

The Massie Messenger

A Quarterly Newsletter

Issue N° 1 — Winter 2009

Victory in Massie!

As the whole world knows by now the community of Massie recently scored a stunning victory over government bureaucracy. Essentially we remain a hamlet although we will officially be called a “tertiary settlement area”... and life can go on as usual. Under the fearless leadership of Marilyn Bergman, the community rallied to save our wonderful hamlet. Many thanks to Marilyn and everyone who attended meetings, wrote letters and organized the troops. Also, a hearty thank you – and invitation to attend all Massie events – to Township of Chatsworth Mayor Howard Grieg, Councillor Alan Barfoot, the Chatsworth Council and Owen Sound Sun Times reporter Maria Canton.

A few words of wisdom from the letters that flooded the planning committee offices:

“In a world where the idea of ‘community’ seems to be fading, I think Massie exemplifies it admirably.” *Desirée van Dijk*

“The loss of hamlet status could lead to the breakdown of community spirit at a time when it is so important for governments at all levels to nurture the resourcefulness of rural communities as they care for and support one another in good times and bad.” *Marie and Richard Palmer*

“We always felt that if it isn’t broken don’t attempt to fix it. That is the case in Massie.” *Fred Marshall*

“We believe planning from any level of government should not discourage the type of modest development that has occurred in the hamlet of Massie.” *Glen and Laura Martin*

“The community is a vibrant mix of people. ... Some enjoy the many activities rural life in our community offers, others savour their privacy, and the peace and quiet of living in the slow lane. Either way there is a place for all here.” *Pete, Rachel and Mackenzie Miller*



“The local community still welcomes me as a ‘local girl’ and this town will always be my ‘roots’.” *Joyce Downey*

“My family and I have benefited greatly from the fellowship and caring of this hamlet community.” *Lois Keeling*

“We feel very strongly about the hamlet of Massie; it is our hometown.” *Kim Lever-Deneau and Mike Deneau*

“We have resided in Massie for 25 wonderful years. ... We have had complete strangers ask if they can set up on our property to paint or take pictures because of the beauty of the area.” *Cathy Kivell*

“I strongly believe that development in the countryside can be done without harming the environment.” *Gilbert Van Eck*

“Massie... is a vital central point for numerous activities and relationships, the epitome of the very best of what living in ‘rural’ Ontario can be.” *Elisabeth and Trevor Falk*

And finally: “Please leave Massie alone.” *Susan and Harold Gilbert*

The Miller's House

purchased 10 acres (four hectares)



by *Connie Miller*

Our hamlet of Massie had its beginnings in the 1840's. By the late 1850's most of the area farms were settled. One of the area's pioneers, the eponymous Alexander Massie, developed a mill site near the source of the Big Head River. This site is on the southwest corner of the hamlet, at the crossroads of Sideroad 3 (The Massie Road) and Concession 6 (Veteran's Road). Alexander



from William Winter in 1862, who

owned the 100-acre (40-hectare) farm at this corner.

A saw mill was built in 1859, along with the original mill dam. Then came a flour mill, reputed to be one of the best in the country. A grist mill followed in 1862 or 1863. In the early days community meetings such as Orange Lodge meetings, concerts, and teas were held at the mill. The Temperance Hall was built around 1875, and these gatherings then moved there. The Temperance Hall was originally situated directly across from our house on Concession 6.

Our house is on the original 10-acre property owned by Alexander Massie. Also on our property is a small barn made the old-fashioned way, with beautiful hand-hewn timbers. Presumably it housed only farm or saddle horses since it's too small for other livestock. Area

stallion owners would also house their horses here on their journeys. In May 1869 a young stallion named "The Morgan Clyde" was traveling this area, servicing mares as he went from farm to farm. A poster announcing this stallion's schedule read, "On Monday, May 3, he will proceed up the 10th line of Holland, to Robert Hays, for noon, thence to Massie's Mills, where he will remain overnight".

In June 2008, Doug Fryday and I purchased this property from John and Ann Benitz. They completed many of the improvements to the property. They renovated the original house, putting in an addition on the west side, and replaced the foundation of the original barn. They also rebuilt the garden shed adjacent to the barn. The new custom windows installed in the house were fashioned after the shape of the original windows. Some of the original panes were saved to be incorporated into the south wall of the garden shed. An art studio was built for Ann by Carl Seeley, on the south side of the driveway. We now use this building as a stained glass work area and a fitness studio.

Doug and I share our home with Winchester, my English Springer Spaniel, Mabel, our house cat, and three horses. Bud and Peppy are Quarterhorses that moved east with me from Alberta. In their working



legged Thoroughbred, has never been ridden. His job has always been to bring beauty to those who see him!

Doug and I are both chiropractors, with a practice in Southampton and one from our home as well. Currently, we work here three evenings during the week from 4 to 7 pm. Doug, who has certification in Active Release Therapy, specializes in soft tissue conditions. I have special training in chiropractic for animals, the majority of my four-legged patients being horses and dogs. We enjoy helping others return to health and enhance their quality of life.

We have experienced three of the four seasons in our new home. We look forward to spring – to see what will be blooming in the gardens, what the pond looks like as the songbirds, ducks and geese return, and how the light changes, as the sun finds its way north.

We are grateful for the warm reception we have received from everyone in this community. There are not many places as special as Massie.

Photographs by Connie Miller



Holistic Health Tips

Do you remember plugging your nose as Mom forced a spoonful of cod liver oil down your throat? Turns out she was right! Taking essential fatty acids in the form of Omega 3 fish oil is more effective than anti-inflammatory prescription medication for alleviating the pain of arthritis. It may also play an important role in preventing heart disease, reducing triglycerides in the blood stream, improving the ratio of good to bad cholesterol and much more.

Now a University of Michigan biochemist reports that fish oil significantly diminishes the production and effectiveness of various prostaglandins (naturally occurring hormone-like substances) that can accentuate inflammation and thrombosis.

Trouble is most people only take 1200 to 2400mgs of essential fatty acids, if at all. The therapeutic dose is 3600 to 6000mgs. To obtain this much you would have to take a mitt full of gel caps. A liquid form is now available at health food stores that delivers 4600mgs in one

teaspoon. I recommend you take a half teaspoon in the morning and a half teaspoon before bed with food.

Studies related to high-dose fish oil have not, to this point, revealed any detrimental side effects. A fishy aftertaste and, in a few cases, diarrhea may result but Omega 3 benefits to the heart, brain and other systems far outweigh these side effects. If you are using high-dose fish oil, try taking it with food rather than on an empty stomach and this may help get rid of the fishy-tasting burps. In rare cases where diarrhea was noted, lowering the dosage slightly was effective.

One thing to be cautious of, however, is that fish oil is a blood thinner. If you are already using blood thinners, such as aspirin, be sure to let your doctor know you intend to take fish oil so he or she can monitor you.

For more information about fish oil or other alternative health products and therapies contact Doug or Connie at drconnie@sympatico.ca or call 794-0722.



A Healing Journey

How does a couple survive the loss of their new-born babies?

On December 20, 2007, Heather and Jamie Hamill lost their twin boys, Aidan and Brent, at birth. As part of their healing journey they have established the **Aidan and Brent Hamill Memorial Endowment Fund** (The Teddy Bear Fund) for neonatal care at the Orillia Soldiers' Memorial Hospital.

Any family suffering the loss of a child at the hospital will be offered a teddy bear carrying a heartfelt message from Heather and Jamie:

Sadly, we've been where you are. This bear is donated in loving memory of our precious identical twin sons, Aidan and Brent, lost to us at birth. Having to say goodbye after such a short time, and leave the hospital without our boys was completely devastating. It is something no parent should ever have to do.

Every life is meaningful, no matter how small. We feel the heartache and miss our sons every day. Aidan and Brent live on through us and the various ways we have chosen to honour their memories, including this bear. May your child live on through you.

"You can't replace the baby in your arms," says Heather, "but the bear is something soft and cuddly that may bring others a small amount of hope and comfort in their greatest time of need. Parents can take the bear home with them, and as they hold their child in their hearts, they can hold this bear in their arms."

The seed money for the teddy bear program came from the Hamills' insurance policy. With part of it they bought the first 50 bears – which they hope will last a very long time.

Heather and Jamie are an inspiration to all those who have suffered terrible, inexplicable losses of loved ones. Through this wonderful idea, they reach out to others with hope and love.

To obtain a pledge form for the Aidan and Brent Hamill Memorial Endowment Fund, visit the Orillia Soldiers' Memorial Hospital Foundation website at www.osmh.on.ca, e-mail nmccahon@osmh.on.ca or call 705-325-6464.



Morning sun
Evening star
Where I am
I know you are

Every flower
Every tree
You are the beauty
Surrounding me

Gentle breezes
The cooing dove
Two sweet boys
To fill our hearts with love

Our love for you is a ring of light.
It lights our life and is never ending.

Heather and Jamie Hamill

'Live @ Massie Hall' Coffeehouse'**Jory Nash**

Saturday May 23, 8 pm

Doors open at 7:30

\$15 (all ages) includes coffee/tea/
goodies.www.jorynash.com

This Toronto-based singer/songwriter has crisscrossed North America several times playing folk festivals, clubs, concert series, and house concerts, building a loyal audience, supporting five CDs and selling 10,000 total copies off the stage. Jory has a commanding stage presence and a warm strong voice. He shares a myriad of life stories and his collection of 200 hats. He will gladly accept new zany hats from you!

Jacob Moon

Saturday July 4th, 8 pm

Doors open at 7:30

\$15 (all ages) includes coffee/tea/goodies

www.jacobmoon.com

When people hear Hamilton's Jacob Moon they ask themselves, "Why isn't this guy famous?". With a gripping live show, six successful CDs and tours across Canada and the United States, Jacob has played hundreds of coffeehouses, concerts and churches. Jacob's passionate lyrics, inspired vocals and total control of the guitar are transformed into an orchestral concert experience with his clever use of the JAM-MAN looping device.

Contact Peter Miller at petemkit@xplornet.com or call 794-3652.



Photograph by Connie Miller

Massie 2009 Events

April 13 - 7:30pm **Massie Hall Board Regular Meeting**

May 2 - 9:30am **Annual Spring Clean-Up:** Hall, Church and Grounds

Bring your rakes, shovels, trowels, mops etc. Lunch provided.

May 9 - 1:00pm - 4:00pm **Massie Geranium Tea and Sale**

Advance orders only (call Marg at 794-2085 or Connie at 794-0168 to place your order) Colours: Red, White, Pink, Salmon & Fuchsia. Baked Goodies & Preserves Table (Contributions welcome)

May 15 - 7:30pm - **Shoreline Chorus Concert** at Massie Church, Refreshments following concert. Admission \$7.50. Children 14 and under free.

June 13 - 6:30pm - **Newfie Dinner and Slide Show** at Massie United Church

Tickets \$12.00. Information: ed_neelands@hotmail.com

June 15 - 7:30pm **Massie Hall Board Regular Meeting**

June 20 - 10:00am **Massie Garage Sale** at Massie Hall Grounds - Vendor sites available

Contact Carl Seeley at 794-0168

July 26 - 3:00pm Music , 5:00pm - 7:00pm Dinner **Massie Hall Fish Fry** featuring music at M.O.P.A.C., the Massie Outdoors Performing Arts Centre - Advance tickets only -

Contact Jerry & Lisa at 370-2050

September 14 -7:30pm **Massie Hall Board Regular Meeting**

September 27 -11:00am **Massie United Church 114th Anniversary Service**

The Massie Women's Institute meets every first Thursday afternoon of the month and women from the community (those who live in Massie or used to live here) are most welcome. For more information contact Marg Taylor at 794-2085.



Massie Garage Sale 2006



Massie Hall Fish Fry 2007

Classifieds

Looking for large used plastic or ceramic pots or large plastic buckets for plants to be sold at the church yard sale. Please contact Renee at 794-0865.

WANTED: a stone fork and parts for an IH Vibrashank cultivator. 519 794-3211.



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