesy of the Old Fort William Cottagers'
Association and the Hotel Pontiac!

Get a copy of the schedule at «web.mac.com/davidmpc/iWeb/SheenOFWCA/Welcome.html». See you there!

Father Shalla

Our best wishes to Father Chris Shalla on his most recent posting to his home parish of Barry's Bay, Ontario. Father Chris has spent the last 11 years in our area and has been a dedicated friend to all in Sheenboro/Fort William in every respect. His unflinching support, good humor, and spiritual guidance have been an inspiration to us all.

Bon voyage, Father Shalla, and enjoy "Hockeyville," the hub of the universe.

Still at the Cottage

By Chris Cavan

Isn't that the best title? Charles Gordon's new book, "Still at the Cottage" promises to be as witty and wise as his first book on cottage life, "At the Cottage," written 17 years ago. Those of us who have been in cottage land for 15 or 20 years or more count ourselves blessed to still be at the cottage. I'd like to ruminate, however, on this buggy, cloudy spring day, about the inimitable blessing of being "still," as in quiet and peaceful, at the cottage. That stillness is increasingly the perennial magic of the cottage for us. The quiet stillness of days and nights in the off-season up here restores us after the relentless hum of busy-ness and city noises that fill our work weeks. The sounds of water lapping, wind whispering through pines, geese and other birds and rain thrumming on the tin roof are all soothing and wipe away the jarring, nerve-jangling sounds of city and workplace. There is a peaceful license up here to read, nap, or just stare at the river flowing by. Stress seems to melt away when we hit the

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Log Boom coming around the Lighthouse, early morning, June 1988

gravel road. We come here to be still, to revel in the nothingness of a simpler life and a proximity to nature that we take time to enjoy.

There is also a closeness here that is sacred. The peaceful, natural setting fosters many treasured moments. We, as family and a couple, are closer here because there is not so much square footage to clean, maintain, fuss over and get lost in. We are all in one big room for most of our time at the cottage. We bemoan the Senators' loss of another playoff series together as we have agreed to allow a very tiny TV into our "getaway from it all" for special sporting events like home team wins and losses and the Olympics. Our meals are leisurely affairs as we gaze and graze. Our view tops the best of any five-star restaurant: stately pines, tropical beach, Tom Thomson-esque islands nestled in a majestic river with the most awesome sunsets anywhere on the planet. We work together raking pine needles and carrying wood and water before we turn the pump on for the season. The family gathers to prepare savoury meals and to clean up. There are no protests about not having a dishwasher at the cottage—just the good-natured snap of tea towel wars and the playful banter and honest chats that seem to take place with hands in soothing, hot soapy water. I've had some of the best talks with my mom, grandmothers, aunts, cousins, and my own children at the kitchen sink as mounds of dishes are put through an assembly line of two or many. Rituals like staining the deck and lawn chairs; moving rocks for borders, walls, bonfire pits and gardens; filling bird feeders; walking on the beach and hiking in the woods; berry picking; chatting, story-telling and

singing around bonfires; and star- or Northern Lights-gazing bring a special closeness. Our children still cherish every second they can spend up here and it's a gathering place each summer for several generations of family. The family gatherings are always memorable with delectable food and much laughter, but it's the quiet moments in the stillness of the mornings and evenings that we are appreciating more and more as the years go by. I guess it speaks to a half century or more of living (rather than any admission of getting older!) as to why the quiet moments are cherished. The "raised on TV and computers" generation, however, also seems to be captivated by the ability to do "nothing" and to have the chance to come up with creative play. We delight in long evenings of charades with kids of all ages. Beach volleyball, swimming, and pushing each other off the raft are cheap thrills for all of us. Catching frogs and minnows and spotting interesting wildlife are favourite pastimes. Even the odd night swim or skinny dip are secret pleasures that each generation looks back on with a smile. Simple, bonding times that just don't happen in the city.

So, another perfect summer stretches ahead of us. We are so lucky to be here. Sheen and Fort William are the best. Our cottages are the homes of our hearts. There are so many reasons why we worked hard to get this land, build this place, or buy this little piece of heaven. There are many reasons why we fell in love with the cottage that allows us to be peaceful and close to those we love. We loved it as children and generations later, we still do.

That's it! Have a great summer!