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Still great news for Calabogie and the Greater Madawaska Area as the re-sale market is performing more similarly to a typical (pre-pandemic) June with sales on par with the five-year average. This is a normal tapering off as families turn their attention to end of school events and more outdoor recreation as the province moves towards Stage 3 Opening. For the moment, there are signs that we've reached a levelling out as it relates to average prices which are not now experiencing drastic increases or seeing a drop. Still... No Better Time to Sell and Sellers would be wise to seek the guidance of an experienced and Local Realtor.
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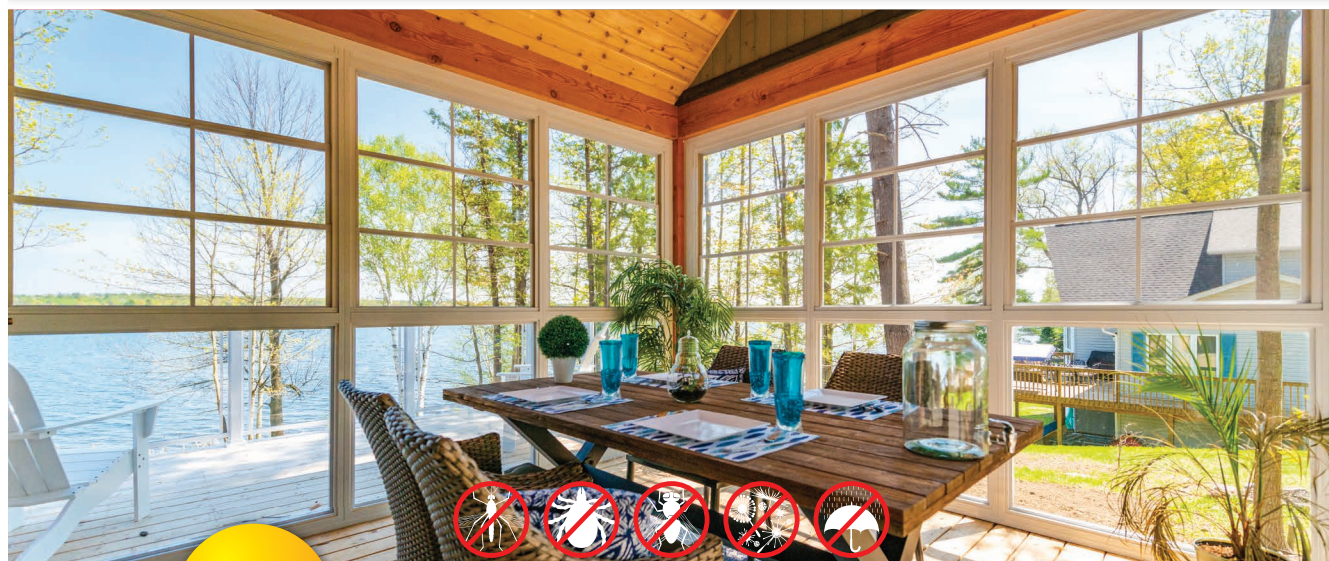
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THE MADAWASKA HIGHLANDER July-August 2021 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

July-Aug
2021

FREE Vol.19 Issue 3
Next issue August 25, 2021

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

Welcome!

...To full on summertime, a time to explore our Highland waters and wilderness with a copy of The Madawaska Highlander to guide you. Imagination, inspiration, and information flows through the pages. Start with a Madawaska Morning paddle with Ernie in the View From Here. Isn't time on the water a splash? In Wellness, Derek shows us that water is not only the blood of life, but the Fountain of Youth and, as Tamatha explains, it's the conveyor of Fluoride, Nature's Enamel Booster.

You can't go swimming in a baseball pool, but Robbie shows us how to bathe while Walking in the Forest in The Healing Trees. You will love it so much you will want to stay for days and to get you started Survivor Guy will help you with the basics in Camping 101. Can you charge your phone with fire? Speaking of fire, the Greater Madawaska fire chief tells us our forests can be tinder dry even after a rain and offers essential info about Campfire Safety. Be responsible for your campfire, not responsible for starting a wildfire.

Responsible campers are in demand by people who have land to spare. Lesley tells us how to "Uber" your land to happy campers in Happy Trails. Colleen is a happy camper when she finds milk weed in season. What? In Highlands Hiker we discover just what Monarch Butterflies like about Common Milk Weed. They're delish!

There is so much to discover in these Highlands and so much to inspire, that's why the Highlands continues to draw artists. Get set to take studio tours and gallery tours this summer and fall, and fall in love with Art in the Highlands. Maybe those journeys will inspire a story for our Short Story Contest. See the rules on page 9. Happy writing! All good stories come to an end and Marcella has reached the end of the Hwy 41 story at Denbigh in Cloyne Historical. Part 2 of The Major ends in a major gaff in Rural Vignettes. Have we heard the end of him? Check the ads, GM News, and Bogie Beat so you don't miss out, even if you don't live there. They bring news we all like to know. Enjoy!...



Love, peace, and rainbows on Centennial Lake

Pic by Sarah



"May we play through?" First foursome of the day at Calabogie Highlands Golf Resort in July. Some days your golf game just stinks. Pic by Shawn Mosiondz

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The Madawaska Highlander

The Madawaska Highlander
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Business Manager: Mark Thomson
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www.madawaskahighlander.ca

The Madawaska Highlander
is a free community newspaper
published 7 times per year by
Reel Impact Communications Inc.
Connecting residents and visitors in
the Highlands of Renfrew, Lennox
& Addington, Hastings, and Lanark
Counties.

**Next advertising deadline:
August 13 for August 25 publication**
madawaskahighlander.ca
for previous issues

Message from the editor:
Even though activities are slowly resuming, the Madawaska Highlander won't have space for the Events Page. Please make note of activities in Bogie Beat, GM News, and DV News and check the ads for updates.
Check advertiser messages right away for important information, hours of operation, specials and what is open. Tell them you saw it in the Madawaska Highlander!
We also maintain the matawatchan.ca website, which serves the Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar. Also check out www.greatermadawaska.com and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

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Thank you everyone!

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

Ernie Jukes	Lesley Cassidy	Marcella Neely
Skippy Hale	Colleen Hulett	Tamatha Strachan
Antonia Chatson	John Neale	Derek Roche
David Arama	Anne Dougherty	Robbie Anderman

In February 1947 the Government of BC voted to give second generation immigrants the vote but didn't even consider giving First Nations the same right. Natives had been treated as equals when they fought side by side with Canadians of all kinds during the war, but they were not given the access to higher education or pensions promised to others afterwards, so granting the vote to newcomers who might also have gone to war was particularly aggravating.



After groups of disgruntled Natives invaded the university campus in Victoria in protest, two large student meetings resulted in resolutions urging the Dominion and Provincial Governments to institute policies leading to larger citizenship for the "wards of the government."
From the Vancouver Sun, Feb. 3, 1947, "The economic and social condition of the wards is proof of the failure of the administration of Indian affairs. White citizens usually admit there is no reason why, for instance, Indian children should not have the same educational opportunities as white, yellow, or brown children. There should be no reason why the Indian death rate from TB and the infant and maternal mortality rates among Indians should be higher than among the rest of the citizenry." It went on to urge the government to follow the lead of New Zealand and the United States to giving block representation to the aborigines in the legislatures and the same health, education, and social support as all Canadians. They didn't get the vote until 1960 and the other issues are slowly being addressed to this day. - "Forgotten Man" J.E. Meadows for The Native Voice, February 3, 1947.



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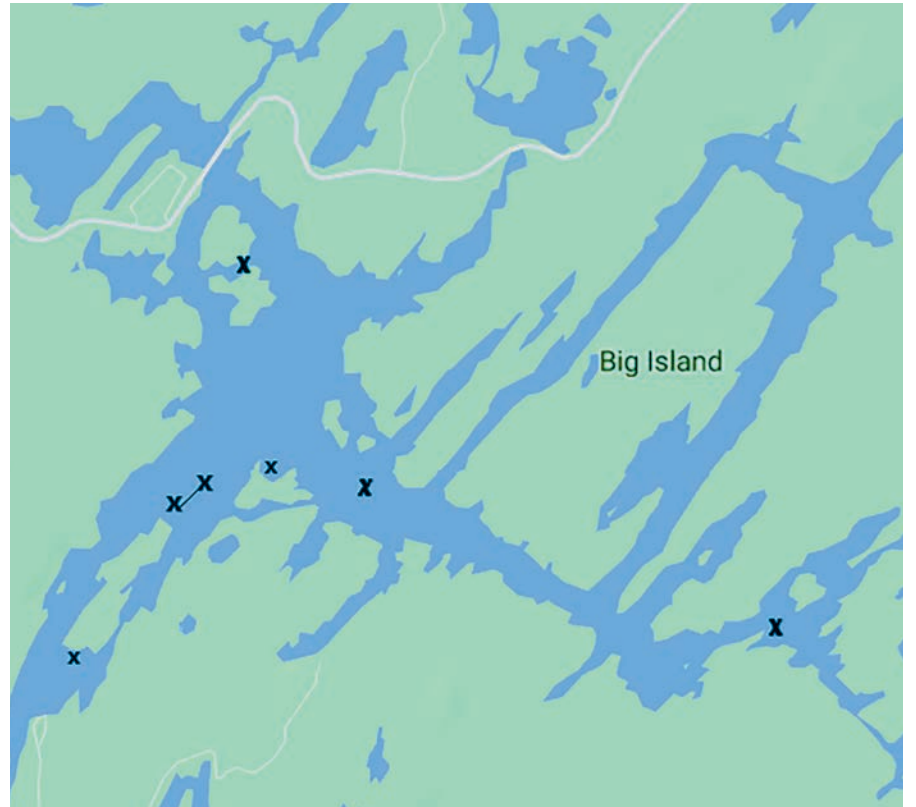
By Anne Dougherty & John Neale



Barbara Creelman serving for the last time on June 20 at St. Andrew's United Church in Matawatchan. We all wish Barbara and Nick well at their new home in Hamilton.



Turkeys and deer dining together at the "Hilltop Café" in Matawatchan.



Watch for hazardous shallow areas on Centennial Lake, marked here. Centennial Lake was artificially created when it was dammed in 1967 and has many rocky sections just below the surface. Because it is relatively shallow large wakes are a problem, so please practice responsible boating and keep speeds down for everyone's sake, even your own. If you know of other areas of concern, please contact John at john.l.neale@gmail.com



A good time was had by all at the Hall on Saturday July 10 and 17 from 10am - noon. July 10 featured maple syrup. July 17 was essential oils. July 24 will feature Denbee Honey Products. July 31 will be a combined Matawatchan Hall and United Church Yard Sale-Rummage Sale-Bake Sale from 10 am - 1pm. See you summer Saturdays!

The weather continues to evolve. More rain has been a welcome change for gardeners and lawns have started to recover from the June drought. At the time of writing, we are still under a **Level 1**

Fire Ban, which means no open burning other than campfires. Your campfire may be no more than one metre by one metre and the flames should not exceed one metre in height. You must also have

a shovel on hand as well as a bucket of water. Never leave your campfire unattended. Put it out completely when you are done.

Councillor Glen MacPherson reports that the **Matawatchan Road ditching and rock removal is nearly completed**. Guideposts have been installed and culverts are being replaced. Also, Municipal staff applied for a grant to **upgrade the Ginza rink in Griffith**

and \$100,000 was awarded. This money will replace the asphalt (rink surface), boards, lighting and purchase new activity mats. The Township plans to have the work completed in time for the next skating season.

For those who are concerned about the **80 km speed limit through Griffith on Hwy 41**, a **public meeting with the MTO and OPP** will be scheduled when rules allow.

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Calabogie Animal Rescue (CARE) would like to thank Chris and Jamie of The Griffith General Store, and CARE volunteer, Cathy Morrison, for helping us to set up an empty drop off donation bin for CARE. Your help is very much appreciated by all! The money received from cashing in these empties provide food/supplies and vetting for the kittens/cats in our CARE. Thank you for your donations and support!

Denuded Red Oaks in summer, not winter.

A survey to collect feedback in advance of the meeting has been prepared and is posted on the municipal website. **Paper survey forms are available at local businesses including Calvyn's, Griffith General Store, BMR and Pine Valley Restaurant. You can drop off your completed survey at these same locations.**

Safety on the Lake. We have updated the map showing **unmarked reefs / hazards on Centennial Lake.** We appreciate your input on updating this map. The OPP are active on our waterways to remind us to make sure we stay safe and have our fishing licenses. Whistles must also be a part of your safety kit. Each person in a canoe in Ontario must have a whistle on their person or face a fine.

Border with USA open? It is possible that the Canadian border will open on July 21. It sure would be nice to see friends from the States again. We miss you!

The Denbigh/Griffith Lions Club congratulates this year's Bursary recipient Diana Weichenthal from North Addington Education Centre. This bursary is for a secondary student graduate who will be attending post-secondary education in the Fall. Diana will be attending Trent University to earn a Bachelor of Science degree in Nursing. We wish her great success. Congratulations to all graduates of 2021! The Denbigh Griffith Lions Club Easter Bunny event on Saturday July 3 was great fun and well attended. Thank you to all who joined in the fun and who helped make it possible. The Lions Club is working towards hosting more community events as the rules allow. They want to get back to serving our community and raising funds for Li-

ons initiatives.

The Seniors Group has opened the Nu 2 U Shop on Wednesdays and Saturdays from 1 to 4pm. Lots of great stuff! The foot care program will start when the province is in stage 3 of re-opening. The July 3rd **Yard Sale was a great success. The next one will be held on July 31 from 10 am to 4 pm.** Great deals! Be there or be square.

The Matawatchan Hall has recommenced **Saturday Morning Socials.** These socials will also feature one local vendor as well as fresh baked goods. July 24 will feature Denbee Honey products. **July 31 will feature a Yard Sale and United Church Rummage and Bake Sale from 10 - 1** baked goods plus coffee & tea. These socials will continue throughout the summer. **Aerobics started up again on July 20** on Tuesdays and Thursdays from 10 - 11. **Matawatchan Matinees** will recommence starting on August 8 at 2pm. Movie title TBA.

Rogers is looking to build a **cell tower somewhere in the Vennachar area** along the Matawatchan Road where there is a high plateau. The CRTC gave Chorus permission to close the over-the-air **Global TV transmitter in Vennachar** in December 2020. However, Chorus has repaired the transmitter after the latest failure. There may be hope that people within broadcast distance of the tower will continue to get Global TV for free over the air a while longer.

The Greater Madawaska Public Library is open again. It might be time to remind people that if they go to the library to get a library card, they can use that number to order books through odmc.overdrive.com The books will

be delivered to the library in Calabogie then Garry, our waste transfer station manager, will pick them up on his way to Griffith and leave them at the General Store for pick up and return.

There are starting to be some signs of activity on the local live music front. For example, the **Tallboyz will host their third annual River Concert on Saturday, July 31st from 2pm to 5pm** in the usual location near the former Misty Morning Cottages. Participants are encouraged to anchor offshore and enjoy the concert from their boats. Rain date will be Sunday, August 1. Also, the **Ontario Festival of Small Halls is booked for Saturday October 2nd at the Matawatchan Hall,** performers to be announced.

St. Andrews United said goodbye to Barbara Creelman on June 20. Her last service was at St Andrews in Matawatchan. Barbara will be missed. Her music talents and interests were enjoyed by many members of local communities who enjoyed singing in the choir or simply attending performances. Barbara was present for many local families in time of need or solace. Hamilton is her new home, and she has family living nearby.

The Gypsy Moth Caterpillar Infestation has devastated local trees. Red oak has been particularly hard hit by these voracious eaters. These insects leave a huge mess of their poop and scads of leaf litter beneath the trees they consume. You can even hear the devastation they create as their poop rains down. Many red oaks are now completely devoid of leaves. In all the sixteen years we have been here, we have never seen anything like this. The poop is like glue and difficult to clean off wood surfaces like decks. It has been difficult to impede their progress although some people put shiny plastic tape around the trunks that the caterpillars cannot get traction on and fall back to the ground. They leave the tree every day and come back the next day, so this is one way to try and keep them on the ground. Ed Lawrence recommends using burlap around the trunk and shaking them into soapy water. Very labour intensive! Also, we hear chickens like to eat them. Pesticides formulated to kill them like BTK (*Bacillus thuringiensis*) were all sold out early throughout Eastern Ontario. Perhaps our local community can band together to break the cycle of this invasive species of caterpillar, so the problem does not return next summer.

First Aid, CPR & Defibrillator Instructor Robert Blackwell has been given approval by the Renfrew County Health Unit to restart First Aid, CPR and Defibrillator training in the County of Renfrew. Contact Sandy Downs at s-downs@live.com (613) 333-1932 if you are interested in receiving training or renewing your certification. Please do so right away, as sessions book quickly. The CPR and Defib course is \$50.00 per person. With this course you need to recertify annually. The Emergency First Aid, CPR and defib course is \$90.00 per person and is valid for three years, so this is the better option. Courses are expected to take place in late October at the Matawatchan Hall.

Lynn McLaren passed away peacefully at Hospice Renfrew on Sunday, June 27, 2021, one day shy of his 90th birthday. He was predeceased by his wife Irene McLaren (Lee), and his brother Malcolm McLaren. He is survived by his sisters Jessie Stubinsky, Iona McLaren and sister-in-law Corrine McLaren-Parks, and many nieces and nephews.

Cliff Holleran passed away on June 30 at home. He was predeceased by his wife Pat and is survived by daughter Karen (Alden), son Brad (Shari) and grandchildren Charlene, Spencer, Nicki, and Amy. Cliff moved permanently to the area 25 years ago from Norwich ON, but he had started coming with his brother to Holleran's Hideaway near the end of Hutson's Lake Road over 50 years ago. Cliff enjoyed hosting an annual Pig Roast (last one was in 2019) and his famous Redneck Golf Tournament. Cliff attended St Andrews United church in Matawatchan and always left his pair of dress shoes at the church to put on before the service. They are still there. His remains will be interred at the Matawatchan Cemetery.



Anne Dougherty and John Neale found Matawatchan in 2005 and fell in love with the wild beauty of the area. They have a 4-season cottage on Centennial Lake near the bridge. Anne was born in the Soo, moved to Montreal then settled in Ottawa 36 years ago. John was raised in Dundas, Ontario. They love traveling and spending time in these Highlands but still have a condo in the city (Kanata). Now mostly retired, John & Anne love the friendly people of Griffith/Matawatchan and have made many friends here. John is a member of the Tall Boyz music band. Anne and John attend St Andrew's United in Matawatchan when they are here.

CAMPFIRE SAFETY

By Anne Dougherty & John Neale



A forest might not look dry after a couple of days of rain, but there could be feet of dry fuel under the surface, which is why fire bans can be on long after a dry spell. It only takes a stray spark to ruin everyone's good time at an innocent-looking evening around the fire.

Pic by Intricate Explorer unsplash.com.

The Township of Greater Madawaska Fire Chief wants to remind everyone that you are responsible for the fires you start. Be careful to only start a fire when the conditions allow the fire to burn safely and remember to extinguish it correctly. If you cause a wildland fire, you could be charged under the Forest Fire Prevention Act or the Township Open Air Burning By Law and may be held responsible for the cost of putting out the fire.

Before starting a fire, remember that during hot and dry weather, sparks and embers can start forest fires and we investigate all forest fires to determine the cause.

1. Choose a campfire site close to a water source and sheltered from the wind. Build your fire on bare rock, bare dirt or other non-combustible material

(mineral soil). Build your fire at least one meter away from any flammable materials. Make sure the space above the fire is at least three meters from overhanging branches and vegetation.

2. Prepare the site by clearing a space about two meters wide for the fire. Remove pine needles, grass, leaves and twigs. Scrape the area right down to the mineral soil. Ensure you have a pail of water and a shovel to control the fire.

3. Build your campfire keeping it small to a maximum of one meter high and one meter wide. Remember that small fires are safer, easier to control and easier to put out. A small fire will also keep cooking tools from blackening and let you get close enough to cook.

4. Stay nearby and never leave a campfire unattended. Remember that you are responsible for tending your

campfire, ensuring it is kept under control, and for putting it out.

5. Put the fire out by pouring lots of water on the campfire. Stir the ashes with a stick. Repeat until the ashes are cold to the touch, the ashes don't hiss, the ashes look soaked, and no more smoke comes from the ashes

6. Keep your fire safe for children by ensuring they are with an adult when they are around a fire. Never allow children to play with matches or fireworks. Teach your children to tell an adult immediately if they see a fire burning out of control.

Information provided by the Township of Greater Madawaska Fire Chief Darryl Wagner. Please contact him at 613-752-2277 if you have any questions, or contact your local Fire Chief.

Bogie is a Happenin' Place! This is your column. Contact me to report on anything you find interesting. 613-433-1131 maryjoanhale@gmail.com

By Skippy Hale

First the weather report! When we get up in the morning, we do not know whether the weather will be hot, cold, wet or dry! We certainly have gone the extremes from day-to-day: from hot to frost to drought to rain, wind, heat and cold. Today is very overcast and cool, but not freezing like yesterday after high temps and humidity! I guess, we should just put our head out the door and be our own weather person. Is it cold, warm, wet, dry, calm or windy? The next step is to go the other door and check again! You might get two different readings. I suggest you decide what you like best and go out, or not, and enjoy your choice, but take sunscreen and an umbrella if you do go outside just in case! Happy Summer!

As usual, we have news from the **Calabogie Lions**. In spite of the constraints caused by COVID, Tamatha and her fellow Lions have been busy raising funds through their 'Catch the Ace Progressive Jackpot'. That illusive Ace is still hidden and waiting for some lucky person. Tickets are 3 for \$10.00 available online at calabogiecatchtheace.com

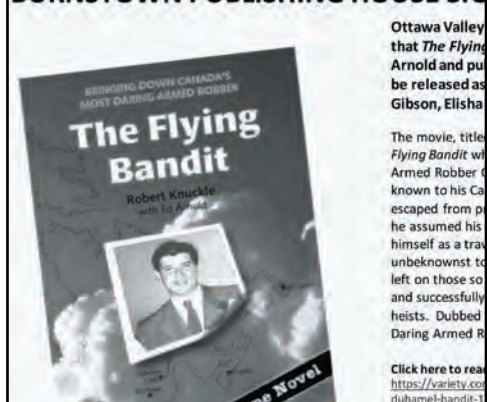
Congratulations to **Lion Gordon** for his **Lifetime Membership Award** for 37 years of service, and **Lion Bert Morrow** for his **Club Service Award** for 33 years of service. The Club held a successful **Father's Day raffle** sponsored by generous donors. Joe Templeton won the **Earlybird prize** of a Mustang Experience from the Calabogie Motorsports Park. Tim Boytel won the **Grand prize** of a 9.9 Hp Yamaha motor from Urban Sports, Golf package from Calabogie Highlands, Calabogie Brewing Company gift bag and \$100.00 from FryDayz Chipstand. The Club is looking to recruit new members. If you would like to find out more, please contact Membership Director **Lion Barry LeGear** at (613) 752-0007.

Aaah, **the faeries!** The faeries/fairies! The gnomes! The elves! The leprechauns! The Hobbits! Magical people's doors have been spotted in gardens in Calabogie, even a gnome band! They have now been seen at some local businesses: Charbonneau's, Oh-el-la and the Medical Centre. See if you can find them! I understand they may start to appear at other businesses too! The chipmunks deliver some mail between the magic folks and I found one note under a toadstool. I guess Chippie had too much of my birdseed in his mouth and the note dropped out! Apparently a wee seanachai (shanachee), a storyteller, is writing the history of the magical folk living where these doors have been spotted! Shh, wait until you see the stories before discussing them! The wee folk are very particular about what knowledge they share. Oops, I may have said too much. I will leave a piece of thread under the toadstool as a gift.

Sherry Cameron and her Calabogie Fitness Lab pals are an amazing bunch of hikers, walkers, climbers, paddlers and kayakers. It is wonderful to see such activity here in the Bogie!

I am not sure how to approach this topic, but it's of great concern to me. In 1945, a military decision was made in Washington DC, to build the **Chalk River Nuclear Facility** in order to produce plutonium for Nuclear Weapons and it did so for 20 years! The science is complicated, suffice it to say, that the process produced hundreds of radioactive waste by-products dissolved in a hot acidic so-

BURNSTOWN PUBLISHING HOUSE SIG



Ottawa Valley that *The Flying Bandit* will be released as Gibson, Elisha

The movie, title *Flying Bandit* with *Armed Robber* known to his Ca escaped from p he assumed his himself as a trav unbeknownst to left on those so and successfully heists. Dubbed *Daring Armed R*

Click here to read <https://variety.com/dubamel-bandit/>

Burnstown Publishing House sent out this news release to announce that "The Flying Bandit", a book by Robert Knuckle with Ed Arnold, a book about the Ottawa Valley's notorious bandit who, in a secret life, flew from Pembroke all across the country to rob without firing a shot. Movie will star Mel Gibson, Elisha Cuthbert and Josh Duhamel. According to a release by Variety, the movie will be called Bandit. I wonder if it will be shot locally?



Calabogie Animal Rescue (CARE) would like to thank Chris and Jamie of The Griffith General Store, and CARE volunteer, Cathy Morrison, for helping us to set up an empty drop off donation bin for CARE. Your help is very much appreciated by all! The money received from cashing in these empties provide food/supplies and vetting for the kittens/cats in our CARE. Thank you for your donations and support!

lution.

Radio-active waste has been accumulating for over 70 years. It contaminates everything it touches, including clothing, rags, mops, equipment, and reactor vessels, even buildings. Until recently, they were packaged and stored in a temporary facility, that is until 2005-6. The 70 year plan was to allow Atomic Energy of Canada Limited (AECL) to clean up and dismantle all nuclear reactors owned by the Federal Government. AECL had a staff of 3000, many with PhDs. The Harper Administration hired a private consortium which shrank the staff to 40 and increased the budget from half a billion to a billion with the bulk of taxpayer's money going to the shareholders of the private consortium who plan to build a large mound above the ground without the clean protections that AECL planned and for a lot more money. We learned about half-lives of radio-active materials in school. Some may take decades, some may take millions of years, but there is always something left which becomes another material. I am no scientist, so I am getting my information from an article written by Dr. Gordon Edwards for the Highlander in May 2018. I Googled Dr Gordon and a more impressive CV, I have yet to see. There have been papers addresses and meetings from such groups as Indigenous peoples whose lands are close to the rivers and lakes impacted by the poor storage planning, former AECL Scientists, Concerned Citizens of Renfrew County and Area and many others. More than 140 municipal councils in Quebec and Ontario, including the City of Ottawa, and the Assembly of First Nations have passed resolutions against the proposed radioactive waste dump at Chalk River. A detailed letter has been sent to our mayor about this issue.



People, especially noisy motorcycles and ATVs, seem to be confusing the Calabogie Motorsports track for Hwy 511 and 508 through the town of Calabogie. This sign isn't my best artwork, but I felt I had to do something to remind drivers that children live near the road in front of my home near the school and library. The township's electronic sign keeps breaking down, so for now old tech will have to do. **Slow down through the town!**

I have emailed him to see if our council will pass such a resolution. Since the letter was dated before the next council meeting, I will discuss it in a larger article next edition. I'm better at words than science, so I will do more research on this topic.

The United Church has been busy with drive by Take-out meals and 2 successful Yard Sales. The rules are changing for in-church worship which is gradually expanding. As I write this, it has expanded to 25%. This is encouraging for the churchgoers here with the summer people returning as well.

The electronic speed sign on Lanark Road was encouraging, thanks to the Township Council and Staff. It was working as a warning signal to drivers and, I believe counting the vehicles. However, when they moved it to the side of the road heading towards 508 (Calabogie Road), it has broken down at least twice. Right now, it is gone, I assume to be repaired again. The unfortunate thing is that it faces the side where there is the

worst speeding! They gun their motors as they pass over the dam and speed around the corner (in a 30km area) and as they pass the church and come over the hill, they are way over the posted speed of 50km on this part of the road! I know that the Calabogie area is fun for motorcycles since there are so many hills and curves, but the lack of respect going through our village on 511 and 508 is very upsetting! 4X4s are not permitted in the middle of the lanes and the speed limit is 20. There can be a parade of a dozen or more speeding down the middle of the road on weekends! My understanding that these were meant for trails and open areas, not residential streets! Why are they so powerful? I have nothing against them for trail riding, but some are as big as small cars and very powerful. We have small children who visit their grandparents on our road. I **painted a large sign last year which was knocked over and ridden over several times.** It is repainted and includes the speed limit for cars, but I better add the

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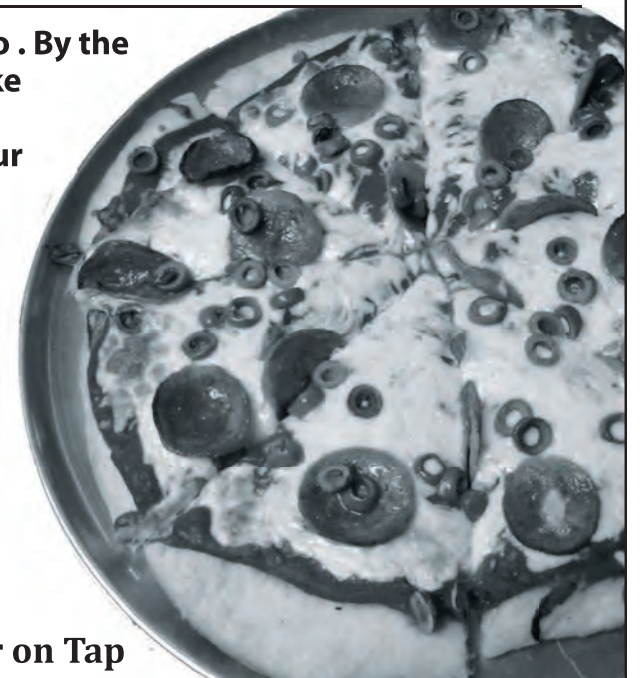
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Left: Suspense builds as a new weekly prize winner is drawn in the Catch the Ace draw. Right: Lion John Buscomb congratulates Bert Morrow for his Club Service Award for 33 years of service. Thanks to Rob Weir for the great shots! Awesome to see so many members out and about in a beauty Father's Day!



Faeries have declared Calabogie their new home. Their magical doors can be seen at homes, businesses and roadsides all around the village. Have you seen any?

limit for 4X4s. Our Township has posted the 20km limit on their roads, but the 511 and 508 are County roads. In relation to this, I had a visit from the Project Manager from SNC-Lavalin who is working at the Construction project at the dam. He was concerned that some of the their trucks might be part of the problem. I reassured him that so far, they were not. He asked me to inform him if a problem arose. That is responsible!

I have a friend and his daughter who come up to rock climb in the summer and ice climb in the winter at Eagles' Nest. There are many spots in our Highlands which are perfect for this sport. If any of you are **rock climbers** here, could you let me know and perhaps send me some stories of your adventures, pictures of your gear and crews you climb with. I think the idea is exciting, but since I cannot go near the edge at the 'Nest', I cannot imagine being suspended above the canyon!

We were all saddened to hear that **Patty Lewis** passed away recently. She was my neighbour and her verandah was a chatting stop on my walks. Most of all, she worked at several restaurants in the village and was always pleasant and friendly. Condolences go out to her daughter and grandchildren. We missed her when she moved to Renfrew. Rest in Peace dear heart!



Skippy Hale moved to Calabogie with her late husband Richard in December 1999. Living in the first Train Station in Calabogie, Skippy now has opened her home as an AirBnB, the Kick&Push Guest House. She travels between her home and away with family and friends when there are guests. It's the best of both worlds.

ART IN THE HIGHLANDS



Some of the amazing artwork produced right here in the Highlands. Left, precious metal work by David Ivens. Right, metal orbs by Jack Steklenburg. The Highlands draw artists!

It might seem early to announce studio tours and gallery shows for late August to October, but with so little going on as we slowly slough off the torpor caused by the pandemic, we thought it would be a bit of a pick me up to have dates to look forward to.

A **Madawaska Valley Studio Tour is in the works for October 1 - 3** from 10 am to 5 pm daily. They invite you to take a drive along the historic paths of the Algonquin Nation and early settlers. Explore the charming nooks and crannies of our highlands and valleys during our summer and fall weekend tours. Discover what we call home! Visit artists in their studios, view and purchase unique art and fine craft. Delight in the opportunity to watch demonstrations and discover how wood, clay, metal, fabric, glass and canvas transform in the makers' hands. Pick up a map at madawaskastudiotour.com/maps

The **North Frontenac Studio Tour is also in planning stages for September 25 - 27** when the fall leaves are expected to be in full colour. Stay tuned for 2021 artists and pick up a map at madawaskastudiotour.com/maps

Bittersweet Gallery presents the 49th Annual Show of Burnstown's clay-relief sculptor Richard Gill. "The Coast of Cornwall" (UK) in sculpted clay relief **opens August 21** on the gallery grounds with guests: **David Ivens** of Springtown and returning Renfrew artist **Jack Steklenburg**. David's interest in architecture, design, history and nature brings a unique creative twist to his work in precious metals of silver and gold, or copper and alloys of bronze, brass, or aluminium. Steklenburg creates one of a kind abstract metal sculptures - art as an unconscious, unscripted, wordless act of emotional expression. **The show will continue daily to August 29.**

The gallery presents another inspired jewellery collection by Montreal designer **Anne-Marie Chagnon**. **Allied, multiplied, lined, laced, The 2021 Collection** is one of movement and unison. A cornucopia of lightweight chains that gracefully caress the neckline in a fluid, water-like manner, the jewellery sways to the rhythm of the wearer and melds into every move. **The gallery is open daily from 11 to 5 and represents over 50 artists in a variety of media from across Canada and regionally.**

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SURVIVOR GUY

Camping 101

By David Arama

The Great Pandemic that we have all endured for the past 16 months, has attracted huge new numbers of adventure seeking staycationers to the great outdoors. Where these folks once flocked to Caribbean oceanside resorts and cruise ship vacations, closed borders made those trips impossible. Many discovered the wonders of RV Camping, others learned how to book campsites in Provincial Parks, National Parks, Conservation Areas, and Private Campgrounds, bringing a flood of newcomers to the outdoors who have never tried camping before. With the COVID Pandemic hopefully nearing an end, it will be interesting to see how many are converted for good to the wellness and physical activity benefits of Camping.

Research has shown that an RV camping vacation can provide destressing benefits that exceed other non-staycation vacations. Studies looking at "Nature Deficit Disorder" point to the wellness benefits of hiking and camping in a forest. In fact, a few days in the wilds can change a person's demeanor from depressed to positive in many cases. And staycation camping is generally inexpensive compared to most other traditional vacations. Now, the question is, where do we get started to go camping comfortably?

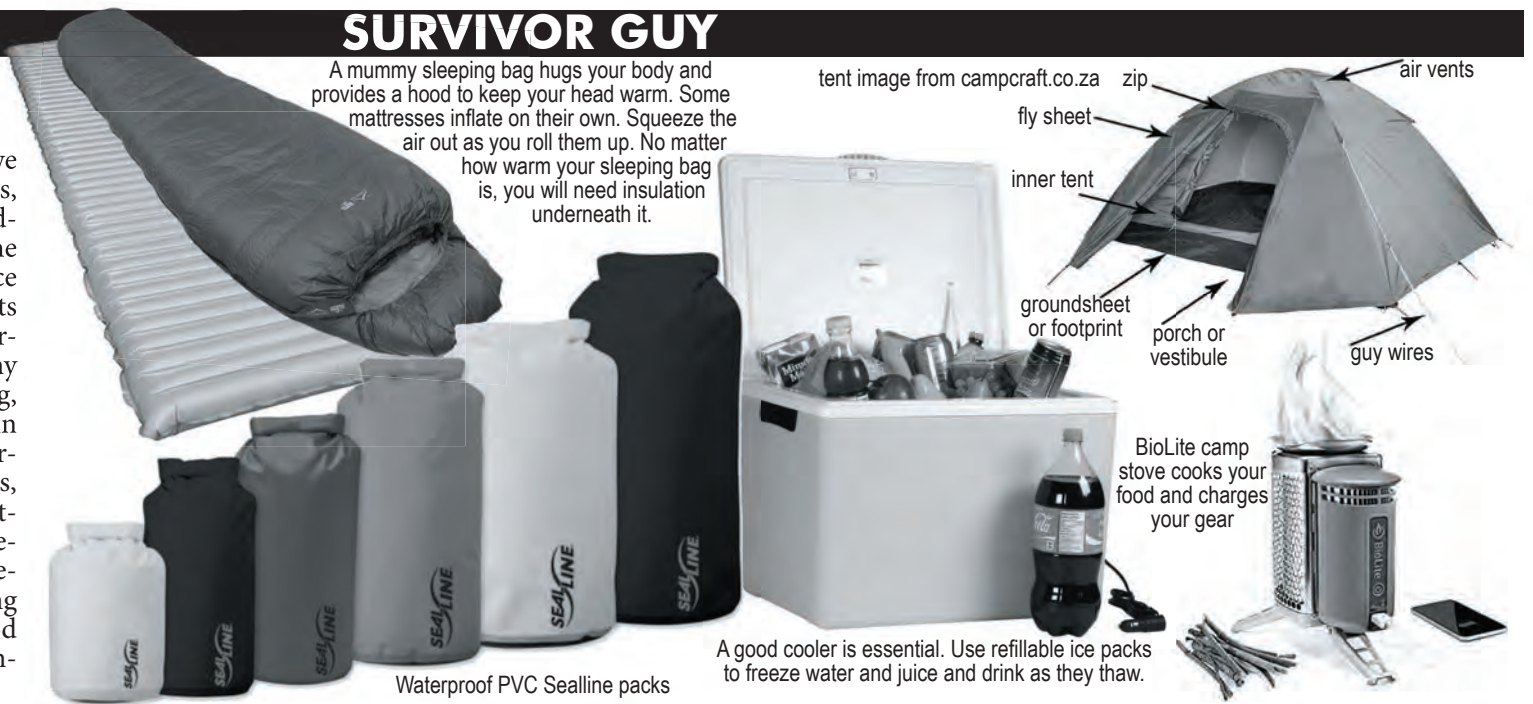
Where to go and how far you want to go is usually the starting point. To start, you need to know where you can camp legally without trespassing on private property.

Where you go will depend largely on the following: How much do you wish to spend? Crown land tent camping is less expensive than RVing at campgrounds, although seasonal RV leases can be lower cost than transient camping; renting a Yurt tent is normally very pricey. What themes are you looking for? Nature and scenery, historical, canoe versus hiking, etc. pet and kid friendly camping? Some campgrounds allow pets. Bringing kids along brings considerations such as safety, practice, and patience. Both adults and children need to learn that safety rules are different when camping than in the city.

Car Camping or campgrounds?

For Newbies to camping, I recommend starting with campgrounds and car camping, or rent an RV trailer camper. Provincial and national parks, conservation areas, private campgrounds and RV parks, and Crown lands are the main choices. Most of the parks and campgrounds are booking solid through online portals, and require nightly fees ranging from \$45 - 75/night depending on available hookups, like electricity. Crown lands have become an attractive alternative, since Canadian residents can camp free of charge for up to 21 days at one site. Unlike pay per use campgrounds, some Crown land sites can become overused and trashed and many townships charge fees for shoreline allowances on lake and river frontages.

RVing: You can start out by renting an RV from a number of companies, such as RVezy. Also, there's a new tentsite booking agency called Hipcamp, where private property owners can rent out tent sites. Harvesthosts connect RVers with farm and winery property campsites. Ontario camping lists RV Campgrounds, and the ORVDA is a great source for RV dealerships, where you can purchase new and used RVs from trusted reliable people.



A mummy sleeping bag hugs your body and provides a hood to keep your head warm. Some mattresses inflate on their own. Squeeze the air out as you roll them up. No matter how warm your sleeping bag is, you will need insulation underneath it.

tent image from campcraft.co.za
zip
fly sheet
inner tent
groundsheet or footprint
porch or vestibule
guy wires
air vents

BiOLite camp stove cooks your food and charges your gear

A good cooler is essential. Use refillable ice packs to freeze water and juice and drink as they thaw.

Waterproof PVC Sealline packs

Another option for Newbies is to **rent a glamping Yurt**. These are semi-luxurious setups and can be very pricey.

Camping in the backcountry is a whole other story, and will be subject to a subsequent article, covering specific gear and logistics. **This basic list is for camping at a designated campground with washrooms or outhouses where you can pack supplies in your vehicle but live outdoors.**

Clothing and Footwear:

I always recommend layering, loose fitting, lightweight, wicking, warm, water and windproof. Outdoor layered clothing should include a sun hat, a wool hat, woolens, hiking footwear with wool socks, a Goretex rain suit, and wicking long johns are good choices. Avoid cotton where possible. Even in the summer, nights and early mornings can be cold and rain changes everything, so be prepared.

For the campsite:

Tent with tent fly, vestibule, and footprint (Eureka Midori tents are nice starter tents, and they come in different sizes). Tarps to cover tents and eating areas (MEC Scout Tarps are excellent) Lantern, rope, wood saw, axe (my favorite saw is the Boreal Agawa Canyon) Campfire grill if not supplied by your campsite

For meals and cleanup:

Camp stove (the MSR Drogonfly Gas, and the BioLite Wood Stoves are my favorites). Mess cook kits, utensils, spatulas, phosphate free dish soap, sponges/steel wool (MSR Mess Kits are nice). Water filter or water in reusable bottles. Food pack, e.g., a large Sealline bag. Thermoelectric plug-in cooler (I like the Koolatron). Food provisions, high energy snacks like granola bars, trail mix

Sleeping needs:

Sleeping bag (mummy bags, hunter bags, with polarization or thinsulate fill). wool blanket... Wool insulates to keep you warm in the winter and cool in the summer. It's breathable, odor-resistant, moisture-wicking, 100% renewable, and fire-resistant, but can be expensive. Underpad eg Ensolite closed cell foam, Thermarest self-inflating mattress for comfort, moisture guard, and insulation from the cold ground.

Miscellaneous necessities:

Backpack MEC Packs are a good value and even if you won't be backpacking they are a convenient way of carrying your items, keeping your items sorted and to a minimum. With or without a backpack you will need: Toiletries, medications, towel, bathing suit, headlamp or flashlight, e.g., PETZL Headlamps, insect repellent with DEET, sunscreen, and toilet paper whether supplied or not, in case the campground runs out.

Where to buy camping gear?

My favorite retailers include Mountain Equipment CO-OP, Sail Outdoors, Cabela, Basspro Shops, and for some lower end camping products, Walmart and Canadian Tire.

Safety and survival gear:

No matter where you camp, when you head outdoors you need a first aid kit, fire starting implements such as waterproof

matches or flint rod, large knife, multi-tool or pocket knife, purification tablets, solar blanket, paracord (that will come in handy in all kinds of situations from tying tarps to trees, to hoisting food packs out of the reach of animals), a bivy tarp is just big enough to cover one sleeper and is ideal for overnight bike trips and can double as an extra shelter for your gear outside your tent, or bring a second tent.

Remember, be prepared, you are biodegradable.

We are offering a Free Digital Disaster Survival Book, \$20 Value, to anyone who reads the Madawaska Highlander and/or resides in the area. When this Pandemic is over, please support local businesses, many of which have suffered great financial hardship, and this newspaper.



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps.
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Renfrew library first in county to go fine free. Issuing pre-overdue notices greatly reduced the number of items not returned on time, makes books more accessible.

In Phase 2 of the Natural Gas Expansion Program, Ontario allocates \$26,169,413 to support new connections to the natural gas system in Renfrew-Nipissing-Pembroke.

Minnesota court affirms regulators' key approvals of Enbridge's Line 3 oil pipeline

Lobster diver survives after being caught 'in a whale's mouth' for about 30 seconds off the coast of Cape Cod. The whale surfaced, shook its head, and spat him out.

Darnella Frazier, who recorded George Floyd's arrest, murder, wins Pulitzer citation.

Ontario quietly disbands jail oversight boards. Oversight boards had 24/7 access to help inmates. Board reports for improvement were public until the 2018 election

A Toronto condo developer is buying hundreds of detached houses in Ontario, to add basement apartments and rent them out as two units to ease housing crisis.

Owner of Budway pot shop in Vancouver ordered to pay \$40K after copying Subway's branding – including logo design, colours, dope-smoking sub mascot.

Pink Floyd's Roger Waters turns down Facebook's offer of a 'huge, huge amount of money' to use a song, calls Zuckerberg 'one of the most powerful idiots in the world'

NFT (non-fungible tokens) of the source code for the world wide web, written by its inventor Tim Berners-Lee, has sold for \$5.4m at Sotheby's in an online auction

TekSavvy provides government with clear evidence of CRTC Chair's bias. ISP urges Cabinet to remove Ian Scott and reinstate 2019 Final (Affordable) Rates Order

Ontario pledging \$10M to identify and commemorate residential school burial sites.

Ottawa's largest school board votes to remove police from schools – the fourth in the province. The board itself will participate in anti-racist and decolonization training

'This is systematic racism in action': Métis Nation of Alberta suing UPC over refusal to discuss consultation policy. Draft policy was agreed upon in 2018 with the NDP

Senate approves bill to implement UN Declaration on the Rights of Indigenous. Tories voted against in Commons, saying it gives Indigenous a veto over projects

Toronto health unit staff petition the Catholic Church to release all residential school documents related to "Indian hospitals" it ran and issue a formal apology.

Federal government to allow Indigenous people to use traditional names on passports, citizenship certificates and permanent resident cards. Fees waived.

Kyla Ford changed her business name based on a childhood nickname, KyKy's Kookies, to KyKy's Cookies & Ice Cream after backlash about the KKK association

Canadians appreciate Indigenous land acknowledgements, but don't think it applies to their properties. It is an acknowledgement of the history, not current ownership.

Change Facebook password if you logged into these apps through FB: Processing Photo, PIP Photo, Rubbish Cleaner, App Lock Keep, App Lock Manager, Lockit Master, Horoscope Pi, Horoscope Daily, Inwell Fitness. They stole your login info

The US Senate has unanimously passed a bill to make Juneteenth a federal holiday – the day that marks the end of slavery in the nation on 19 June 1865.

U.S. to investigate its Indian boarding schools in wake of Kamloops discovery. 'We must shed light on the unspoken traumas of the past, no matter how hard it will be'

California law would require contractors working for the state to prove products from boreal and tropical regions don't destroy forest and respect Indigenous rights

Ontario fights against California boreal logging bill saying it unfairly targets Canada.

Ontario is seeking to double wood production by 2030 and seeking to permanently exempt logging from endangered species law

Over 200 arrested in June for blocking logging at BC's Fairy Creek despite court injunction. Province hasn't protected old-growth forests.

About 30 percent of US farmland is rented out by owners who serve as landlords and aren't involved in farming. Bill and Belinda Gates are the largest farm landlords.

Lawns remain the most grown crop in the U.S.—and they're not one that anyone can eat; their primary purpose is to make us look and feel good about ourselves.

UN representative says fiery sinking of chemical laden container ship off the coast of Sri Lanka caused significant hazardous substance damage to the planet's ecosystems

Amazon will buy power from 14 wind and solar farms in Canada, the US and Eu-

rope, bolstering its position as the world's largest corporate buyer of renewables

Newsprint cost to rise as mills devote more pulp to make boxes — Amazon demand

Most big rigs run on diesel, but next year, 2 Alberta trucks powered by hydrogen will test the technology against Canadian weather, distances and terrain.

Lawsuits filed by cities and states across the US aim to hold the oil and gas industry to account for the environmental devastation— and covering up what they knew

Up to a billion seashore creatures were cooked to death during B.C. heat wave, creatures like sea snails and sea stars, as well as mollusks like clams and mussels.

Record Brazilian drought causes coffee prices to spike to highest level in years. 1/3 of the world's coffee — and this year's crop has been damaged by dry weather.

Only 19 of the 67 coal mines in India that have been offered in the second tranche of India's commercial coal mine auctions have bidders as coal is being phased out.

Study: Toxic 'forever chemicals' widespread in top makeup brands, fluorine was often present in products advertised as wear-resistant, long-lasting and waterproof.

China disputes reports of a radiation leak at Taishan nuclear plant, saying levels are normal, but it has been accused of raising acceptable limits to avoid shutdown.

'Obey the Party': The CCP steps out of the shadows. Once forced into a low-key existence, the Chinese Communist Party is becoming more assertive in Hong Kong

Putin praises Biden after Geneva summit. "... the image of President Biden that our press and even the American press paints has nothing in common with reality,"

Canada-led conference raises money for displaced Venezuelans. Nearly six million people have fled Venezuela and are now mostly unprotected in COVID hotspots

Canada locks up Black immigrants, asylum seekers longer than other detainees: report. 'I thought Canada was better than this,' one former detainee said.

Seventy charged, 61 cars seized in GTA crackdown on organized stunt driving. Less traffic during pandemic led to a huge spike in "sport" speeding and street racing

Daredevil Alex Harvill dies while practicing for a world record motorcycle jump

New Dashbike taillight senses proximity and automatically records video of dangerous too-close drive-bys.

Heidi Ferrer, a writer on Dawson's Creek, took her own life after living in excruciating Long Haul Covid pain and unable to sleep well for 13 months.

Thousands protest President Jair Bolsonaro's pandemic response as Brazil's COVID death toll, the second highest in the world, passes 500,000.

Nearly 20% of Canadians still need to be convinced to get vaccinated against COVID-19, a new poll suggests — with one in 10 saying they definitely won't get the shot.

3 key symptoms of Delta COVID-19 variant are: Headache, sore throat, runny nose – like a cold, but is more highly contagious and can kill. A "cold" isn't always a cold.

Prior COVID infection will protect you from future infections, but 'may not protect against variants' say Oxford University researchers

Alberta study shows vaccine uptake highest among higher educated people.

Antibiotics kill bacteria, making them evolve into drug-resistant superbugs. A mechanism has been found that could make the bugs non-infectious without killing them.

Canadian researchers develop calculator that can predict risk of dementia. The calculator and several other health calculators can be found at projectbiglife.ca

Heinz has launched the "Heinz Hot Dog Pact," an online petition that seeks to correct a longstanding wrong: the mismatched numbers of hot dogs and hot dog buns.

NS permanently removed provincial ferry travel fees after they were suspended last March due to pandemic. System was inefficient and only covered 10% of costs.

B.C. drone sighting halts helicopters fighting 250 hectares of wildfire. 'If a drone collides with firefighting aircraft the consequences could be deadly'

New method converts carbon into graphene or diamond useful in industry -in a flash

As the world's strongest artificial material, graphene may be used to create a novel form of cement that is highly resistant to water and cracks

9 towers of the Orca Toronto project by Safdie Architects will be connected by skybridges to allow for easy movement between buildings. A city in the sky.

David Bowie painting found near North Bay, Ont., sells for record \$108K in auction.

Rabbi Reuven Bulka, 'giant' in Ottawa's Jewish community, dies at 77.

MADAWASKA HIGHLANDER SHORT STORY CONTEST

Categories:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

Youth Fiction or Non-Fiction one prize of \$50

People’s Choice – 1st prize \$50

2nd prize “Unfathomable and Other Poems” by Ken Puddicombe

Entries:

- Maximum 1200 words not including title
- No charge to enter
- One entry per person
- Enter any time between May 12, 2021 and September 10, 2021
- Stories must be primarily in English, short foreign phrases are allowed if they support the story
- Stories must be original
- Stories must not have been published in any format on any media up to and including November 24, 2020 when winners will be announced
- Do not put your name on your story or include any identifying information in the story itself
- Story should only include the category, title, and word count
- Open to the general public including volunteer (unpaid) Madawaska Highlander contributors
- Youth entries must state the age they will be on the contest deadline date of September 10, 2021 in their entry email, and must be 15 years or younger at the time
- Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult without stating their age, but not both
- If the Madawaska Highlander can no longer publish a print edition for any reason the contest will be cancelled.

special edition of the Madawaska Highlander that comes out on October 20 and 21. • Number of stories printed depends on space available in the 20-page Madawaska Highlander special edition. • The Madawaska Highlander reserves the right to add images or illustrations to published entries to add interest. Entrants are encouraged to supply relevant original photos (not sourced from the Internet) to supplement their stories. The judges will not see the photos when scoring. • **People’s Choice winners will be selected by the general public by emailing their choice of one story to info@reelimpact.tv. People can vote for only one story, regardless of category and must include a name and address for their vote as well as one sentence about why they like the story. Story writers and people who know who wrote any story are not to vote. • Online voting will begin on October 20 and continue until November 12, 2021 at midnight** • Winner names and story titles for each category will be printed in the winter edition of the Madawaska Highlander that comes out on November 24.

• Prizes will be mailed after November 25.

Good luck and good writing!

Sending Stories:

- Email your story as an attachment to info@reelimpact.tv
- Include your name, address, email address, phone number, story title, and category in the body of the email
- Do not put your name on your story or include any identifying information in the story itself.

Judging:

- A panel of volunteer judges, not connected to the current Madawaska Highlander, will score the entries based on a weighted scoring system.
- Judges will not see authors’ names.
- **An average of judges’ scores will become the entry’s final score.**
- **Top-scoring finalist stories will be printed in full, in random order and without author’s names, in the October-November**

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<p>NEW LISTING WATERFRONT!</p>  <p>207A High Lane Waterfront lot on Hurds Lake \$349,900 MLS1245638</p>	<p>NEW LISTING DUNN'S LAKE!</p>  <p>287 Kennedy Rd -1 acre building lot Deeded shared access to Calabogie Lake close to the ski hill</p>	<p>NEW LISTING BUILDING LOT!</p>  <p>1718 Frontenac Rd. Matawatchan 6.17 acre building lot with a camp and bunky with frontage on Lower Dunn's Lake</p>	<p>BUILDING LOTS!</p> <p>01 BARRYVALE Road 7.74 acres \$299,900 MLS1245735</p>	
<p>PRIVATE FISH POND!</p>  <p>2.77 Acre Building lot with a pond stocked with trout. Hydro and entrance in place. \$199,900 MLS1244899</p>	<p>THINKING OF SELLING? WE HAVE BUYERS! Take advantage of the HOT MARKET Call me now 613-433-2254</p>			<p>02 BARRYVALE Road 1.16 acres \$89,900 MLS1245727</p>
<p>NEW LISTING WATERFRONT!</p>  <p>576 Bayview Ottawa River Waterfront Cottage on 2 acres near Lapasse Well and Septic \$249,900 MLS1225308</p>	<p>ROUND LAKE WATERFRONT!</p>  <p>2422 Round Lake Road Waterfront Includes Cottage, Travel Trailer, Hydro, Well and Septic \$349,900 MLS1232603</p>	<p>NEW LISTING WATER ACCESS!</p>  <p>000 Centennial Lake Rd 2.73 acre building lot that sits up high. An unopened road allowance gives you water access. \$199,900 MLS1210177</p>	<p>NEW LISTING WATERFRONT!</p>  <p>1007 Hydro Dam Road 1.7acre Waterfront Lot on Norcan Lake \$399,900</p>	
			<p>12 BARRYVALE Road 2.26 acres \$135,600 MLS1224596</p>	

Rent your Land for Recreation? Why not?

By Lesley Cassidy

Access to Greenspace? The Ottawa Valley's cup runneth over. Several large tracts of Crown land cut vast swaths across the Ottawa Valley. Surprisingly, finding a camping spot or an open field near a woodlot to hunt deer is not as easy as it seems. Crown land campsites are no longer well-kept secrets and crazy popular on weekends. Hunt camps abound, and these well-established groups may not appreciate newcomers to their patch of land. Perhaps you enjoy bird watching, not sure where to pitch your tripod or binoculars for a few uninterrupted hours without the roar of an ATV or the chatter of a group of hikers traipsing by your perch.

Welcome to the latest option – renting land! It's the Airbnb of the outdoor world. Companies have figured out how to “rent” land so you can hunt, fish, wander or camp, in other words, explore the great outdoors. Have you heard of LandPass, HipCamp or HarvestHost? You are not alone if you haven't.

During the past decade, there have been significant changes to the long-practised way of providing services such as taxis, hotels or office space. As an example, you call a taxi company with a fleet of cars, and then a cab arrives at your front door. Or you book a hotel room in a building with many rooms in the city you plan to visit either by phone or email, or online. Now, so many different alternatives exist. Uber, the driving company, doesn't own any cars. Still, with a few clicks on your mobile phone, a driver picks you up wherever you are,

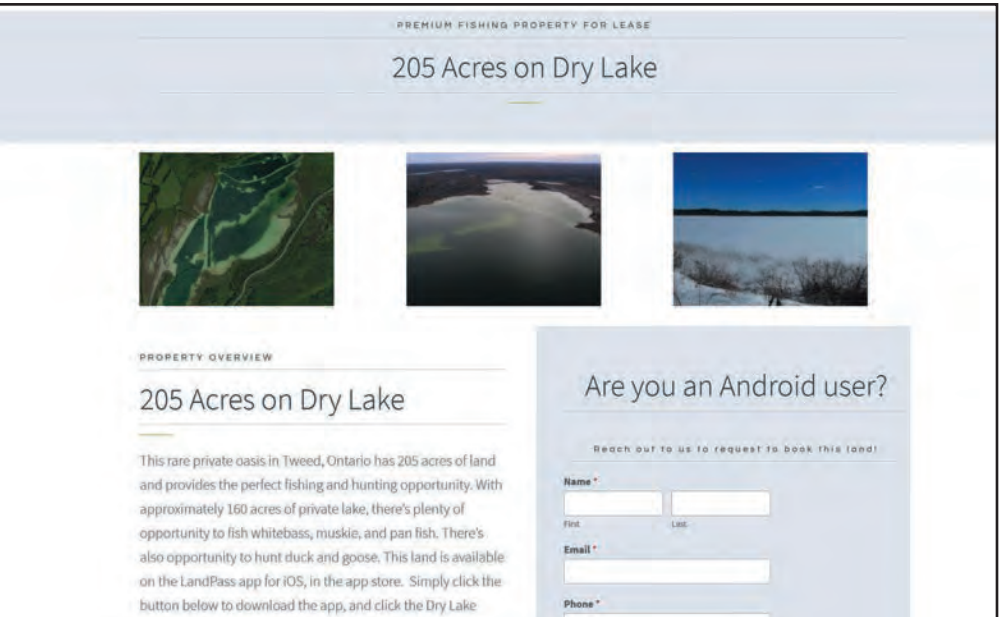


LandPass signs indicating where visitors can enter the property to hunt or fish. Photo supplied by LandPass

delivers you to your destination, and payment occurs by credit card through the app. Airbnb doesn't own any homes or rental properties. Still, a few clicks on their website connects renters with people who own a cottage or house or condo they would like to earn revenue with by leasing it out.

These businesses give people the opportunity to connect and share services, establishing a relationship between a buyer and a person willing to rent or use the service. No stranger to the Ottawa Valley, Airbnb, in the vicinity of Calabogie Lake, advertises 18 rental properties on their website. And now, this business model is shaking up the outdoor world.

LandPass launched in September 2020, connecting landowners and wilderness explorers, hunters, fishermen



Screenshot showing a property in Ontario offering acres to fish and hunt through the LandPass app or website.

and women. Landowners with more than 50 acres of property sell a day pass so that a group can access their land to turkey or deer hunt on a defined area of their property. It helps offset costs of taxes, upkeep and maintenance and generates another source of income for landowners. For hunters and other outdoor recreationists, they have the freedom to roam, fish or hunt in a specific area without interruption, safely and in solitude.

In Ontario, LandPass lists more than ten properties ranging from farms to woodlots and lakes. Close to the Valley, in Tweed, Ontario, one landowner offers 205 acres, of which 160 acres includes a private lake. Fish for bass or muskie or hunt duck and goose costing \$180.00 per day, divided amongst up to four friends. LandPass partnered

with the Ontario Federation of Hunters and Anglers (OFHA) for insurance and extends up to \$5 million in liability coverage to protect the landowner from property damage claims and third-party injury claims. LandPass's Chris Vasquez shared they plan to add more activities in the future, such as camping, hiking and birdwatching. The team's currently working on an insurance solution so landowners can offer these other activities if they chose.

LandPass works with landowners to define the boundary of the land they are willing to share for hunting and fishing. This includes putting up signs and clearly identifying the areas to access on a map. Some landowners offer 50 acres; others provide hundreds of acres or a section of their land, not the entire

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HAPPY TRAILS



Signs are installed by LandPass to assist landowners and visitors who hunt and fish identify where the boundaries of the land are. Photo supplied by LandPass



The waterfront and dock area that campers can enjoy while they stay on one of Danielle T's three sites near Pleva, Ontario with HipCamp. Photo by Danielle T

gave her the opportunity "to test drive if we like having people on our property. So far, it's been really nice and a good experience". Danielle remarked with a laugh how surprised she was that "the first day we listed it, we had a booking within a few hours for the next night". She has a busy summer booked this year. HipCamp, like LandPass, extends liability insurance. Danielle has some liability concerns, but with others having deeded access to cross her property for another reason, she feels comfortable with that risk. Liability has not deterred her from trying this new business.

Prefer to stay at a brewery, winery, farm, or golf course? Harvest Host caters to RV enthusiasts. It operates slightly differently from the other companies; it functions as a membership-based program with several levels. The camper pays a fee per year (\$99 US basic package) and camps for free once arriving. According to a website reviewing the service, "in exchange, you are expected to spend a minimum of \$20 at the business you stay at, but it is not required."

One landowner in the Ottawa Valley, who owns almost 90 acres in two separate locations near Kennelly Mountain Road, stated that he "would really need to wrap his head around the details" before considering leasing his land for either camping or hunting or any activity. He wouldn't mind an option to test it out, not fully committing right away until he was confident it would work, still maintain his privacy and be beneficial. He and his wife's concerns include litter, people ripping up their gravel road with four-wheelers, and visitors' impact to their

land, situated in an ecologically sensitive area. If they were to consider renting their land, it would be for non-motorized activities.

Historically, people approached landowners, and a deal was made with a handshake to hunt or camp or fish on their land. This new concept of renting land might find a home in the Ottawa Valley, where many of these types of agreements have existed - it's just a more formal way of defining the relationship with insurance protection and landowner rules. With the stampede to buy waterfront properties the past two summers, sending prices skyrocketing in the Ottawa Valley - renting land to fish, deer hunt, or camp in the great outdoors is worthwhile. It's just another way to soak up and experience nature and embrace the great outdoors.

Let's get out exploring this summer!

acreage. Landowners dictate the rules such as whether ATVs are permitted or not and, if so, where. Over 100 landowners have been approached, and Vasquez hopes they see the benefits of additional income and that the experience is secure. Vasquez stated they created this app to "get everyone outdoors, ensure everyone is comfortable with the transaction and enjoys the outdoor experience".

Need land for an RV or tent? HipCamp offers listings for tents, glamping, RV's and treehouses, with more than 600 hosts advertising their properties across Canada. Before the pandemic, camping and RV'ing were popular; now, campsites are almost impossible to find, with bookings within the Ontario Provincial Park online system jumping from just under 30,000 in 2020 to nearly 59,000 this year

during the first few weeks of opening in January. With well over 20 listings for HipCamp in the Ottawa Valley alone, this provides new choices for those escaping the city.

One owner near Plevna in the Ottawa Valley, Danielle T's property entices with 115 acres and two lakes, one fully private. She offers three sites: two basic options with a fire pit and a shared outhouse, and one large area with a picnic table, fire pit and outhouse for RV's or tents. Two docks offer ample opportunity to swim. She provides canoes, lawn chairs and umbrellas for those who like to sit or participate in water-based activities. Danielle revealed she planned to join Airbnb in retirement with a future objective of building small cottages on her land. When she found HipCamp, this



Lesley Cassidy has been cottaging near Calabogie for over 40 years and has just moved to the area. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite passtimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley is married to Andre Mickovitch and brings him on her many adventures. Together they love travelling but Lesley always feels most at home closest to her family roots in the Ottawa Valley.

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A Walk in the Forest By Robbie Hanna Anderman

Walking in the Forest, “the Woods”, amidst the Community of the Trees and their neighbours, I begin to feel the presence of so many other living sentient Beings, watching and listening as I walk, as a I stand, marveling and wondering at so many unique manifestations of Life on Earth.

The older and taller Trees set the tone with their shade giving gifts and their experience of long standing in their individual place on Earth through all kinds of weather. Each is unique in their manifestation of the qualities of their tribe, variety of Tree. I note how even White Pines have different bark patterns and colouration from each other. Often, I have to look high above me to clarify whether I am in the presence and in conversation with a big Red Oak or with a Basswood, though the latter’s habit of multiple stems does help with identity. Poplar’s habit of split dark bark on reaching a certain level of maturity also calls for looking up.

Looking up is a habit worth cultivating. Whether it be looking up at leaves, or at Stars, or simply looking up in attitude in each moment in Life. Mature Trees help encourage this way of Being.

Below the canopy of the older Trees, grow their successors, the understory. Awaiting their turn to catch direct light, instead of just filtered occasional light from Sun, they often twist and turn as each year and season offers different opportunities to reach for light, depending on what happens with the weather, especially storms, and with new Tree diseases.

This early July’s walk thru the Forest, here in the Wilno Hills, revealed to me the gigantic change in the canopy above us as we approached a big old Beech Tree that had died of Beech Bark Disease. We stepped out of the deep, relatively dark shade of the surrounding tall Trees, into a veritable large “clearing” where the understory young Trees were suddenly able to receive a great abundance of nourishing Sunlight that their natural photosynthesis process turns into carbon in the form of new stems, twigs and leaves.

The older Beech has died and will fall eventually, giving carbon back to the air and the soil. Or she will become habitat for birds and other creatures if not the warmth of coming winters, in the form of firewood.

Meanwhile, the young Trees will make rapid growth and their leaves will be abundant. These leaves and those of



Apple saplings twisted as they grew together, to catch the sun.



An old sugar maple tree, matriarch of the forest.



Striped maple



Sugar maple



Red maple



Mountain maple

their neighbours in the whole Forest, are the ones that Forest wanderers will reach out to, asking for nourishment in turn. While they are definitely more “brittle” and less tender than they were in Spring, these leaves are excellent sources of “trail food” and also can be gathered at this season to dry towards Winter’s healing teas.

The understory leaves are much more accessible to human hands than those of the high canopy. Careful selection of leaves that are competing with their fellow leaves for light, or growing into a pathway and not the very top growth, will enable the young Tree to continue its pursuit of Light while only losing leaves that will eventually be considered redundant.

Below the understory are all the plants of the Forest floor. Bushes, ferns, mosses, lichens, flowers, and so much more, including baby Tree seedlings.

Having cultivated the habit of keeping certain Forest trails open for the easy flow of humans and other wild creatures, I find myself often pulling up baby Tree seedlings that are growing right in the path. This can provide me with nibbles/trail food or future tea makings, and it means these young ones won’t grow

into bigger understory Trees that are harder to displace off the path.

Similarly, I often will prune back the branches and leaves growing into a trail as I walk. A backpack can be helpful for the gathering of future tea makings. After a storm, we often will also find broken off twigs and branches from tall White Pines, whose needle clusters can also be added to the collection for future teas.

There was one small area in the Forest where we were able to see baby seedling Trees of all four of the Native Maples: Sugar, Red, Mountain, and Striped. Being so close, their varying manifestations of “Maple” were easy to distinguish and remember and learn.

High above on a Basswood Tree, we could see the yellow flowers attached to their wings. A great source of good relaxing medicine (and more) for people, they will give way in the coming month to green seed balls with a mild taste that can be enjoyably nibbled on, and then to dark brown seeds that can be dried and lightly roasted and then ground into a paste that can substitute for chocolate.

The Basswood leaves are still relatively tender and are available in the understory. They can be gathered for eating fresh or lightly dried before sprinkling soy sauce on them and then drying them in a warm oven or food dryer for producing a tasty treat similar to “kale chips”. Quite yummy!

Apple, pears, plums, and cherries are heading towards ripening on their respective Trees in their due seasons. Pine, Spruce, Cedar, and Fir cones are green with maturing seeds inside them, just out of sight.

Life is happening in and on Trees. Nature has so many manifestations to gaze upon and wonder about “how did it ever come to be this way”?

Please Enjoy your Walks in the Forest. As Tolkein once said “Not All Who Wander Are Lost”. Perhaps you’ll find something inside yourself you had forgotten was lost long ago.... Or at least you’ll catch some healing “Forest Bathing” as the Japanese remind us to do.



Robbie Anderman’s book “The Healing Trees: The Edible and Herbal Qualities of Northeastern Trees” is available in many stores, through Burnstown Publishing House burnstownpublishing.com, His own site healingtreesbook.com, and E-book at Amazon.ca. Cover art by Kathy Haycock knhaycock.com



Robbie Anderman has had an intimate working relationship with Trees for several decades, as orchardist, Tree-nursery person, Tree pruner, luthier, woodwind musician, off-grid forest homesteader, sustainable Tree harvester, and Tree herbalist using Tree medicine for himself and friends and family. In 1969, Robbie co-founded the 100-acre intentional land-based off-grid community which is still his home. Morningglory Farm is an ongoing learning/teaching/pioneering experiment in co-operative Earth-friendly living, consensus decision-making, natural building, organic gardening and farming, and home schooling for many of the children.

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Water - Nature's Fountain of Youth

By Derek Roche

In my regular posts for the Highlander, I try to provide information on health and well-being that is both relevant and timely. As we are now into summer, and are witnessing environmental extremes such as record-breaking heat, I would like to look at water, and specifically, dehydration.

More than 2,000 years ago Hippocrates (460–377 BC) said, "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." So, what does that mean when it comes to water? Water is by far the number one nutrient in our diet. Water is much more essential than food for your body. Humans can go for a number of weeks without food but can survive without water for about 3 days.

There is evidence suggesting not drinking enough water may be associated with falls and fractures, heat stroke, heart disease, lung disorders, kidney disease, kidney stones, bladder and colon cancer, urinary tract infections, constipation, dry mouth, cavities, decreased immune function, and cataract formation.

Only recently we have begun to understand its role in the maintenance of brain function. It makes sense. Our brain is 75% water. When we get dehydrated, our brain actually shrinks. Even mild dehydration, which can be caused by simply exercising on a hot day, has been shown to change brain function.

The most important effects of fluid deprivation in the overall population are increased sleepiness and fatigue,



Water, and foods and beverages with high water content, are essential to keeping you hydrated. Good hydration works in miraculous ways to keep you healthier, younger feeling, and younger looking.

Pic by Henry Be unsplash.com

lower levels of vigour and alertness, and increased confusion. But as soon as you drink water, the deleterious effects on alertness, happiness, and confusion are immediately reversed. Water absorption actually happens very rapidly, within 5 minutes from mouth to bloodstream, peaking around minute 20. Interestingly, the temperature of the water appears to affect this speed. It turns out cold water gets sucked in about 20% faster!

How can we tell if we're dehydrated or not? If we chug down some water and then turn around and just pee it all out, that would be our body's way of saying, "I'm good"! But if we drink a bunch of water and our body keeps most of it, then our tank was low.

Dehydration is of particular concern for those over 60 and is one of the most common causes of mental confusion in the elderly. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration can be severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

The habit of forgetting to drink fluids begins at age 60 when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural ageing process.

Get into the habit of drinking liquids mostly high quality water, but also low sugar juices, teas, coconut water and soups, in addition to eating lots of water-rich fruits and vegetables. The World Health Organization recommends between 2 to 2.7 litres of water a day for women. That's 8 to 11 cups a day for women, and 10 to 15 cups a day for men. However, it is important to note that this is water from all sources—not just beverages—and, depending on our diet, we get about a litre from food. (However, not all foods are created equally when it comes

to water content. Obviously, there is much higher water content in foods such as fruits and vegetables!) We can also get water from all the other drinks we consume, with the exception of stronger alcoholic drinks, like wines and spirits. Beer can leave you with no more water than you started with, but wine actively dehydrates you.

After taking into consideration all of these factors, it is generally recommended for women to drink 4 to 7 cups of water a day, and men 6 to 11 cups, assuming only moderate physical activity at moderate ambient temperatures. The hotter the weather and the more physical exertion the more you need to up your water consumption.

The important thing is that every two hours, we must drink some liquid. During the hot days of summer, if you realize that you are irritable, breathless or display a lack of attention, these are almost certainly symptoms of dehydration. Drink up!

Derek Roche is a Natural Health practitioner who is now retired with his spouse Andrea Doucet and living in Matawatchesan, Renfrew County. He eats a plant-based diet, meditates and practices yoga daily and is active in the valley music scene as a member of the Tall Boyz. For more information on any of these activities or for nutritional advice, please contact Derek at 613 333-2368



Fluoride - Nature's Enamel Booster

By Tamatha Strachan

Every day, your teeth are attacked by the foods you eat and the drinks you consume in a process called demineralization. It begins with bacteria in the plaque on your teeth, which feed on sugar and other carbohydrates to produce acidic saliva that weakens tooth enamel. Fluoride helps control and protect against the damage caused by this process.

Minerals such as fluoride, calcium and phosphate help to remineralize your teeth by adding to the enamel layer. When you use a product containing fluoride it bonds with the calcium and phosphate that naturally exist in your enamel to create fluorapatite, which is a strong material that resists decay and helps prevent cavities. Without it, tooth decay becomes a problem.

While fluoride is important for your teeth, too much in children can be harmful. The development of fluorosis can occur when excess levels of fluoride are ingested during tooth development. Fluorosis is not a disease and does not affect the health of your teeth, but causes white striations or stains and pitting of the enamel. You cannot get dental fluorosis after your adult teeth have grown in. For children under 3 years of age, the use of fluoridated toothpaste is determined by the level of risk of tooth decay. If such a risk exists, the child's teeth should be brushed by an adult using a minimal amount (the size of a grain of rice) of fluoridated toothpaste. If the child is not considered to be at risk, the teeth should be brushed with a fluoride-free toothpaste until such time as they can spit effectively. For children between 3 to 12 years of age,



Fluoride is found naturally in water to varying degrees. The remineralization cycle, critical to decay prevention, occurs when fluoride is present in the mouth. All fluoridation methods provide low concentrations of fluoride ions in saliva, thus exerting a topical effect on the plaque fluid. Fluoride does not prevent cavities but rather controls the rate at which they develop, and so repeated exposure throughout the day is essential for its effective function. The more constant the supply (fluoride toothpaste) the more beneficial fluoride will be in cavity prevention.

a small amount (the size of a green pea) of fluoridated toothpaste should be used. Children's toothpaste tastes good, so it is important to supervise its use.

Although the most important time to be exposed to fluoride is when the teeth are developing, adult teeth benefit greatly from it as well. Prevention of tooth decay and reversal of early signs of decay can be achieved with fluoride treatments from your dental professional. Sodium fluoride varnishes can be applied directly to high-risk areas after a dental hygiene cleaning. These varnishes are sticky and stay in contact with the tooth for an extended period giving it a better absorption rate and are more effective than treatments of the past. At home, products such as fluoride

rinses and higher fluoride concentration toothpastes can help between dental visits, particularly if you have a dry mouth, receding gums, crowns, bridges, braces, sensitive teeth or are prone to cavities.

In Canada, the optimal level of fluoride in drinking water is 0.7 milligrams per litre and has been proven to reduce tooth decay by 25 to 30 percent, according to Health Canada.

If you live in a rural area, you most likely get your drinking water from a well. Since fluoride occurs naturally in the environment, your well water may contain fluoride levels that are above the optimal level, so it's important to have your water tested regularly to confirm its safety. Testing of fluoride levels is available through private

accredited laboratories. Eurofins Environmental Testing in Nepean will conduct a fluoride analysis for \$75.00. Contact them at (613) 727-5692 to arrange pick up of a sample bottle.

The amount of fluoride you receive in your drinking water also depends on the type of home water treatment system used. Steam distillation systems remove 100 percent of fluoride content, while reverse osmosis systems remove between 65 and 95 percent. Water softeners and charcoal/carbon filters generally do not remove fluoride. If you are using bottled water, check the label or contact the manufacturer for fluoride levels.

The Canadian Dental Association supports the appropriate use of fluoride. More than 50 years of extensive research demonstrates that fluoride is safe and effective in preventing cavities. A comprehensive dental exam will allow your dental professional to determine your personal risk factors and determine if you need fluoride in your oral hygiene routine. If you would like to learn more about fluoride, contact your dentist/hygienist or Calabogie Smiles Dental Hygiene at (613) 220-6534.

Tamatha Strachan is a registered dental hygienist with the College of Dental Hygienists of Ontario. She is the owner/operator of Calabogie Smiles Dental Hygiene Services located in the Calabogie Medical building.



Madawaska Morning

By Ernie Jukes - Artist, Writer, Rover

It was dead quiet! I mean really quiet! So very quiet you could hear your own breathing and your own movement in the 16-foot Kevlar canoe. A morning mist was still rising. The next set of rapids was around the point just far enough downstream to maintain the silence, with the exception of a distant loon calling its mate. A morning of drift fishing on the Madawaska was certainly a wonderful way to reach out for some action. We had considered Yellow Pickerel or a few Trout at special spots where

they feed into this magnificent waterway as possibilities.

Resting ahead on the surface, my dry fly becomes a point of contact between the world of the angler and that of the fish. A drifting fly asks a series of questions such as "Are the fish here?" and "Does the pattern replicate something real?" A method of fishing, particularly in presenting the fly, that is more subtle than most and perhaps becomes almost an art-form. It was first taught to me by Jack Miller, my East Coast roommate at

college, mostly while we visited his rivers in Nova Scotia and New Brunswick. Well actually it was the Gillies or necessary guides that led me to the joys that one could spin out of a Fenwick.

We soon drifted by the mouth of a lily infested bay. It reminded me a lot of Monet's pond in Giverney just off the River Epte. I didn't fish there but I did enjoy the white green and pink lily pads that would remind me to return to such a place with my watercolours or oils. As well as the scenery we noticed the exciting aromas of cedar and decaying logs as we moved slowly along. Hey, was that a splash of a Beaver's tail briefly interrupting our special highland solitude?

The scene harkened back to my teen-age years of guiding in this valley. Still in university, with my Dad gone. I applied my outdoor hunting and fishing background and my model A Ford, with cedar strip canoe on top, to work for my clients that responded to my Buffalo and Cleveland ads. I soon learned the boring parts, like shore lunches and cleaning fish. And cleaning more and more fish, but they tipped well and helped to get me through 4 years of school.

Between guests I was happy to take my neighbours like Colin John

Thompson out for fish. I listened intently to Joe MacLaren's stories of his rivermen as he also taught me how to read white-water. A good pal of my Dad's, our local cheesemaker Tom Love, along with Balford McCoy were also occasional fishing partners that I drove to the water in my old Model A "Fast Lady." Interestingly the locals in those days depended on fish for summer eating, rarely for the sport.

One day, I remember quite well, I was asked by the owner of a local lodge, Elson Buesch, to guide two of his guests. They were important to him due to the fact they were also his priests from his own church back in Cleveland. Well, we had just got nicely settled into my flat-bottomed boat that I kept on that particular lake when we even caught a few fish. One minister insisted on standing in the typical Yankee fashion, the other casting off and away, and yours truly doing the rowing to some special holes. When suddenly the one standing went arse over tea kettle right over the back of the boat into what was shocking enough to get a bubbled "God dammit plus" out of him as he flailed away. Anyways we got him back into the boat and headed for shore. Then just as we landed a truck pulled up with some lads I knew. Basil



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Trappers Fish, by R.E. Jukes

McLaren hurriedly recruited me, my car, and my canoe to fight a big fire on Black Mountain. A fire warden in those days had the authority to claim you and your equipment to work for as long as it took in those conditions. I returned to Camp J two weeks later.

By the way, years later, Pete Chess bought that old canoe.

I reflect on the many waterways I have enjoyed for a multitude of purposes. A few have included B.C. Sooke for Salmon, George River in Ungava for Caribou, Hudson Bay for

Char, where I also found the fossil of a palm frond, Go Figgar! It was Haida Gwaii for Orchas and Totems, Mosel River Germany for Bernkastle, Reising, Lake Erie for ducks and Pick-erel, Seine River for Paris and Bois de Bolonge, Lake Chapala, Mexico

for Mariachi and Margaritas, Colton Creek at White Bridge for my Mom's and Irv Strong's favourite, and the fortunate list continues with a story attached to each one.

Of course, any outdoor experience requires some work, planning and determination. The more knowledge and effort put into it, the happier the results will probably be. We have been more than successful as reported in my years of writing for the Highlander. Plus, also both writing and illustrating for major outdoor magazines across Canada and the United States. Not always reporting the biggest fish, deer or moose but exploring those places in nature and those happy happenings that keep bringing us back to our great Canadian outdoors.

Stay Safe -Ern



R. Ernest Jukes
Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.

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Hwy 41 Historical Journey North - Conclusion

By Marcella Neely *Continued from the June 2021 Madawaska Highlander...*



This was the farm of Elsie and Andrew Snider north of Cloyne, Ontario. The logs on the house walls are pine from the area. The house was moved to its current location around 1935 from Snider Depot. Note the size of the logs forming the walls. There are only 6 logs to make each full height wall.

After our stop at the Cloyne Shell Station, we turn right to continue northward. Looking quickly to the left we see Milligan Meats. This building was once a very well stocked hardware store run by two Salmond brothers. It was the “go to” location for campers and tourists. We filled up water containers at their outdoor tap any time of day or night, we could ask questions about the area and count on plumbing answers or discuss problems. It was later sold to Doug and Jane Muston who operated it as Home Hardware. It was vacant for a few years until Brian and Joanna Milligan bought and renovated it in 2018. Folks were delighted to see the Cloyne quality meat return. On the right-hand side is the Free Methodist Church, then Spencer Rd. Directly across from Spencer Rd. is Skootamatta Lake Rd. This road runs past the Cloyne dump then circles back

past several lake access roads and back to the highway. Further along on our right you will see tennis courts. Behind these there is a baseball diamond. The Cloyne Recreation Committee oversees these. Directly across the road is Mike Scott’s small Engine Repair business. This was once the home of Dick and Olive Hook and the huge white Muskoka chair. Dick built the chair here to mark the location of Lazy Days Gifts & Crafts. Mr. Hook operated his plumbing and electrical business from here while Mrs. Hook ran the store.

Approaching Snider Rd. on the right we acknowledge this family’s contributions to the area. Andrew and Elsie Snider farmed and raised their family on this road. They were among founding members of the Pioneer Club, contributed local history to the book “The Oxen and the Axe” which is still a local



Many of the roads were named after original homesteaders. Andrew and Elsie Snider, founding members of the Pioneer Club, farmed and raised their family on this Snider Rd. Seen here at a dance in 1979

best seller and donated the land for the Fire Hall. Relatives Ted and Verna Snider and family operated a service station and restaurant on the corner. On the way to the cottage, a stop for Verna’s pie was a “must”. Now The Maz Outdoor Store occupies this location. The Fire Hall is next. Built by local volunteers and staffed by volunteer firefighters. Another Snider relative’s Sand and Gravel business is next. In the early 90’s the pit was much smaller, and Bert had one normal dump truck and a backhoe. He was one of few excavators in the area. While he dug, his wife Shirley drove the dump truck. Over the years they grew the business and now there son Trevor operates it.

Now we Come up to Head Rd. which is steeped in local history well worth exploring. Jack Head’s family had a 96-acre farm at the end of the road. On it they grew vegetables, raised horses, livestock, chickens, ducks, geese and more. Across from the farm was the Star of the East Gold Mine. Also along the road was Snider’s Depot. Next is the southern-most shore of huge Mazinaw Lake and then Smart’s Marina. Jim Smart bought it as small business. Eventually his son, Steve and his wife Pauline bought and gradually expanded it. Enjoy their history at www.smartsmarina.com. Still on the right hand side is Levere Rd. named after another early family. Like most of these side roads it leads to a lake and cottages. A little farther and on our left is the north end of Skootamatta Lake Rd. It can be followed to more side roads, lakes, cottages, resorts and lodges. Coming up on the right is Mazinaw Heights South Rd. On the north east corner, in a valley is a lovely private property that was Holiday Haven Tent and Trailer Park.

Driving through a stretch of wooded area we are on Bon Echo Provincial Park property with the entrance to the campground coming up on our right. Interesting History and a beautiful park to be explored here. More forest before we see Mazinaw Heights North Rd. On the north east corner we remember Bon Echo Villa which is now private property. The Villa was a booming business with marina, cabins, store and snack bar. Who could forget the delicious warm donuts? Lineups early in the morning watching them bounce along the belt, eagerly waiting for the bags to fill.

About two more kilometers and we’ve come to Mazinaw Lakeside Resort and Cottages on the left. It was McKenzie’s Restaurant in the late 80’s and early 90’s. The military regularly stopped here and often added slashes to the collection on a post. It also was Heather’s North for a few years after that. The same owner as Heather’s that was south of Northbrook and is now Addison’s Restaurant. On the right, following the lake, still the Mazinaw with the north shore revealing Brown’s Tent and Trailer Park. This park was previously the Brown family farm. Irvn and Jean Brown were among the original directors of the Pioneer Club



This was once the Massanoga-Sawyer Stoll School located north east of the mill 20 years before it closed in 1962. Part of the Ken and Cathy Hook Album.

and contributed articles to “The Oxen and the Axe”. As we drive further north there is a small brown frame house on the left. It is the former Massanoga Sawyer Stoll schoolhouse (18,128 Hwy 41). Still on the left is Machesney Lake Rd. Another large lake a little farther on the right-hand side is MacAvoy Lake. On its shore is the former site of Sun and Sand Restaurant, a popular spot for plentiful servings of home style meals. It was deserted for several years and is now Moosehorn Restaurant. A few kilometers north is a stretch of flat open area often referred to as “The Flats”. On the right several houses were built close together among the trees. One of these served as a First Aid station at that time. The Pine Crest Marina, further north and on the left side of the road, was on the shore of Mazinaw Lake when Henry and Louise Hogg owned it. We soon arrive at Ashby Lake Rd. that leads to a beautiful large lake surrounded by cottages. On the corner was Scott’s Shopping Centre. They sold snacks, ice cream, camping supplies etc. Cottagers could come to the landing by boat. The store is missed by everyone in the area. Continuing north about 3 km. is Buckshot Lake Rd. on the right heading to Vennachar. The blue building on the corner was once a small store with a Sears catalogue counter. Down a hill and into a valley on the right is a general store, snack bar and L.C.B.O. outlet called “Rosie’s Cafe”. It used to be “Stop 41” with gas pumps, store and no L.C.B.O. Coming up on the left is Denbigh Lake then Bridge St. This street takes you into the hamlet. In the early 1900’s there were several blacksmiths, two stores and a grist mill in Denbigh but the demise of the logging industry reduced their ability to operate profitably although Glaeser’s General Store and Post Office continues to thrive. Directly across the highway from the Bridge St. entrance was Roy Berndt’s service station, now vacant. Moving on up another hill we approach the intersection of Hwy 28. On the south west corner, we see the abandoned Swiss Inn and Restaurant with many memories of delicious Swiss influenced meals for travelers and locals. New owners are gradually restoring the Inn.

Our journey from Kaladar to Denbigh ends here. I hope you have found it interesting. At the end of each driveway we passed there is a home along every road. Some roads lead to businesses and villages. Everyone has stories and memories and memories of stories heard. Please share them. One line, one paragraph or one page, we will record and print them, preserving the past for the future.

More detailed information of the places we’ve noted is printed in our book, “The Oxen & the Axe” and on the internet. Copies of our books are available in the Pioneer Museum, from website www.cloynepioneermuseum.ca or phone 613 336-6858

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The Major - Part 2

By Antonia Chatson

Did I mention before that The Major was an orphan? That is what he always told my father. Another thing he always said to my father was. "Just because you're born in a stable, doesn't mean you're a horse". In hindsight, that was a hint, but I guess my father never took it personally enough to investigate. But why should my father have been suspicious? And then again there was not, back then, the wherewithal to investigate a person's life - and skeletons! I was interested in finding out more about my grandfather, so I had my daughter go to Ancestry and this is what we discovered. He was born in Ireland on the 26th or 24th of May 1870 and died in Toronto July 27, 1943. I guess you can fudge your birth but when it comes to dying there is only one date available. He died of coronary thrombosis and my father was at his side, I assume to attest to the exact date of his death. He spent 21 years in the Royal Artillery of the British army and is registered as belonging to the Church of England. Not bad for an orphan, but a little on the sketchy side.

My nephew offered to do some more research on the Major and this is what he came up with. In 1892, the Major confessed to entering the military in 1884 as Thomas McIntyre. In 1889 (after I assume leaving the military) he re-enlisted as Arthur Ernest Clifton at the age of 20, and the recorded year of his birth then was 1869. He was born in the town of Enniskillen, county Fermanagh to Michael McIntire and Catherine Mulhern on May 6, 1868. He was baptized on May 6 into the Roman Catholic Church. Catherine died on April 1, 1881 of a strangulated hernia, and Peter died on August 12, 1883, of cancer of the face. Mary, their daughter was by his side at that time. The Major would have been 13 when his mother died and 15 when his father passed away. In 1884 he joined the army in Enniskillen. For how long he was in the army as TM, there is no record. Why the subterfuge and change of game plan? He had been baptized into the Roman Catholic church on May 6, 1868, but as far as my father knew, he was staunch Church of England. That coupled with the fact that he chose a very English name gives me the clue that it was all about religion.

But it does not end there. On his military record it states that a son, Arthur Roy was born on September 1, 1906 and was baptized in Folkstone, Kent, England. He died in the same month and was buried in the Cheriton Road Cemetery, in



Folkstone, Shepway District, Kent, England. I know that my father knew nothing about this sibling of his. I do know that after the Major passed away, Maria high-tailed it to northern Ontario, where three of her sisters lived, to visit with them. According to my mother, the Major had forbidden her contact with them, so, the old boy kept as tight a rein on his tongue as he did on his wife! After the Major passed away, my grandmother came to live with us, at my father's invitation. Although the arrangement lasted quite a few years, eventually my mother kicked her out as she said that Maria was pitting my father against her. Having known my mother many decades more than I knew my grandmother, that might or might not have been the case. On the other hand, Maria might have been adopting a few of her husband's traits. My mother always gleefully told the story of four-year-old me taking my grandmother by the hand, leading her into a room, then shutting the door on her and stringently telling her to "Tay dere". A conundrum for sure.

One evening as I lay dozing in my Lazy boy chair, with visions of military records dancing in my head, an item on the news caught my attention. Learning so much about my grandfather, seemed to have made me susceptible to names in general. Within the news cast, the name Pete Buttlegieg jumped out at me. Not sure of spelling, but he was touting himself as a presidential hopeful in the next American election. I was not sure whether to laugh or cry for the

poor man, being saddled with a name like that. It rather tickled my funny bone, so I went online and found lists of names that parents had saddled their children with. Surnames included Shufflebottom, Dungworth, Peg-Leg, Clutterbug and Bracegirdle. Christian and surnames included Ben Dover, Wendy Wacho, Dee Zaster, Ima Kettle, and Hazel Nut. A few more included Jonah Wales, Dan Druff, Dwayne Pipe, Doug Graves and Lowden Clear. One would think that parents with a handicap of a surname would be a little more particular about what they would Christen their child. Oh, and then there is Rusty Nails, Criss Cross, Jo King and Robin Plunder! I once did office work for a firm that called itself, Brussels Aluminium. I privately quipped that their main manufactured item had to be 'spouts'.

There is a surname that I have never heard before or since. And this is how I discovered its existence. My first husband and I had been married for a few years when we were invited by an older couple of our acquaintance for supper. Over coffee and dessert, we began discussing names, humorous ones in particular. We seemed to have run the gamut of eccentric names when my husband blurted out that the funniest name he had ever heard for a surname was "Hipkiss". I chuckled politely, but it seemed to tickle my husband's fancy and he began to laugh uproariously. As his mouth had been half full of apple betty when he made this pronouncement, that was spat halfway across the table. His uproar continued as he rocked back and forth in his chair, as the copious tears streamed down his face. As his face was so screwed up from laughter, he did not notice that I had ceased my polite chuckle and that our hosts were grim lipped and staring at his antics in a most disapproving manner. It seemed that I had been appointed referee of this sideshow, but I did not know how to call "foul". After what seemed ages of sputtering gasps for air and a torrential outpouring of tears, my husband slowly sobered up. As he regained his balance on his chair he looked askance at our hosts. Never one to be sensitive to other people's feelings, he seemed oblivious to the static in the room. Finally, as silence dominated the situation, he blurted out, "Well, what?". In a slow and most decidedly disapproving manner, the lady of the house slowly pronounced these words. "Hipkiss was my maiden name". Not sure how we exited that house, but it was definitely with my husband's tail between his legs. I am not sure of my demeanor, but I could feel my face burning redder than the sun. If you can make anything of these shenanigans, you're a better man than me Gunga Din.



Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private

lessons in music. Her passion is the land. She loved her experiences growing up on the farm in Shelburne and twenty-two years of farming in Denbigh with her husband, Francis. She plays the piano at the services at the Vennachar Free Methodist Church, and lives on the homestead with her daughter Irene.



Get Antonia Chatson's book "Rural Vignettes" on Amazon, Glaeser's Store in Denbigh & Denbigh Public Library

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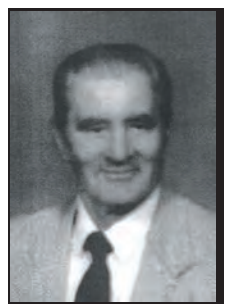
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The family of the late Lynn Garland McLaren would like to thank Lynn's doctors at the Renfrew Victoria Hospital and Renfrew Hospice, Kathy and all the nurses and PSW's at RVH and Renfrew Hospice for the wonderful care provided to Lynn during his stay there and until his passing on June 27, 2021. We want to thank the Zobr Funeral Home, of Renfrew, for their professional service and use of their Chapel, to Pastor Raymond Klatt for performing the chapel service and the graveside interment at the Matawathan Community Cemetery and a special thanks to all the family and friends that attended Lynn's celebration of life. Also want to extend our thanks to the pall bearers and the cemetery staff for their help in laying Lynn to rest, to those who provided gifts of food and made charitable donations on Lynn's behalf. He will be greatly missed but never forgotten.



This column is for educational purposes. Never eat anything unless you are 100% sure. Beginners should forage with an experienced guide.

Common Milkweed

By Colleen Hulett



Common milkweed flowers are beautiful and fragrant and once you notice the cute little cow faces with soft pink ears in the picture on the left you will never forget them!

Common milkweed pods are edible at 2 1/2 inches, before they get fluffy

There are 14 different types of Milkweeds in Canada that are hosts to the Monarch butterfly. *Asclepias syriaca*, or the Common Milkweed, is found where we live in Eastern Canada and cannot be found in the far western or northern sections of our country. This plant is fondly recognized by many in our region due to the knowledge of the incredible monarch butterfly's annual journey from Canada to Mexico. In fact, it is the gorgeous Monarch caterpillars' only source of food. You can grow your own if you have garden space in a far corner of your property. Be forewarned they spread through their rhizomes and seeds and can get out of control if you let them!

Good news is you will have many butterfly visitors to enjoy. Elder Canadians know of milkweed as a lifesaver in War World II as the fluff of the milkweed seed pods were used to make life jacket filling for the soldiers. Historically, the Common milkweed was used to make rope and fabric in Russia and France, the fluff was used to stuff mattresses and pillows, the milky juice to treat warts. Milkweeds have a host of medicinal uses that I will not get into in this article because I want you to eat it! If you forage using the 'wildcrafting' method, you will be harvesting responsibly and not harming the incredible Monarch butterfly. You will be sharing this wonderful plant as Nature in-

tended. You can show your gratitude by collecting mature seeds in the Autumn and planting them nearby in full sun areas.

The Common milkweed (*Asclepias syriaca*) is a delicious vegetable that has been enjoyed by many foragers for hundreds of years. Foragers eat common milkweed from late spring to late summer. With a two season long harvesting opportunity, the common milkweed is an easy go to food source. One eats the shoots in the spring, the flower buds and sweet smelling blooms in the summer. The young seed pods are collected in late summer. Common milkweed has been noted to taste like broccoli, green

beans or asparagus but I taste a unique mild 'green' flavour (if that makes sense). I have steamed the buds and sprinkled with lemon, but I haven't tried the shoots yet as they can be confused with toxic dogbane shoots. I will eat some next spring, though, as I have carefully marked a thriving stand of the common milkweed during last week's foraging and will return when the shoots emerge next year in the exact area.

Common Milkweed has been confused by some with toxic Dogbane (*Apocynum* sp.). The best hack to tell them apart is by cutting the stem in half. The Milkweed stem is hollow with lots of milky juice flowing out. Dogbane's stem

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Swamp milkweed looks different than common and should not be eaten.



Buffalo Wing Style Common Milkweed Pods look delicious! Pic from ediblewildfood.com

When this article is published the Common Milkweed will be producing its delicious teardrop shaped pods and to tempt you into foraging this safe and delicious vegetable I searched and found an easy vegan recipe for you to try. Enjoy!

Buffalo Wing Style Milkweed Pods

by EdibleWildFood.com

Servings: 2

Total time: 40 minutes

This Main dish was published in August 2013

Collect a dozen or more Common Milkweed pods that are 2 ½ inches in size (larger ones are not fleshy enough and are beginning to fluff)

Preheat oven to 350°F

Make Batter:

1 1/2 cup of Panko or breadcrumbs
1/4 cup of flour
1 tablespoon of garlic powder
1 teaspoon each of paprika oregano cayenne and turmeric
One egg
A half a cup of almond milk
1/2 cup of water

Mix dry ingredients together. Mix egg, almond milk and water together then blend in the dry ingredients. Mix well. Dip milkweed pods into batter and place on a baking sheet covered with parchment paper. Place in the oven and cook for 15-20 minutes until crisp. Take out and place in a bowl and add in your favourite wing sauce, enough to evenly coat and mix. Place Milkweed pods back on the baking sheet and cook for an additional 10 minutes.

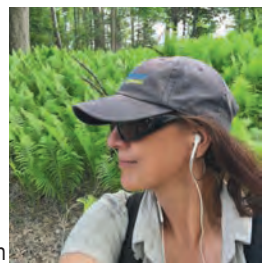
is filled and not hollow. It leaks a small amount of milky juice. Milkweed has one straight stem with no branches. Dogbane branches out as it grows. Remember to never eat anything unless you are positive you have the right plant. In fact, some Milkweed varieties are toxic. In our area in the highlands of Ontario and Quebec we might confuse Common Milkweed with Swamp Milkweed. The difference between these two is the colour of the flowers, the shape of the leaves and location. Common Milkweed has medium pink/ light pink or white flowers, large rounded or pointed leaves, and live in full sun fields, edge lands and waste areas. Swamp Milkweed has gorgeous fuchsia flowers, skinny long leaves and

lives on the edge of swamps and lakes. However, the unique flowers, round bud clusters and tear drop shaped okra-like seed pods of the Common Milkweed are easily recognizable to everyone and simply delicious and nutritious.

A common error in foraging circles and misguided books is that the Common Milkweed is toxic with cardiac glycosides and has a disappointingly bitter taste to humans and therefore needs special preparation. The flowers, buds, leaves and shoots are to be blanched in boiling water for a few minutes and then throw out the boiling water. One is urged to repeat the process three times before cooking! This is truly unfortunate as the laborious preparation discourages

foragers from wanting to pick them. Experienced forager Samuel Thayer who regularly consumes Common Milkweed knew it was not bitter or toxic so set out to prove it with research and taste testing with hundreds of his students. Not one person said it tasted bitter! They all loved eating the Common Milkweed. Thayer also never blanches them repeatedly in boiling water and also tried eating the plant raw and found it to be bitter. He traced the error to Euell Gibbins and his 1962 book 'Stalking the Wild Asparagus' and speculated Gibbins may have mistakenly tasted the bitter and toxic Dogbane.

Colleen has a B.A. in Geography from Carleton University, with a concentration in Cartography and Satellite Imagery. She has completed many courses in photography and drawing at Algonquin College and studied the Art and Science of Herbology with Herbalist Rosemary Gladstar. Please contact Colleen for questions or to book a guided herb walk or hike. Photographers, Artists, and those seeking to de-stress are welcome, too.
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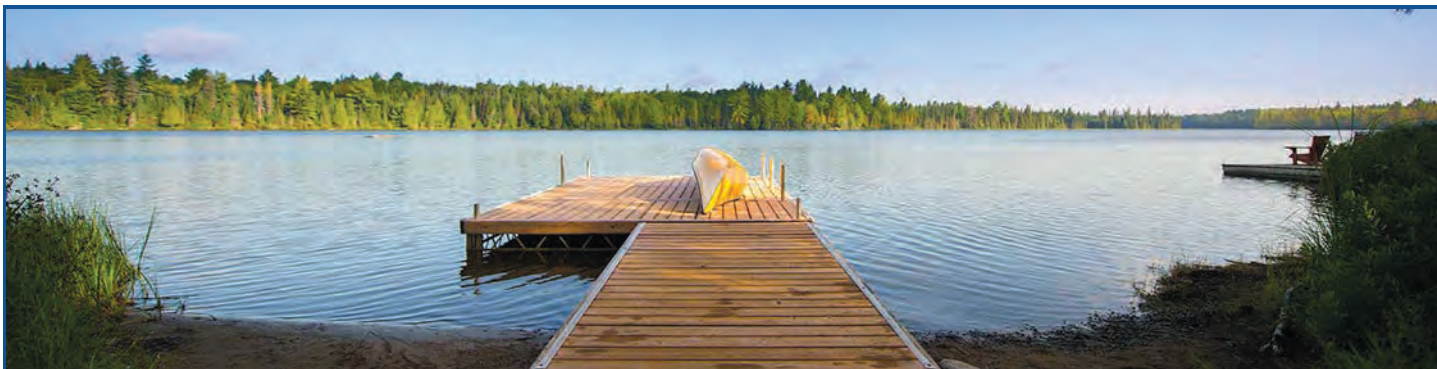
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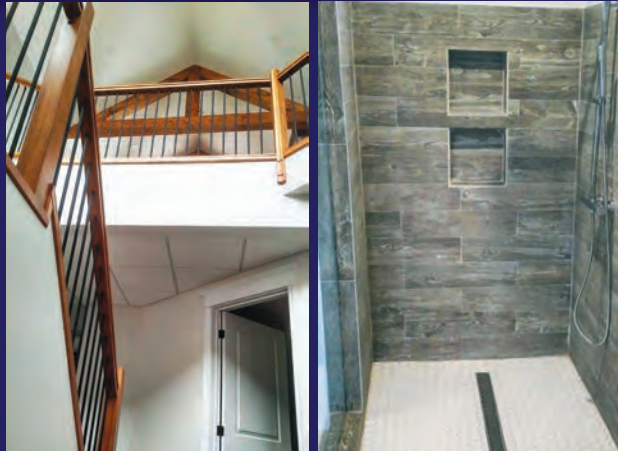
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