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According to a July 6 news release from the Ottawa Real Estate Board, sales from Jan 2020 to June 2020 are down only 2% as compared to the same period in 2019. Buyers and Sellers are transitioning to the changes in business practices. The resale market rebounded to meet pent up demand. June's new listings doubled as compared to April and increased 45% as compared to May. The consequence of this rapid sale turnaround is that housing inventory did not increase, resulting in a strong Seller's market that is expected to continue.



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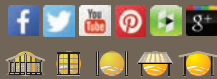
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The Madawaska Highlander

July
2020

FREE Vol.18 Issue 3
Next issue August 26, 2020

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

Welcome!



Peaceful Madawaska River sunset in July, sigh.

Pic by Derek Roche

...To another wonderful edition of the Madawaska Highlander in the middle of a different kind of summer in the Highlands. Our talented volunteer writers seem to have struck a theme of shelter, escape, serenity, and survival to help us through. Robbie tells us how he takes shelter under cool summer trees as he sips his tree sun tea in The Healing Trees. Noreen shows us how trees provide materials to make "pikogan" shelters in Home on Native Land.

As people try to escape city crowds, they are now crowding the trees and trails, as Lesley explains in Happy Trails. The Mississippi Madawaska Land Trust can't draw crowds during this pandemic, so they have turned to a radiothon to raise funds for the preservation of their old growth forests. See page 12 for details.

ATV and recreational vehicle sales have gone through the roof and so have small watercraft sales as people escape the city, but people need safety tips in case they tip, and Survivor Guy rises to the occasion. Avoid a fine and save your life. Good idea!

As we slowly emerge from our own shelters, we find ourselves in a different world. In Library Matters we learn that the GM Library will reemerge as the Greater Madawaska Public Library and Learning Centre, better than ever! Tamatha explains what's new for dental hygiene safety protocol in Wellness. Also, in Wellness, Derek reminds us to be mindful and meditate. Get your mind off the news and just breathe. Be calm.

This pandemic has changed everything and your regional reporters John and Anne, Angela, and Skippy share what's going on in Griffith and Matawatchan, Denbigh and Vennachar, and Calabogie. And Marcella explores the changes to homes and businesses over time as she continues her trip up Highway 41 in Cloyne Historical Society.

Make sure to look at the ads for goods and services and whenever you can, please buy local.

Enjoy!...



Making hay while the sun shines on Dodge's Farm in Matawatchan.

Pic by Lois Thomson

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Aug 14 for Aug 26 publication
www.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 now has up to date information of what is available for purchase in store or by delivery at Denbigh, Griffith, and Matawatchan stores and farms. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. 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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|-----------------|----------------|------------------|
| Ernie Jukes | Lesley Cassidy | Marcella Neely |
| Skippy Hale | Colleen Hulett | Derek Roche |
| Antonia Chatson | John Neale | Tamatha Strachan |
| David Arama | Anne Dougherty | Robbie Anderman |
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Cartoon by Tooke, published in the Oct. 26, 1918 Calgary Herald shows the lighter side of masks. Concerning Masks, L - Right and top to bottom. - Not a success as a love "filter" - The hon'ble Bertie mistakes his masked milkman for a friend - One young gent who ought to be masked - The new cook, another case of mistaken identity - Mrs. Jones mistakes the lodger for hubby - A hint for smokers - 'Twould have proved a popular disguise at Bowness - Two members of the NOK Association almost exchange greetings. NOTE: Bowness on the Bow River was a resort area. The TOK Association was a Polish Catholic women's organization who encouraged women to participate in society. It is unclear why members would "almost" exchange greetings.

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By Anne Dougherty & John Neale



Social distancing Marquardt and a MacPherson picking strawberries at Adam's Berry Farm in Griffith. The season is now over. Next year there will be twice the berries, as they have doubled their plantings to 4 acres. That's a lot of jam!



It is so nice to be able to gather again with social distancing, hand sanitizer, hand washing, masks and all that to keep us safe. No one seems to mind wearing masks and everyone is staying healthy so far. Let's hope it stays that way. Above: Indoor and outdoor socialites at the first "Saturday Social Distancing" at the Hall.



GM Township tells us there is no need for toilets at the Centennial Lake Boat Launch because it's not a park, even though evidence (odours, garbage, and even toilet paper on the ground) tells us it is sorely needed as usage rises.



Tracy Hunchak's garden is worthy of a cover on Better Homes and Gardens magazine! Absolutely lovely and serene.

Now that summer is here, we see that our community is flooded with folks from the city, particularly on weekends. Trailer Parks and cottages are filling up and cottage rentals are fully booked. Boat launches are packed, stores are busy, and the municipal dump bins are overflowing! Clearly, more and more people are discovering our highland paradise. Even real estate is selling quickly! Agents seem to be having no problem selling properties that normally take years to sell. With the current pandemic, most people just want to escape to a place far from the city.

The heat has been brutal. We have had some short rainstorms, but we are currently in a drought. Some gardeners have had success using skill and ingenuity to water their gorgeous gardens since using well water may not be an option. This month we share photos of Tracy Hunchak's garden at Brian and Tracy's "Matawatchan Mansion". We have many very talented gardeners in the area!

There has been no action on equipping the Centennial Lake boat launch with outhouses. Turns out that the land is not even owned by the GM municipality. According to Ken Birkett, there used to be outhouses in the 90's installed and maintained by MNR. There may even be the original concrete holding tanks buried beneath the parking lot. However, according to Councillor Glen MacPherson, there is a lot of red tape to build anything new and maintenance is also an issue. The GM Facilities Committee met and "they all feel that a wash-room is not needed in that location because the area is not a park and it is just for launching your boat and it would be too costly to maintain..." In the meantime folks at the Centennial Lake boat launch have taken to making their own toilet and have even installed toilet paper rolls on tree branches.

Speed limits have been reduced to 60 kph (from 80 kph) along the Matawatchan Road (71) as you come into Griffith and they have also been reduced along Centennial Lake Road (65) be-



I thought I'd die when they brought out pies at the Pine Valley Restaurant. You can now dine in the outside picnic area with social distancing, of course.

tween the rock cut and the Centennial Lake boat launch. According to Councillor Glen MacPherson, this was done to make it safer for people who live along these roads. Glen also agrees that the Matawatchan Road from the junction with County Road 65 to "downtown" Matawatchan is in very bad shape and is in urgent need of resurfacing. There has been recent work done on Frontenac Road, on Flying Club Road and on certain streets in Griffith. Heading towards Calabogie, major roadwork continues along County Road 65 between Chimo Road and Black Donald Road involving tree cutting and culvert replacements. We look forward to safer roads in the coming months.

The Matawatchan Hall had its first event since March, featuring cake and coffee on Saturday, July 4. In all, about 16 people attended, which is a comfortable amount so we can keep social distancing. Only the server touched the coffee pot, and everyone used hand sanitizer before and after picking up their coffee cup and plate. The Matawatchan Walking Club continues to be a popular social outlet. They meet at the M-Hall three times a week on Monday, Wednesday and Friday at 9:00 a.m. Walks are generally an hour long. There were no organized celebrations around Canada Day due to the pandemic, and due to the Canadian border closure, there were no Americans around to celebrate July 4 at the same time.

The D-G Lions Hall remains closed and there are no planned events at the current time. Sadly, the popular Show & Shine vintage and classic car show, which is normally on the last Saturday in August, has also been cancelled. However, the annual Education Bursaries have been awarded virtually to three hard working high school grads to help them pursue post-secondary education. Congratulations to Karter Kelly, Opeongo High School Graduate, and to Katrina Keller and Lainie Snider, graduates of the North Addington Education Centre in Cloyne.



Centennial Lake Road is getting an overhaul, with better drainage and lines of sight.



The new Centex gas pumps at the Griffith General Store are getting constant use. City prices in the country!

helping the GMSGHC support seniors in our community.

This week we took two local residents for a boat ride on Centennial Lake. We were surprised to learn that they had never been out on the lake before. It re-

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ally is an amazing lake with many interesting bays, inlets, channels and islands to explore. There are hazards but most have been marked by empty Javex jugs. If you go out in a boat, even a canoe or kayak, you need to take your lifejacket and essential lifesaving items. Police recommend that you always wear your lifejacket since it is often too late to put it on after an accident! Read what the expert has to say in Survivor Guy on page 15.

Update on local business and services: (1) Ken Birkett and Joanne Murray still have some free-range frozen beef and chicken. All the steaks are sold but there is still ground beef available. Call to order at 613-553-1109. (2) Local strawberries had a short season at Don and Marie Adams Berry Farm. Next year there will be twice as many berries, because they planted two additional acres. (3) Darrell Hewitt still has some maple syrup available (light, amber and dark).

Call 613-312-9230 to arrange pick up or delivery. (4) Calvyn's Pub and Eatery 613-333-9892 in Griffith has opened the patio at 50% capacity but has a minimum order of \$20 per person for sit-down patrons. Take-out is always available.

(5) The Pine Valley Restaurant is still not open for sit down service, but they have a covered patio where you can enjoy your takeout food on one of three picnic tables. They have takeout, baking, lottery tickets, post office, general store, and the gift shop areas remain open. (6) The Griffith General Store & LCBO & Beer Store is open, but a mask must be worn. (7) Local Churches continue to provide ministries. The Hilltop Church distributed individually packaged Communion kits to members for their Communion service on July 12 and they have been hosting Sunday services for four weeks now. The United Church services are still virtual at 10am each Sunday and

will likely not reopen until September. (8) Haircuts have started up again at Leanne MacPherson's place. She has been busy, and Andy just installed an air conditioner in her home salon.

If you are in the market for a new appliance you will soon discover that there is not a lot of stock out there. Our kitchen range died, and we managed to get a floor model at Utonki's in Renfrew. We also got the last air conditioner at Princess Auto in Kanata! Another local friend's washing machine died and after looking in Pembroke and Kanata she only managed to find a new one in Barry's Bay! There is a shortage of inventory in the larger centres since stores can't get much stock in due to COVID-19 factory slowdowns.

Rural internet access continues to be poor in many Griffith/Matawatchan households. Students have been advised that fall courses are to only

be offered online at Algonquin College and many universities. Even high school students will have the "option" to do their courses online. Unfortunately, the lack of bandwidth makes it difficult for rural students.



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 Boz music band. Anne and John attend St Andrew's United in Matawatchan when they are here.

BOGIE BEAT

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



The 103 year old Ontario Power Corporation Generating Station in Calabogie produces half of the power the new generating station will produce starting some time in 2022.



Restaurants are reopening with strict social distancing, patio service and takeout. Mask wearing is appreciated whenever possible.



A young lad taking advantage of a beautiful day to go fishing with his family under the bridge by the dam.

Well, the weather is a three-letter word: hot! I really don't mind the heat as long as I am not walking a great distance. I am lucky to live by the Madawaska with lots of trees, in a Century home built to live with the elements. The windows allow for free airflow and ceiling fans help as well; no need to use the AC. It is certainly hard on the garden. I bought a number of veggie plants from Calabogie Family Farms and the potted ones are doing well, but the ones in the garden are a struggle. However, the chipmunks eating the sunflower plants and the squash blossoms doesn't help either! I transplanted the squash into a pot, which should be interesting! Speaking of plants, let's give a shout out to all the farmers out there in the fields tending to their growing veg-

etables to put food on our tables. I would not want to be out in the hot sun working or gathering hay. The next time you see one of our local farmers, say 'Thank you.'

From farm to fish! A friend happened to mention a large fish washed up on her shore and some of her neighbours had the same experience. My friend threw it back in and it washed ashore again. She threw it into her bush and lo and behold, an animal found it and it ended back on the shore, so she buried it and the animal dug it up again. By this time, there was not much left of it so she reburied it. I mentioned it to a few friends and then posted it on Facebook. I got several replies with several suggestions as to the cause: catch and release;

water too low; weather too hot; traveling over the dams; algae. Sharon Nichols replied that among her neighbours many had at least one or two, but one had 15. I called John Yakabuski's office and his kind assistant contacted the local MNR rep for our area. He said that concerns arise when there are hundreds, although word-of-mouth reports have been that this is the worst year many had seen. Some have seen the odd little fish wash up in the past, but never anything like this! I have not noticed any along the shore below my property on the river. I have asked if other lakes had seen this problem. Apparently, none on Virgin Lake have been. Please let me know if you see any on your shore and take a picture and send it to me so I can forward

it to MNRF. Also, they would like a fish to send for toxicology tests if anyone has one to offer. Let me know. Note the date, time and where found. Today's message is that they are still washing up.

This segues nicely into the next topic. We have all been hearing the sirens several times a day from the Generating Station; more lately since I moved here 20 years ago. In 1917, MJ O'Brien built a generator to supply electricity to the area. In 2017, OPG took bus tours from Barnet Park to tour this 100-year-old station. It was fascinating to see this large old machine still pumping water through to generate electricity. I was amazed that they had the ability to build such a complex machine and that it was still doing its duty 100 years later. The

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BOGIE BEAT



Above: '61 and '65 Skidoos just like Tom Irwin's Dad used to sell. Below: A wee bike just like the one Tom Irwin had as a 4-year old. Right: A group of old bikes on display at Tom Irwin Adventure Tours on Mill St. in the old Home Hardware building.



The road to the OPG is closed and adorned with No Trespassing signs as construction begins on a new generating station in Calabogie.

output is 5 megawatts and it was decided to rebuild a new station and double the output, down the road... then in September 2018, Mother Nature decided to speed up the process. We all remember that 5-10 minutes of devastation which tore through the area. The tornado of 2018 ripped the roof off of the station and exposed it to the elements. I attended one of the presentations at the Community Centre and was quite impressed with the plans for the rebuild. I was concerned if there might be an effect on my shoreline. None of us on the river will be affected. We are accustomed to the raising and lowering of the water levels in the Spring for pickerel spawning and to ease the water levels up river if there is a quick thaw and more than average rainfall. Except for this past Spring, the water levels were quite high the last few years and I experienced a fair bit of erosion on my hill. In April and May, the beavers were cleaning up the debris from the Tornado and other fallen trees.

While the rest of us were in lockdown, the chainsaws were busy across the river removing the trees to make way for the footprint for the new station. As the trees fell, the piles of beautiful mulch grew. All the gardeners looked in awe! 2022 is the expected year of completion of the project. It will require the hiring of many skilled trades during the life of the endeavor which will be good for the

local economy. It will provide clean, low-cost renewable electricity to about 10,000 homes. It was thought better to build a new station rather than retrofit the original powerhouse. This will bring more clean energy to the Ontario grid. It will be a state-of-the art facility and double the capacity to 10 megawatts from the 5 megawatts capacity of its 103-year-old predecessor.

As part of the process, consultation with the Algonquins, on whose Territory the old and new station are located, and an environmental assessment were done. While doing my research, I mentioned the number of dead fish on the lake. The project is downriver from the lake, but the lake is part of the system of dams, etc. This intrigued my contact and he was going to pass it on to their environmental department.

Are you aware of the Museum in Calabogie? Stop by Tom Irwin's Adventure Tours on Mill Street in the former Home Hardware building. There you will see a historical collection of skidoos including one from 1961 and one from 1965 which is identical to the first one his father sold when he opened his business. There is a wonderful collection of motorcycles even one similar to Tom's first bike when he was four years old! Be prepared to mask up; sanitize your hands and take directions as to where to stand or sit. However, if you love these machines, you

will be really impressed. Not only did his father sell machines, and Tom has been doing tours, they are a family of champions! Tom raced motorcycles and cross-country bikes for 44 years and was the Canadian Champion five times when he turned pro from 1982 to 1992. When he reached 50, he was the Over-fifty Champion and his racing buddies were the same ones he started racing with/against! His father raced in the mid-1950s and won the National Championship in 1961. His daughter won the Ladies Class at 25. Tom told me his family loves speed! He is still taking day tours on the ATVs and evening tours in those very classy race cars, but very strict sanitary conditions apply in terms of numbers in the cars. You must be from the same family. Sanitation and masks are a must.

The restaurants in the village have opened their patios and soon there will be spaced out indoor eating. Restaurants may be used under certain restrictions. Check with the staff before entering the building. Tables are separated. A server told me that many are still using Take-out rather than eating at the restaurant even outside. The restaurants open are: Valley Food and Drink at the Lodge; Redneck Bistro; The Brewery Tap Room and Brown's Pub (now under new management). Calabogie Highlands Resort's Lakeside Café, and Canthooks in Calabogie Lodge. Please call to check hours and/or Take-out Menus.

I like to take a walk up the K&P Trail over the trestle bridge by my house. It is a nice walk through the bush, over the bridge by the dam and around the block by my place. Sadly, not everyone appreciates the gifts Mother Nature has given

us. There is garbage in the river. I saw two candidate's signs from the last election. Not only is it an offence to remove or damage these signs, but it is disgusting to pollute the river with this plastic and you do not help your candidate, but make him/her look bad. Enough of that. The trail is strewn with beer and pop tins and other litter. The road and bridge were also littered. Rich and I used to clean up Lanark Road to Grassy Bay and when he died, I changed from 508 to the bridge at the dam. I called the County to let them know I cannot do it anymore. That program is suspended now due to the Pandemic, but perhaps, some good citizens could do the trail and that part of 511.

We were saddened by the passing of a young man taken far too soon. I remember Darren Greer's big smile when I visited the school for the GMPL. I know he was well loved by the hundreds of cars who processed to the Cemetery. Due to COVID-19 regulations, only a small number of family members could enter, but his many friends and family gathered outside to show their respect. I send condolences to David, his mother and all his family and friends.



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.

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VENNACHAR DENBIGH DISPATCHES

By Angela Bright



*This spring the Clayton girls, pictured above, thought it would be a good idea to plant more organic seedlings than they needed to help people who are learning to garden for the first time during the pandemic. With a "little" help from their parents on the Clayton Family Organic Farm in Vennachar, they helped out all kinds of neighbours, friends, and passersby. Dad even built them their own market stand for the front lawn. The seedlings were inexpensive or by donation and most of their earnings (after a little bit for themselves) went to the local food bank. Bravo girls! Your efforts will be feeding families all around the area.

*The Denbigh Library is now offering limited computer use. Masks are mandatory and one patron at a time is allowed in for 20 minutes of computer time; printing is available (fax and photocopy are NOT available). For more info see the AH library facebook page or contact the library at 613-333-1426. Don't forget curbside pick up is available for those looking to borrow books.

*The next day the Denbigh Food Bank will be open is Tuesday, August 4th. Please contact Gail ahead of time at 613-333-2224. The food will be packed and ready to go by 11am. You are asked to wait in your car and take turns picking up your food. Thank you for your cooperation in this, as we work to continue to make the food bank available.

*The Cloyne Pioneer Museum and Archives is now open, 10am to 3:30pm with COVID precautions. The museum is on HWY 41, across the road from the Cloyne Post Office. If you would like to find out more about local history from the comfort of your home, you can find well over a thousand photos and documents on Flickr, just click on the link when you go to the museum page at www.pioneer.mazinaw.on.ca. There are also links on the homepage to the spring 2020 newsletter and the new book titles on the online store.

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Summer Trees

By Robbie Hanna Anderman

Amidst the amazingly hot start to Summer, how many of us did not seek the shade and shelter of the Tall Standing Rooted Ones at one moment or another? Emerging from a cool walk in the forest into an open field, several times I found myself feeling like I'd just stepped out into an oven. What a blessing Trees are, in so many ways.

In Summer we start looking to some Trees for the fruits they are carrying. Chokecherries, Pin Cherries, Wild Black Cherries, Wild Plums, haws, crab-apples, and cultivated Pears & Apples are excellent edible fruit. Each has a way (or ways) they can be prepared. Jams, jellies, sauces, juices, and wines often become the products of choice for most of them.

With so many Tree leaves surrounding us in summer, we can look to them to be sources of hot and cold drinks for nourishment and simply to keep us hydrated amidst the heat. All the local Tree leaves have been commonly imbibed as a tea, with about two or three leaves per cup, either by the usual boiling



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 E-book at Amazon.ca

Pic by Jan Huber unsplash.com

water method or by making a "Sun Tea." The possibilities for taste exploration and mixing are nearly endless.... and quite local and natural.

A Sun Tea is an infusion made by putting the plant matter (barks, leaves, buds, fruits) into a clear glass jar that is then put into direct sunlight for as long as possible in a single day. Sun's heat and light extract the nutrients and beneficial qualities of the leaves and/or other Tree parts into the water. Straining out the plant matter while pouring the tea into cups, one has a worthy drink that definitely tastes different, and is usually milder, than one made with boiled water

and also adds the nourishing, blessing energy of the Sun.

Why would anyone choose Tree leaves for making tea when they have no caffeine? For one, they are free for the asking of the Tree. For two, they have nutritional and medicinal benefits.

Certainly, we can look to the Evergreens (except the poisonous Eastern Red Cedar) for their Vitamin C content. I have recently been told by a local Naturopathic doctor that taking lots of Vitamin C helps greatly with hay fever symptoms and found it to be true.

A perusal of The Healing Trees book or other sources will help you find

information about nutritional and herbal benefits of different Tree leaves.

You'll likely note now that many other wild "critters" have been seeking Tree leaves for their nutrition, from deer, to insects. This is why the leaves' tender texture of Spring has given way to the tougher texture of Summer: to make them less appealing to "predators".

Once the leaves have been taken from a twig, one can still nibble on the remaining twig, once it is removed from the Tree. Starting at the terminal bud, I find it enjoyable to suck on the twig, and then slowly take nibbles while sucking on the juices inherent in the cambium layer. Eventually, much of the twig gets in my mouth. The wood inside the cambium then gets added back to Nature, leaving the taste and Tree juices in my mouth. It helps me keep my mouth moist on hot dry days.

I've been enjoying sitting on a hill, or in a canoe and looking at all the various shades of green that each Tree displays in this season. Learning who is who amongst the Trees of Summer by their colours and distinct shapes is a great joy for me. Perhaps it is for you, too.

EDITORIAL

Does anyone else feel like we are living in a science fiction novel? A few months ago, we would not have understood a headline like "Haliburton senior who refused to wear mask at store fatally shot in altercation with Ontario police" or "Woman Tosses Groceries in Face Mask Tirade." Sure, some people can't wear a mask because of health issues, but why the violent outbursts? Some of it could be a lack of understanding and some of it could stem from a person's

strong belief that their individual rights are being trampled. One thing is for sure, the fear, stress, lack of socialization, and frustration of having to deal with ever-changing rules are behind the angry reactions. It's hard for some people to accept that there are times when individual freedoms must give way to collective need - for their own sake. It's unfortunate that the very front line workers we have all been thanking have to be the ones to ask people to mask up and have to be

trained on how to handle dissenters.

Renfrew County Health Unit says, "Increasing scientific evidence indicates that the widespread use of masks/face coverings by all persons decreases spread of respiratory droplets, and expert opinion supports the widespread use of face coverings to decrease transmission of COVID-19. Masks/face coverings are recommended because they: keep our respiratory droplets to ourselves and help to prevent the spread of the virus to others;

provide a non-invasive, inexpensive way to reduce the spread of COVID-19; and act as a visual reminder to others to remain vigilant and stay physically distant from others." The last sentence is key. We are social animals and it is very easy to forget about the pandemic and move in too close. If we want our children to go back to school in the fall so we can go back to work, we all have to wear a mask if we can and keep our distance. And please be kind. We are in this together.

MADAWASKA HIGHLANDER SHORT STORY CONTEST 2020

By Lois Thomson

"I think readers come for the voice... An appealing voice achieves an intimate connection — a bond much stronger than the kind forged, intellectually, through crafted writing." - Stephen King

If you can tell a story, you can write one. Both need an attention-grabbing opening sentence like this one... *"It was a wrong number that started it, the telephone ringing three times in the dead of night, and the voice on the other end asking for someone he was not."* - Paul Auster, City of Glass Don't you want to read on?

Stories need some kind of conflict, whether it's an internal struggle, or a struggle between characters, a character and nature, or a character vs a group. The characters' conflict drives the plot and should keep readers wondering

how and if the conflict will be resolved.

The characters themselves should be multidimensional. They didn't appear fully formed to be in your story and only exist for 1200 words. When developing a character, it is a good exercise to imagine their whole lives from birth to this moment. Who your characters are affects how they deal with conflict. A fun exercise is to make up stories about complete strangers you might see at the grocery store. Give them names and create a backstory for them. Then make up something remarkable that happened to them somewhere. You are surrounded by story ideas.

A good story builds to a climax in much the same way that a good joke leads to a punch line. Finish with a flourish that relates to the setup and reward your readers. *Good luck and good writing!*

Madawaska Highlander judges use the following weighted point system:

- 5 points - Title of story: Does the title tweak interest and relate to the story?
- 15 points - Opening: Does writer engage the reader's attention immediately?
- 20 points - Plot: Is it cohesive, interesting, and compelling to read?
- 15 points - Characterization: Are characters believable and well rounded?
- 15 points - Style: Is there a refreshing manner of phrasing (sparkle) throughout?
- 15 points - Denouement (Closing): Did the plot finish with a flourish?
- 15 points - Mechanics: Are spelling, grammar, punctuation, and facts correct?

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

• Email your story as an attachment to info@reelimpact.tv before Sept. 18 at midnight · 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. **Maximum 1200 words.**

For a complete set of rules visit madawaskahighlander.ca

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Digital Main Street and its ShopHERE program get \$57 million federal/provincial investment to fund \$2,500 grant program to help small businesses build e-stores

Walmart Inc. has partnered with Ottawa based Shopify Inc. to expand its third-party marketplace site and grab more of the pandemic-fueled surge in online shopping.

AMC Theatres says that it has “substantial doubt” it can remain in business after closing locations across the globe during the coronavirus pandemic.

Film about a “trainer turned whistleblower” at Ontario’s Marineland won the top audience prize at Hot Docs, which was held online this year due to the pandemic.

Canada’s Dollarama beats sales estimates on consumer stockpiling.

Delta suspending operations to 11 airports in the U.S. and to Ottawa, “while customer volume is significantly reduced, to help lower costs”

Hexo, Bombardier Among Issuers Dropped by S&P/TSX Composite Index

WestJet Airlines Ltd. has quietly changed its refund policy to allow some customers whose flights were cancelled due to the pandemic to recoup their cash.

Starbucks Corp. could close hundreds of stores across Canada and the US over the next two years.

Canadian outdoor retailer Sail files for bankruptcy protection

NPC International Inc., the largest franchisee of Pizza Hut restaurants in the U.S., filed for bankruptcy. It operates 1,227 Pizza Hut and 393 Wendy’s stores in the U.S.

First fully automated restaurant to open in Toronto. Food delivery will be picked up in cubbies similar to mailboxes.

Walmart Canada is permanently closing all its Tire & Lube Express auto service centres in 106 stores across the country. 50 Embedded Mr. Lube stores will continue.

Ford to cancel its Ontario-built Edge crossover, putting plant in jeopardy

Hibernia oil rig off NL has begun layoffs ‘with heavy hearts’, drilling company says

Trans Mountain Pipeline spill in Abbotsford estimated at up to 190,000 liters of crude oil spill caused by a fitting on a small piece of pipe.

Enbridge Inc., NA’s largest pipeline company, is shifting its asset mix toward gas and renewables, investing in largely European offshore wind power, away from oil.

Scientists believe they have identified the world’s cleanest air, free from particles caused by human activity, located over the ocean that surrounds Antarctica.

Cooling technology used in fusion reactors could get EV charging times down to just 10 minutes. Fast charging would overheat batteries otherwise. No fission involved.

You Can Be Fined \$3,000 For Texting While Driving In Canada as distracted driving has claimed more lives than impaired driving in most provinces.

NY Times: The Top Doctor Who Aced the Coronavirus Test - Dr. Bonnie Henry kept the disease in check in British Columbia without harsh enforcement methods.

Fraudulent claims for coronavirus emergency benefit could mean a fine of up to \$5,000, a penalty double what they received in improper benefits and jail time.

Health Canada recalls a list of hand sanitizers that contain industrial-grade ethanol, that can result in dry skin, causing irritation or cracking when used.

Hand sanitizers packaged in wine and beer bottles, due to a shortage of distinctive hand sanitizer pump bottles, create alcohol poisoning risk.

High-risk Florida teen dies after conspiracy theorist mom takes her to church ‘COVID party’. Declares daughter a hero.

MPs asking competition bureau to investigate Loblaws Metro and Empire for cancelling pandemic wage increases on the same day, despite soaring profits.

Sobeys parent company raises quarterly dividend after cutting employee hazard pay

More seniors expected to turn to reverse mortgages having lost businesses, jobs, or income from stock market investments, and opting out of going to seniors homes.

Top 1% of Canadian families wealth rose to 25.6% of total wealth. 40% per cent of families, around 6.37 million, have under \$10,000 in net assets.

Ottawa family facing eviction over noisy kids (jumping, running, and yelling) during pandemic. Legal expert says tensions between tenants on the rise.

Prince William has been secretly volunteering for a mental crisis hotline.

Alberta’s education minister is defending a bill that would make it easier to establish

charter schools. Critics say it erodes the strength of public education.

Twitter is trying to stop people from sharing articles they have not read, in an experiment the company hopes will “promote informed discussion” on social media.

Food freedom fighters are sneaking out in the middle of the night grafting fruit-producing limbs onto sterile urban trees, specifically bred not to bear fruit.

Nestlé will leave the Canadian bottled water market, selling Nestlé Pure Life, to Ice River Springs, who build “ethical partnerships and closed-loop recycling.

Ontarians spent almost \$20 million in the first 3 months that edibles and other products were available for sale and experts believe that number will only grow.

An American wanted nearly two decades ago for an alleged marijuana grow-op in Bancroft was arrested in northern Ontario in June.

Police in California thought they made a big weed bust. But a judge ordered them to return 1,800 pounds of cannabis oil and \$620,000 taken from a licensed farm.

Astronauts describe ride to space on SpaceX Crew Dragon, loving that new car smell

SpaceX launched 58 Starlink satellites in June to join its mega constellation of broadband internet transmitters.

SpaceX applies for Canadian telecom license to deliver highspeed Internet to rural areas using Low Earth Orbit (LEO) satellites for fast and affordable Internet.

All 3 major telcos in Canada will use European suppliers for 5G, in snub to Huawei

Shady Face Recognition Firm Clearview AI Says It’s Left Canada Amid Two Federal Privacy Investigations

Honda is recalling nearly 1.4 million vehicles worldwide because their fuel pumps could fail and cause engines to stall or lose power.

BC man flew to Germany to complain about new Mercedes-Benz after steering wheel locked while his wife was driving. They won’t drive it and no recall was made.

Confederate flags in Ontario, prompt outcry. Statues of Confederate leaders went up in 60s civil rights movement in opposition to Black rights.

Belleville police officer shown in pictures wearing a confederate flag shirt and commenting, “The South will rise again! Trump, 2020”, has apologized.

Calgary company pulls Black Lives Matter Gelato in face of criticism. Some accused the company of commodifying the larger movement with chocolate mint gelato.

Sentencing and Parole Project non-profit launched to tackle systemic racism in the justice system, through support for those impacted, and educating the legal actors.

AB Libertarian Leighton Grey, a lawyer who posted Black Lives Matter ‘leftist lie’ video, and made racist comments resigns from Alberta judicial vetting committee

SpaceX’s Elon Musk Tweeted Juneteenth to be a company holiday... then Tweeted employees had to use one of their own paid holiday days to celebrate it.

Canada’s Viola Desmond \$10 bill named international banknote of the year.

Quaker Oats’ Aunt Jemima retired due to racial stereotype. Family of the woman hired to portray her in promotions is upset; Uncle Ben’s Rice being reconsidered.

Russell Ontario seeks new namesake rather than a new name, as it prepares to turn its back on Peter Russell, the slave owner and slavery advocate that it’s named for.

Running on a platform of rights, results and community, Margaret Froh was re-elected as President of the Métis Nation of Ontario (MNO) for a second term.

B.C. museum shares over 16,000 historical photos of Indigenous life with Indigenous communities. royalbcmuseum.bc.ca, type “pn” into catalogue number

After 100 years, Eskimo Pie no more: Ice cream owners will drop ‘derogatory’ name.

National Women’s Hockey League announced a new franchise in Toronto, its first outside of the United States.

Study: 10-min. jog can change molecules involved in metabolic functions, digestive and immune system function, and in inflammation and insulin resistance levels.

Recall: Apotex’s prescription metformin drug APO-METFORMIN ER (extended release) 500-milligram tablets found to have high concentration of carcinogens.

U.S. insurance executive Tweet: “...We spent big \$\$ to push the idea that Canada’s single-payer system was awful & the U.S. system much better. It was a lie”

Fight between friends during canoe trip leaves Sudbury woman stranded on Spanish River. She inflated her sleeping pad and floated toward cell service.

Algonkin Dwelling Pikogan Wigwam

By Noreen Kruzich



Pikogan crafted by Stephen Hunter and Chuck Commanda of the Algonkin Nation. "Pikwa, the root of pikogan means lump or hill," in the Algonquian- Anishinabe language, says Hunter.

The materials used in the structure of an Algonkin shelter was one of many resourceful and innovative uses of the natural world around the people. The pikogan or wigwam may have been built in the same manner, but the shelter's components would always reflect the land and what it provided.

Early descriptions of these shelters by Europeans and even oral history passed down through First Nations record the similar designs and provide a window into the many natural materials that could be used. "...are circular in shape, about 14 to 15 paces across, made of bent saplings; they are arranged without any architectural pattern, and are covered with cleverly worked mats of straw..." wrote Giovanni da Verrazano, while traveling in New England in the early 1500's.

"The houses were made with long young sapling trees, bended and both ends stuck into the ground. They were made round, like unto an arbor, and covered down to the ground with thick and well wrought mats..." recorded Plimoth Plantation Governor, William Bradford, in 1622.

And in New Netherland (New York/New Jersey) the descriptions were much the same. "Their dwellings are commonly circular, with a vent hole above to let out the smoke, ... and made mostly of the bark of trees which are very abundant there." "a house well constructed of oak bark, and circular in shape, with the appearance of having a vaulted ceiling..." "long slender hickory saplings in the ground, having the bark stripped off, in a straight line of two rows, as far asunder as they intend

the breadth of the house." "built with Poles pitcht into the ground of a round form for most part, sometimes square" wrote John Josselyn, a seventeenth century English traveler, adding "they bind down the tops of their poles, leaving a hole for the smoak to go out at, the rest they cover with the bark of trees.."

As well, the oral history of the Algonquin-Anishinabeg Nation states that the pikogan/wigwam was "constructed of poles covered with bark or animal skins depending on the season. A pikogan was conical in shape with an opening at the top, while the wigwam was built as a rounded dome. It consisted of material readily available in the immediate environment."

"This capacity to be versatile, respectful and understanding and utilize the natural world around us to provide the necessities of life is such a resourceful way of life and living," says Stephen Hunter, leader of a local Algonkin band, Kijicho Manito Madaouskarini. Hunter has first-hand experience in using the traditional materials of his Algonkin ancestors. Just commissioned by Indigenous Experiences—a living history program that operates at the Museum of History in Gatineau—to construct a pikogan; Hunter and fellow Algonkin, Chuck Commanda of Kitigan Zibi (Maniwaki), Quebec set out to create the traditional shelter which reflected the land.

"We used maple saplings for frame or poles, spruce roots and leatherwood bark (inner bark) for lashings to bind the poles and also to attach the bark to the poles." The surface, Hunter says were sheets of birch bark about



two or three-foot square, "layered on the frame like shingles." All the material he says was collected in and around the Bancroft area on Crown Lands, but let's make a note here for historical justice, that it is indeed Algonkin unceded territory- territory that stretches across Algonquin Provincial Park, the Ottawa Valley and across the Ottawa River into Quebec.

Says Hunter of the collection of traditional materials, "It's always taken in a way to benefit the forest." He describes an example, "Not take all, but thin out a thick area of saplings." Hunter comes from a family of guides and has spent a lot of time in the woods.

His Grandfather and Uncles were birch bark canoe builders. Hunter too has followed in the footsteps of this craft, and Chuck Commanda is well-known for his works of art in the construction of birch bark canoes and considered a master at the craft.

Hunter also works with the Ministry on marking out areas that hold cultural values, gathering information and Identifying and protecting cultural values such as the great stands of birch, often found on a ridge line he says.

Hunter and Commanda's pikogan, created with help from local volunteers, will stand as a reflection of Algonkin land and culture. The 7-foot wide and 7-foot tall Pikogan will be transported to a site next to the Tessouat (an Algonkin Chief) statue at the Museum of History sometime this summer.



Noreen Kruzich specializes in First Nation and Metis genealogy/ social history. She is the author of *The Ancestors are Arranging Things* (Borealis Press/ Ottawa/2010) and the history researcher for award winning documentaries, *Colonization Road* and *Trick or Treaty*. She is currently working on her second book, *Blood, Paper and Spoken Word*- a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.



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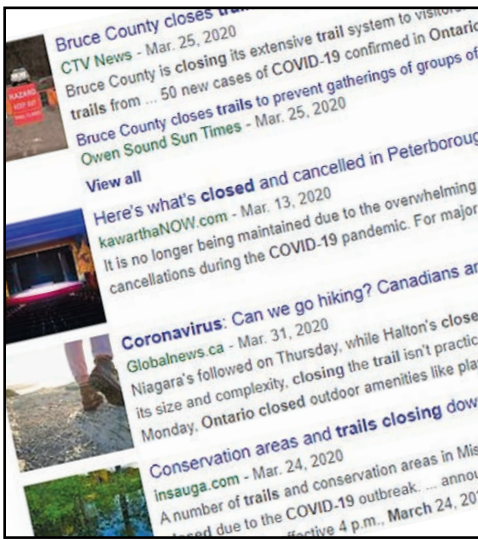
By Lesley Cassidy

What's your trail fix? Hiking, ATV (All-Terrain Vehicle) riding, mountain biking or equestrian? Trails feed our minds and keep our bodies fit. Then came the shutdown of paths across the country to reduce the spread of the novel coronavirus. During those few months, when they were closed, it bluntly reminded us of the importance of our beloved outdoor spaces.

In 2018, almost seven in ten Canadians participated in some form of outdoor recreation or wilderness activity, with 44 % participating in hiking and 17% in off-road vehicle recreation. With the pandemic disrupting daily routines, elevating stress levels, forcing people indoors, when the trails opened up in early May, the pent-up demand for access soared. Green space is like a meal, a much-needed daily staple.

The pandemic highlighted demand, and also how limited supply is when everyone's rushing to be outside. Lesser-known backcountry spaces started to see more people looking to escape the crowds. Congested and crowded trailheads across the province were common as the regions began to open up. In Calabogie's backyard, the not-so-secret gem, the Eagles Nest earned the reputation of being a hotspot.

The Eagles Nest, a rocky 2.7-kilometre loop is part of the Manitou Trail Network and rated as the #1 activity in Calabogie according to TripAdvisor. Explore, Canada's top outdoor recreation magazine listed it as one of the top 10 hikes to complete in the Ottawa Region.




It is a rugged ridge of stunning cliffs that overlook the vast Renfrew and North Frontenac rolling wild Crown land. Hikers love the trail. Ice and rock climbers regularly scale the Eagles Nest's vertical walls and locals have hiked in the area for over 30 years. It's a sacred spot, important to First Nations People. Visitors keenly watch eagles soar in the wind during quieter moments. However, this calm is challenging to experience due to the popularity of the trail. The pandemic gave a new definition to the word crowded when over 118 vehicles lined both sides of the 80km/h county road one Saturday morning late in March. Since the trails reopened in early May, it's not uncommon to see more than 90 vehicles on a Saturday or Sunday afternoon along the roadway. It's a busy place.

And it's not just the Eagles Nest experiencing a surge in popularity. Over




Over 118 vehicles lined both sides of the 80km/hr County Rd. 508 one Saturday morning late in March. It's hard to stay socially distanced with that many groups on a 2.7km loop, especially at the top, where everyone wants to stay a while to take in the view.







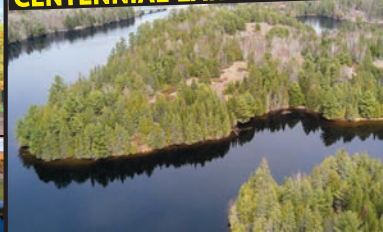






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The eagle is sacred to all First Nations People upon Turtle Island (North America). Eagle soars in the sky and sees things clearly in ALL the Sacred Directions... In HONOUR of ALL People, past, present, and future, and ALL that exists; please see that Eagle's Nest Sacred Site remains forever a True Place of PEACE. THANK YOU! Miigwetch! PLEASE: Listen to your HEART and RESPECT the NATURE of this site... No garbage or bottles. All you bring in you must take out. Tchi Miigwetch Kitchi Manitou, Mother Earth and ALL Relations Everywhere.

9,000 ATVs were sold in May 2020 in the province, an increase of 3,000 units over this time last year. The Eastern Ontario Trail Alliance (EOTA) sold \$132,000 worth of trail passes this year for ATVs, a \$15,000 increase over last year. As well, they are fielding numerous calls from people anxious to book mini getaways within the province. Bicycle sales in many stores in Ontario rose more than 30%, and there is a shortage of bicycle parts in Canada. A tune-up may be a month-long wait in many communities.

We know from research that getting outside and being active is good for us. Blessed with thousands of acres of Crown land and hundreds of kilometres of trails at our doorstep, the Ottawa Valley is an outdoor recreation mecca. We recognize that tourism is good. Overcrowding and congestion, not so much. Trail tourism supports local small businesses and provides jobs, taxes and permits can be reinvested in the area, and it introduces visitors to the Ottawa Valley. The downside means packed parking lots and safety issues, erosion, trespassing on private property and litter. As well, some visitors don't come prepared for wild spaces or understand the "leave no trace" philosophy. Trail etiquette? Not everyone practices those values. In the Ottawa Valley though, overall, congestion and overcrowding are not a pressing concern because many recreational activities are well spread out. Even so, there are a few hot spots – the Eagles Nest is one of them.

In 2004, several local people, Mark Thomas and Tim Yearington, installed a sign near the Eagle's Nest sharing a message about First Nations people, the importance and information about the sacred site. In 2008, the Township added signs; paint markings since have been added to trees and a parking lot to access the Manitou Trail Network. Chuck Rigelhof, a Councillor with the Township of Greater Madawaska is also the Council Chair for Trails, which includes the Mayor, Chief Administrative Officer, and Facilities Manager. This group deals with all things trail - budgets, barricades, signage, website/social media and responds to complaints or issues brought forward by constituents. During the pandemic, this group closed the network of paths, updated the website, social media and radio about the closures and monitored the situation as numerous people continued hiking. Now the trails are open, the Township has acted to manage the congestion better.

Rigelhof shares, "The township has no ownership of the trails and area; the road is owned by the County. The trails are on Crown land". He explained that this makes it more challenging to deal with traffic, overcrowding and safety issues. It took persistence by Mayor Brian Hunt, working with Renfrew County, for the county to purchase two solar flashing pedestrian lights that will be installed shortly. Parking is now confined to one side of the highway, bright red and white



It's not uncommon to see 90 vehicles at the side of the road by Eagle's Nest, only now parking is restricted to one side of the highway, and warning signs are in place. It's a victim of its own success.

signs share the message that vehicles will be towed. At a cost of \$180 to release the car to the owner, this deterrent should help manage parking congestion in the area. Bold signs warn drivers about pedestrians crossing the road. Rigelhof explained that a by-law officer now patrols the trailhead and a committed group of volunteers regularly picks up trash. The Township supplies garbage bags and safety vests for anyone who would like to help.

The pandemic confirmed that green space is essential. But the pandemic wasn't the start of the busyness on local paths - it's a little more complicated than that. A quick search on Instagram, a photo-based application where users post their latest travel or adventures, revealed about 21,000 posts for #calabogie and hundreds of photos of Eagles Nest. With a geotagging feature on Instagram, a link shares the location of the picture with other users. This type of advertising gives people the knowledge of where a unique path or view is, and this inspires people to enjoy it in person. This leads to hordes of visitors seeing the location as a destination to snap a photo to post online.

And it's not just social media; it's also technology. At the touch of our fingertips, we can access vacation rental properties through sites such as Airbnb or VRBO (Vacation Rental by Owner). Airbnb lists 300 options to rent from rooms in a house, large cottages, or small trapper cabins in the Valley and Hastings Highlands. More rentals mean more visitors exploring the area, looking for exciting and active ways to play outside.

Another reason for trail popularity is due to a cultural shift. Research shares that the younger generation and retired people prefer "experiences" and fewer "things". They prefer to make memories; there's even a name for it - "the ex-

perience economy". These people drive the demand for outdoor experiences, outdoor gear, tours and local travel which leads to busier green space.

No doubt, studies and research completed once the pandemic is over will recommend changes to address the lack of green space in cities. The development of new parks has not kept pace with the growth in construction of homes and sub-developments; people enjoy green space and seem willing to travel further to find it. Still, the time in isolation confirmed that we love our trails. Proactive municipalities can address the increasing numbers of visitors to hotspots like Eagles Nest and avoid future problems. Degraded paths, crowds, scattered trash and minimal parking, will translate into a less enjoyable trail experience resulting in a lack of repeat visitors. Then the tourism dollars won't come either.

In the end, it is about balancing access to trails, economic development, protecting the wildness of the environment, and offering a quality recreation experience. We want to be sure our paradise, doesn't become a paradise lost.



Lesley Cassidy has been cottaging near Calabogie for over 40 years. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite pastimes 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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**The Mississippi Madawaska Land Trust
Finding New Ways to Raise Funds**

It's no secret that the forests and wetlands within the Mississippi and Lower Madawaska watersheds provide us with countless environmental and health advantages. Being in these wild areas can give us many emotional, spiritual, and physical benefits. They also purify both our air and water and provide homes for so many of our favourite wildlife. Wild areas are a key resource in our efforts to slow climate change because they sequester large amounts of carbon from the atmosphere.

The Mississippi Madawaska Land Trust (MMLT) is a volunteer-based charity committed to ensuring that wild landscapes are protected for us, our children, and grandchildren. MMLT stewards over 2,500 ac. in the region—some lands it owns, other lands on which it has a Conservation Agreement with the landowner.

Over the past few months, many of us have gained a new appreciation for how vital our natural areas really are. You may even have been among the hundreds of visitors we've seen since reopening to the public four of our eight MMLT nature reserves: High Lonesome Nature Reserve (Pakenham), cliffLAND (Blueberry Mountain near Lanark), Poole Family Nature Sanctuary (Carleton Place), and Rose Hill Nature Reserve (Denbigh).

Visitors tell us how walking our trails reduces their stress levels, provides much-needed physical activity, encourages artistic inspiration, and offers longed-for connection with nature, whether it be bird watching or simply

immersing themselves in the beauty.

MMLT relies on the support of generous community members and businesses to continue and expand its work. In normal times, MMLT would be hosting its popular 'Discover the Wild' series of field workshops, bringing nature enthusiasts together with expert guides to explore various aspects of the environment on our properties. These and other fundraising events would traditionally provide the income to meet our annual goals. But, these are not normal times.

So this year MMLT, together with radio station LAKE 88.1 FM, is trying something new and different. If we can't bring people together to explore nature, we will bring expert naturalists to listeners in their homes.

LAKE 88.1 FM will broadcast a one-hour Radiothon to benefit the Mississippi Madawaska Land Trust on its About the House program. Special guests, noted horticulturalist, Ed Lawrence, and naturalist/educator, Michael Runtz, will share their experiences exploring MMLT properties and bring to life the intriguing plants and animals found there.

Lake 88.1 Radiothon 8:00am Sat. July 25 to enjoy the discussion and offer your support for the important work of the Mississippi Madawaska Land Trust. Phone lines will be open for donations until 6pm (613-253-2722). Or donate online at mmlt.ca This event is sponsored in part by Lake 88.1 FM and the Carleton Place Terrace.

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Big Changes Planned for a Reimagined Greater Madawaska Library

By Susan Michalicka

It's been a long four months since Covid-19 forced the temporary closure of the Greater Madawaska Public Library. The Library connects residents to our community in ways that benefit everyone. Whether you're a family looking for a fun story time, an unemployed individual searching for online job help, or a senior looking for a lively book club, The library has always been a place come together to learn, share, and celebrate where they live. In today's world, we need libraries now more than ever.

As the Library plans to reopen, we needed to investigate new and revised categories of essential services or new rules for services based on the extent of openness we are allowed to achieve. We might need mandatory masks for public service, limits on building occupancy or visitors, or limits on the core social services that support our most challenged populations. All of this is relevant to day-to-day public library operations.

But being on lock down also gave us the perfect opportunity to re-imagine an expanded role the Greater Madawaska Public Library can play in the larger community. We felt we needed to reinvent our public library services to focus on building our

community face-to-face, inspiring, and educating patrons about relevant topics related to local issues and interests. More than just books and computers, our library needs to fully develop as a place where individuals gather to explore, interact, and imagine.

That's why, when we re-open – most likely in conjunction with the reopening of the school building -- we plan to be more than just a place to borrow books and use the WiFi. We want to expand our services to create an atmosphere of continual learning and development – rebranding ourselves as the Greater Madawaska Public Library and Learning Centre. We're hoping to establish an expansive Speaker's Bureau in which local experts would deliver short 20-minute seminars on topics ranging from running a business, through natural resource issues facing the county to sewing and cooking. In conjunction with the adjoining St Joseph's school, we will provide programs to complement their curriculum to help students meet academic goals after their long hiatus. Participating speakers, organizations and businesses will get recognized and we anticipate students who take part will generate

interest with their parents and in the wider community – increasing our clientele overall.

In addition to the Speaker's Bureau, the use of Library program room (which is now significantly under-used) will be optimized by making it available for small workshops (for example, an eight-week meditation session). All activities will be geared to target audiences, and be mindful of health and safety, accessibility, and mobility issues.

We can't open until we're fully ready and staff are trained and oriented not only to our new role but to all new policies, directives, and procedures. The good news is that all books are COVID-19 free if they've been locked in the library. But going forward, for staff safety we'll need to implement protocols for returned books and re-shelving. In short, our library may need to quarantine returned books for 48 hours before processing them back into circulation and order for staff to take appropriate precautions with them. We have a big responsibility to keep both staff and users safe and confident.

Long before we physically reopen, we will be advising the community of

the work underway to create the new programs, services and protocols that will be in place and on offer. Watch for updates and announcements via the Township website, the Library website and other social media and of course, the Madawaska Highlander. We plan to have a "Grand Reopening" to celebrate the community back to the Library and Learning Centre and promote all the new and exciting changes in place.

Whether you are a returning and new client, you can be assured that we've created a safe space, built on the community's trust. When restrictions on social gatherings are lifted, we plan to host events to reconnect the Library and our neighbours, residents, and the town. Look for the introduction of outdoor story times, Barbeques, or coffee/cake in the adjacent park or parking lot. These are great opportunities to rebuild our community's connections and remind everyone that the Greater Madawaska Public Library and Learning Centre is a welcoming, exciting and relevant place.

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Calm in a Stormy Sea

By Derek Roche

Perhaps the most frequently used adjective in 2020 has been “unprecedented”. Unprecedented indeed! The world has not experienced this in over 100 years. The entire human population, in varying degrees, is currently in the throes of disease, anxiety and uncertainty. As Canadians we are extremely fortunate to live in a wealthy country whose various levels of government actually care for its citizens, and who have done the best they can, under extremely difficult circumstances, to ensure our safety. Furthermore, as citizens who either live in a rural area or have access to property in this beautiful area of Ontario we are even more fortunate. We are the new “one percent” whose wealth has more to do with the quality of life allotted those who live in nature and who have a healthy environment composed of fresh air to breathe, clean water to drink and silence to nourish our souls.

Yet the question remains, “how do we not only survive, but thrive over the coming months surrounded by mixed messages, uncertainty and fear in the new world in which we live”?

Many of you who have read my columns over the years know that, in order to live a long and healthy life I recommend a healthy lifestyle which includes a diet rich in fruits and vegetables, moderate exercise, and staying hydrated by drinking lots of water (particularly during heat waves). However, I continue to strongly believe that the single most important activity that we can engage in for health, peace of mind and a balanced and happy life is meditation. This is even



more important during times of great instability such as the current pandemic. It is a well-known fact that stress compromises and weakens the immune system. It is critically important in the coming years to cultivate and maintain a healthy immune system to protect us in the event that we do get exposed to COVID-19 or any other pathogen that comes along.

If you consider that we are presently like small boats at sea with raging winds and large ominous waves, the most important thing for all of us is a safe harbour and a strong structure to tie up to.

Meditation provides this. By cultivating stillness we become present, quiet observers of our mind and our

emotions. We come to recognize when we are not in the present moment, when our mind is making up different scenarios based on fear of the future and ignorance about our current reality. If, as you read this article you take a moment to pause and be present, you may notice that your situation is not as bad as your mind makes it out to be. By letting go of fears and anxiety about the future, we create space to nurture higher levels of consciousness such as kindness, gratitude, compassion, joy and love.

Just to provide a concrete example of this, imagine yourself preparing breakfast while the mind is busy racing ahead and thinking of all the tasks that might be undertaken later in the day.

Some of these tasks might be stressful to think about. In that moment, you are not fully present to enjoy the preparation and eating of your breakfast. If you are practiced at bringing your consciousness into the present moment as regular practitioners of meditation, you might find yourself happy and relaxed while feeling a sense of gratitude for the meal.

Take a moment right now to breathe deeply and let go of unwanted stresses and beliefs that do not serve you. Consider your thoughts and beliefs and ask which ones serve you and which could be released as no longer necessary. The world, more than ever, needs each and every one of us to nurture thoughts of kindness and gratitude. We are all in this together.

Wishing you all the best in the days to come, and may you, your family and neighbors remain safe and healthy.



Derek Roche is an Acupuncturist, Nutritionist, Allergy specialist, and Zero Balancing practitioner with over twenty-five years experience working in Cambridge (UK), Halifax, St Catharines, and Ottawa. He practices in Ottawa at 2211 Riverside Dr, suite 106 and runs Natural Healing Retreats in the Madawaska Valley in the Spring and Fall on a private lake. Call 613 333-2368 or visit Natural-Healing-Retreats.com for more information.

Is it Safe to get my Teeth Cleaned?

By Tamatha Strachan



As dental hygiene offices begin to reopen, many patients wonder if it is safe to return. Concern about the risk of transmission during a visit to your dental hygienist is understandable.

Like many businesses, the pandemic has impacted the dental industry dramatically. As we all know the virus is spread mainly via respiratory droplets, which are created by some dental procedures. However, there have been no cases of COVID-19 traced to dental offices. Practices have changed to ensure your safety.

Dental hygiene offices are mandated to reopen for the health of their clients, since the link between your oral health and your overall health is well documented. In these challenging times many patients will be dealing with a heightened inflammatory response due to stress from being off work, dealing with the pandemic itself, or simply being overdue for their dental hygiene appointments.

Dental hygiene practices already follow strict protocols for the College of Dental Hygienists of Ontario and Public Health Ontario. We clean and sanitize everything with approved disinfectants specially designed for use in a healthcare setting to kill viruses, bacteria, and other pathogens. Now, due to COVID-19, we have additional safety precautions in place that apply both to our clinic and mobile practice.

What to expect at your Calabogie Smiles visit:

- We are ensuring social distancing between all individuals in the office building not wearing personal protective equipment.
- Routine disinfecting of all common surfaces, including door knobs, countertops, and pens.
- Staggering of appointments with more time allotted for each patient in order to reduce the number of people in the office at any given time.
- Your hygienist will be wearing a head cap, N95 mask or ASTM level 3 mask, face shield over the mask, gloves, and a disposable gown over their scrub uniform. You will be wearing a disposable gown and goggles.
- Patients will receive a questionnaire by phone the day before your appointment and also when you arrive at the office. Expect questions covering possible symptoms, recent travel and contact with potential positive COVID cases.
- Expect to have your temperature taken when you arrive in the parking lot before you are admitted to the clinic. If it is below 38 degrees Celsius, you will be welcomed inside.
- You will be asked to wear a mask or face covering.
- A preprocedural mouth rinse with 1.5% hydrogen peroxide will be available for you.
- Hand sanitization will happen at several points.
- Treatment areas are reconfigured with a separate administrative space. All rooms are enclosed with doors.
- We have added an air purification system and testing of the air quality so we can ensure sufficient air exchanges per hour to clean the air in the treatment room.
- Ozone and ultraviolet light disinfection equipment has been installed to eliminate viruses and bacteria.
- Within 48 hours of your appointment, you will receive a wellness check phone call to confirm you are not experiencing any COVID symptoms. You will be asked to report any symptoms over the next 2 weeks.

Our goal is to provide a safe environment for you while providing quality dental hygiene care. Please call Calabogie Smiles at (613) 220-6534 to book your comprehensive oral assessment and to create a customized treatment plan tailored to your needs. Referrals to appropriate specialists are available if required.

Safety Tips for Small Watercraft

By David Arama

Temiskaming, June 1978 Canoeing Disaster: 13 souls lost their lives on the first day. The causation determined at the coroner's inquest included inexperienced steering (steering), and communication in the large canoes, no canoe rescue skills or plans, 50-degree Fahrenheit water, and panic. It didn't have to happen.



In my opinion, canoeing is the best way to explore Canadian Wilderness, but my thirty years of canoe tripping taught us something. I've led over 3000 teenagers. I also did some research last year at area boat launches and it wasn't pretty. The OPP could make a fortune in tickets.

With the Pandemic and Staycations craze, we are seeing an increase in tragic mishaps. We are also witnessing many unprepared paddlers, unaware of boating regulations and environmental etiquette. Many newbies are heading into the backcountry and crown lands for the first time. The Canoeing industry is booming to the point that rentals and boat sales are hitting unprecedented levels.

At the conclusion of our 2019 Labour Day 3-day Canoe Trip from Marble Lake to Kashwakmak Lake (North Frontenac), I asked my students to observe boats coming into the boat launch and note safety violations. We saw several boats, in the span of an hour, with major safety issues. One small aluminum fishing boat was overloaded, had zero life jackets, rescue rope, or signal devices, and several empty cases of beer and coolers. I asked one of the guys "Where are your flotation devices"? He answered back sarcastically, "We don't need them"! Many good boaters were noted to be in full safety compliance.

Every year, we see motorized boats and canoes out on Marble Lake completely oblivious to severe weather. One day, we had a Tornado Warning for a vast area of Ontario, then the sky turned black, and upon checking the beach, I saw an aluminum fishing boat with two yahoo's consuming beer in the vessel, totally oblivious of the fury that was about to be unleashed. I blasted the air horns, while shouting obscenities. When they got to shore they were greeted by their grateful kids and very angry wives! Apparently, boat training is more of a rubber stamp, and doesn't substitute for experience, and doesn't include weather forecasting. Simply stated, when the thunder roars, get off the darn water ASAP!

TIP: Get up to date weather reports, and pay attention to watches, bulletins, and warnings. I have a barometer on my Garmin GPS unit that warns of bad weather. Marine reports can be found on AM/FM radio. And I really like checking with Environment Canada and the Weather Network on my smartphone and using a Wilson's We-Boost Cell Booster.

Boating Risk Management and Hazard Identification

Understand what the risks and dangers are on the water. They include drowning, hypothermia, weather and storms, and cracking an ankle or back while portaging, all made worse by poor planning, inexperience, and incorrect gear.

TIP: Take a Canoeing or Kayaking course! Learn basic paddling skills, canoe safety and rescue skills, and route planning/map reading skills! Learn how to forecast dangerous weather and storms and how to paddle in high waves.

Current Small Watercraft Canadian Coast Guard Regulations in Ontario (enforced by the OPP and Park/Conservation Rangers) for Canoes, Kayaks, Paddleboards, Peddle Boats, and Small Fishing Vessels and Rowboats, include the following must haves:

- 1 CSA approved flotation device per person, in the boat, properly sized
- 50 ft of heavy buoyant rope
- Water widemouthed baler of 1.1+ liter size and/or water pump
- Paddle properly sized/pp, and/or anchor in all watercraft
- Signal device, e.g. Fox-40 Whistle, air horn
- Wide 180-degree light for night travel
- Don't overload the boat's capacity
- No open liquor or drugs in the vessel
- No consuming liquor or drugs while on board

Warning: drunk or drugged operation of a small watercraft affects your automobile drivers license and insurance rates and is very dangerous and negligent. Note that fines for each safety violation can add up to several hundred dollars.

Peddle Boats and Paddleboards: The same safety rules apply as for any small watercraft! Note the weight size capacity for paddleboards.

Inflatable Toy Crafts: They are largely unregulated, and we're seeing an increase in accidents, rescues, and fatalities. You should still wear flotation devices, and have a signal whistle or air horn, and an emergency paddle.

For any boat with a motor, you need to have a "Safe Boaters License". A good bilge water pump makes sense, and an extra gas can!

Hypothermia Kit is also recommended: This should be in a plastic barrel pack, or a waterproof floating sealed bag. Contents can include woolens, sleeping bag, space blankets, Ensolite foam pad, granola bars, small camp stove and fuel.

TIPS: wear your PFD or life jacket at all times! I recommend a throw bag with rope of high quality, vs the typical cheap yellow nylon rope, since it's much more effective to throw the throw bag towards an overboard victim, especially against the wind.

Canoe Selection for Safety:

An important aspect of boating safety is the selection of the appropriate design, weight capacity, composite, and stability balancing. For flat water, gradual designs with a tracking keel are best, and there are lightweight and durable composites e.g. Kevlar, Graphite, and Aluminum. Moving water canoes have steep tumble home and rocker designs, and tough material composites e.g. ABS Plastics. For fishing, a Square back Canoe with a small 2.5 horsepower motor, or an Electric Trolling Motor, allows more accessibil-

ity into shallow and weedy areas (you can paddle!).

For a cottage, a cheap Coleman or Pelican canoe does the job (not good tracking, and very heavy for portaging). Kneeling is much more stable than sitting on seats because you have a lower center of gravity.

TIP: In a severe thunderstorm with falling branches and trees, crawling under an ABS Plastic canoe is much safer than staying in your tent!

Where to buy canoes and gear? My favourite canoe manufacturers are SWIFT, Langford, Mad River, Nova Craft, and Bluewater. There are many used canoe swaps, and also plenty of canoes for sale on Kijiji. Shopping in the fall or winter gets you the best price and selection. Safety gear can be found at MEC, Bass pro, Cabelas, and Canadian Tire.

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. marblakelodge.com wscsurvivalschool.com



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Journey Back in Time

By Marcella Neely

Our journey along Highway 41 is continued from the June-July issue...

In 1955 a motel and Sunoco gas station opened on Hwy 7 just West of Hwy 41 in Kaladar. Evidence of this still exists in the remains of the abandoned motel.

In 1956 the Ontario Provincial Police took over law enforcement. The organization was restructured and headquartered in Napanee in 1996. The Napanee detachment continues to serve our area from that base.

There were pockets of small farms but mostly rock continuing North. A rooming house was on what is now the Northwest corner of Flinton Road and #41. After prohibition it became a hotel. After World War II Doral and Alma Thompson built a restaurant on the East side of the hwy. It has had several owners and upgrades but the location is still a restaurant, now called Addison's. Just north of Addison's, the property now occupied by the new firehall was also previously owned by the Thompsons.

A little farther along on the west side Jim Lloyd operated a garage during the 1950s. In the late 70s he sold it to Bill Head who ran a Sport and Bait business from the location. The business closed and building demolished around 2000.

A Steadmans store was built where Maschke Funeral Home now stands. After Steadmans the building was an ambulance base in the south half and a furniture and gift store in the north half.

Immediately to the north, Fritz Nussberger opened Yamaha Sports in the 1990s. He also built storage units on the



William Both built this store. He was caretaker at the Slave Lake powerhouse for the Ore Chimney Mine on Harlowe Road. He was the first Postmaster. The name was changed from Kaladar to North Brook in 1890. The post office and first telephone switchboard. Both sold to Mrs. Mack who became the first Postmistress. Mrs. Mack to Amos and Beatrice Lloyd who later sold the store to Gladys Atherton for 'Glady's Cup and Kettle restaurant. Part of the Ellery Thompson Collection

property. For a short while after the Yamaha business vacated, a coffee and bake shop operated from the building. This general area was once the farm and sawmill of Welly Thompson.

Footnote: This information is primarily from the late Tommy Thompson (reeve) and the late Edgar Boseley as recorded by Roxanne Bradshaw in 1993. Excerpts from John Keith's article provided Addington Rd information (The Country Connection magazine, Autumn 1993). From the book "The Smiling Wilderness" by Frank B. Edwards came some Addington Road confirmation. John Bolton's memories enhanced the Northbrook section and Ford VanNess provided the list of Kaladar residents. Roxanne arranged and conducted the bus trip for the Pioneer Club in 1993.

As we enter Northbrook, we see how the Highway inspired modernization. The village of Northbrook had previously been named Beaverbrook, then Springbrook and finally Northbrook. At the turn of the century the village had a population of approximately 25 people.



Right: Methodist Church, which is still standing. It has served as a drop-off location for used clothing for the community and is operated by the United Church of Canada. In the background, on the right, is Thompson's Store.

From 1910 to the early 30's there was very little change. Once Highway #41 was completed some businesses began to change hands and more building was happening. By the 1950's it was quite similar to today.

Having just passed what is now the Auto parts store we see, on the east side of Hwy 41, south of Northbrook a private home that became Keith's small engine repair shop in the early 2000's. Not far is the home of Morris Reavie which had been built as Shaw Brother's Garage in the 1940s. In the 1980s it was taken over by Lemke Construction, Guide Rail & Fencing, then was briefly operated as a restaurant by Ralph Mills. Continuing North where now there is a car wash and laundromat would have been the vacant corner of #41 and Glastonbury Rd. Turning Right on Glastonbury Rd, you would have arrived at Lemke's Dance Hall which burned down in the early 1970s.

Fires were a serious threat to the area and totally wiped out entire settlements at times. In 1927 a particularly dangerous one extended from Actinolite to Henderson. In the 1940s the east side of Glastonbury Rd was victim to fire.

Just a little to the east and across the road, used to be Gerald Tully Trucking & Road building. Amos and Beatrice Lloyd tried to run a general store on the corner for a short while, but they also had a farm on Gun Club Rd. The Thompson store in Northbrook was too much com-

petition and the farm took up much of their time.

During the 1930s the S.E. corner of Glastonbury Rd and Hwy 41 was the site of a general store with living quarters and a restaurant, "Glady's Cup & Kettle". The general store was owned by Billy Both. He had a White Rose gas pump on the curb and a pool hall adjacent. Until the early 1950's a post office was in the store. There was also a used furniture store run by George Both. It seems George was able to get a license to sell beer but being quite religious he was uncomfortable and sold the business. Steve Lancaster and his partner eventually owned the location and called it "Lancaster Junction". When the building burned the old post boxes were still on the wall. It was rebuilt as a restaurant, then operated as Interior Zone Decorating then a Real Estate and Hairdressing. The Real Estate Office still occupies this building. Directly opposite Glastonbury Rd. on the highway was the Shire House which was a boarding hotel. In the late 30s and early 40s Bob and Eva Jackson operated it as the Village Inn. They had rooms, a restaurant, taxi service, and Supertest gas. It was sold to the Mordak family around 1960 for a general store. Mr. Mordak applied to have the property recognized as a local landmark stating it had been a stagecoach depot and rooming house, making it of historic nature. This attempt was not successful.

A house was built immediately behind the store and the old store demolished. The Gleecoff's bought the house and it is currently the home of Charlene & Kevin Van Dusen. (As close as this home is to the road it is difficult to imagine how another building existed in front of it.) Next to that was a small house serving as an office for Dr. Richardson and later for Dr. Sutherland. It was torn down to extend the IGA (Foodland) parking lot.

Information for this section is primarily from John & Elaine Bolton and from Roxanne Bradshaw's 1990's Road Trip.
To be continued...

Starting Aug. 8, Christina (Berndt) Hermer's book, "This was Yesterday - A history of the village of Denbigh and the townships of Denbigh, Abinger and Ashby" is available at the museum for \$20. Open every day until Labour Day, 10am to 3:30pm

Anyone looking for information is welcome to visit the Flickr photo gallery, read through our newsletters at cloynepioneeremuseum.ca, or contact us at pioneer@mazinaw.on.ca

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link. We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca

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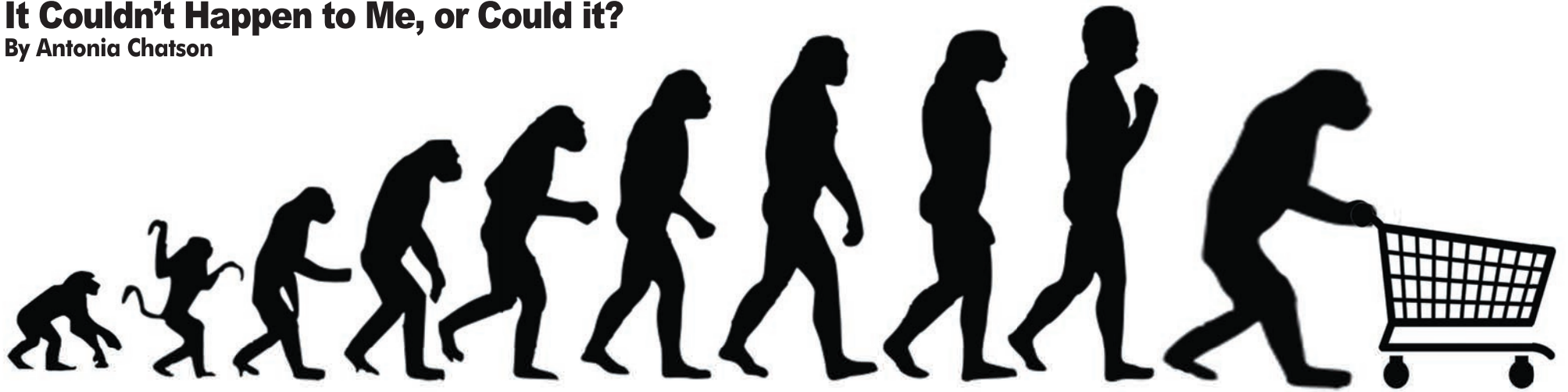
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It Couldn't Happen to Me, or Could it?

By Antonia Chatson



Our family always watched a lot of programs on channel 888 or Accessible Media Inc. They would air a lot of the older serials that had completed their airtime on other channels. Way back when we would delight in *I Love Lucy*, *The Andy Griffith Show* and *All in the Family*. More recently my daughter and I would watch *Magnum* and *Matlock*. There were always programs on or about people who were disabled, which intrigued me. Then I became mesmerized by the athletes in the Special Olympics. I would marvel at the speed of legally blind skiers spinning down the slopes or one-legged ones who could see. I admired their dedication and purpose-driven life to prove their independence and commitment to what heights a person could succeed with determination. There was no lollygagging around feeling sorry for themselves, and the words "giving up" never entered their vocabularies. Watching shows featuring people with various disabilities, I could not help but fantasize about the possibility of suddenly being struck down by some debilitating disease. I had to take that route since I was not born handicapped. (Some people might disagree with that one.) What would it be like if I had one leg or no legs or no arms or became a paraplegic? Would I prefer that over being either totally or legally blind? Lately, in the few minutes left at the end of shows on AMI, they started having experts show how the apps on a phone can help people who were blind navigate around a city. By the time they explained how to use a certain app and what to press when or punch there, I was totally out of my depth. I had originally taken a shine to being blind because of the wonderful dogs I might have to guide me around. But after watching Tasia Custody and her apps, I felt I should lean more towards a dismemberment of some kind.

My heart always went out to people with disabilities and I wondered, if I had one, would I be able to show as much courage, determination, dedication and cheerfulness? I always admired Kelly MacDonald, who is legally blind, who said that when he was growing up his father always admonished him to have at least one belly laugh every day. And his father further stressed that even if things were not going well, one should still indulge in at least one belly laugh per day.

And then it happened. After my hip surgery, I was unable to stand up straight. Numerous physiotherapists played with exercises and the height of my cane thinking that was the root cause of my bent over posture. I had MRIs,

X-rays and ultrasounds which all came back showing that my innards were normal. Because everything on the inside appeared to be normal there was obviously no further concern about trying to get me straightened up. Keeping Kelly and his father in mind I joked that I was unable to lead an upright life, nor was I able to look anyone in the eye or be able to stand on my own two feet. My assessment of my condition was that I was a walking advertisement of Darwin's theory of evolution.

When concerned, curious or even nosy people asked me if it was my back that was giving me trouble, all I could reply was, "No, it's my front". Well, that explained nothing fast. What it felt like was that something in my diaphragm area had seized up. I thought if I could just drill a hole through my belly button and give it a shot of WD40 to loosen things up, the tightness would disappear, and I would bounce up to normal height. It was rather like walking with a ten-pound cannon ball hanging from my ribs.

Well, for the moment, I had no choice but to embrace my condition. After all, there were some perks. They started small, like people opening doors for me. Well, I thought, I spent the first half of my life opening doors for other people, I guess the second half of my life will be spent going through doors opened for me by other people. Then my daughter got me onto the paraplegic buttons that you press to open the door for you. Often, they are not obvious, or a distance from the door so I tended to direct my paths down well known areas so I would know where to find them. Then I noticed that other people were getting lazy by using them to open the doors for me rather than opening the doors themselves. At least they could find the buttons. The biggest perk of course is being able to park in the disabled areas near to the fronts of stores (avoiding the ones for pregnant moms which might arouse some questions should they see me emerging). These accessible parking areas themselves can be abused. I parked in one at Walmart. I had done some shopping and had returned to the car to await the return of my daughter. I was engrossed in reading a book when out of the driver's side of the truck next to me emerged a man with the agility of a monkey. He slowly slammed his door shut and purposely strode to my passenger's window. He leaned down low and shouted at me, "This isn't a library you know!"

Invariably when we went to No Frills, people would jostle with each other

to push an empty cart towards us, always refusing the quarter my daughter would offer them. I was extremely touched one time, shopping at No Frills during the height of tourist season in Bancroft. My daughter had gone looking for some items, so I was by myself with an overloaded cart. As long as I could hang over a shopping cart, I could pick up a few items. But I could not, this time, get my overloaded cart turned around. Through the throng of self-absorbed tourists, emerged a teenaged girl, who grabbed the end of my cart, saying, "Which way do you want it turned?" Bless her. Another time at Walmart, a man followed my daughter and I out to our van and off-loaded all our groceries into it. If a friend takes us shopping, he does all the "stoop" labor and our neighbors up the road always get a few items for us when they go to town. I also am becoming quite adept at hooking my cane around items that are too far back on the shelf to be reached by hand. There was one time Can't Believe margarine was on sale and the only tubs available were way back on the shelf. I hooked enough tubs not only for myself but also for three other customers as well. And I no longer feel shame in asking either a worker or an innocent by-stander to hoik down items from impossibly high places. Two things I cannot do are to stand, or to reach up.

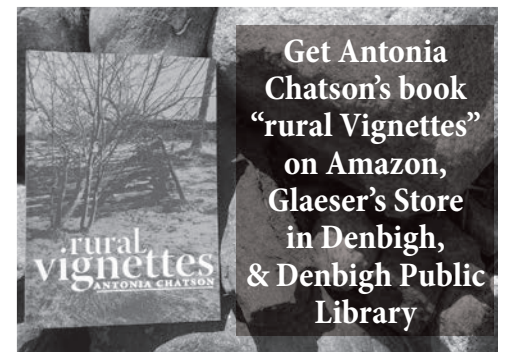
So, as I go my slow way down the aisles, hanging over the cart, getting the easy pickings, my daughter tears off with a basket to negotiate higher items or items in the produce section that require bagging. Sometimes she gets carried away and forgets about her poor old Ma. It was in Walmart and I just could not "hang over" any longer. Of course, they provide no place to sit down, for obvious reasons. Then it struck me - the fitting rooms have seats. So, I positioned the cart half out of hanging clothes making sure that the bag of Whiskas, kitty litter and treats were visible and collapsed onto a fitting bench, hoping there would not be a rush on clothes for a while. Sure enough, ten minutes later, when I had got my breath, my daughter bounced to the door of the fitting room, laughing, and said, "I knew that had to be our cart. No one else would be buying that amount of cat stuff".

But the ultimate accolade to the disabled old lady occurred at the Landis Fruit Market one fall. We had purchased quite a bit and as my daughter was off-loading it into the van, a lovely Mennonite lady came running over to us. In her hand was a hanging basket overflowing with the most enormous fern I had ever seen. She handed it to my daughter, say-

ing that it would keep us company over the winter. Now how did she know how much I loved plants?

Now getting back to, "No, it's not my back, it's my front". I thought to Google and see what I could come up with. So sporadically over the years, I obtained various diagnoses, none of which seemed to be a perfect fit for my condition, that is, until last fall. I thought I had it nailed this time. Being such a rare condition, they might even name it "the Darwin Syndrome". I have yet to find a specialist that agrees with me!

But then I began to reconsider. Do I really want to give up all the perks of being in the disabled category? Do I really want to park half a kilometer from the entrance to Walmart? Do I really want to pay the 25 cents for our shopping cart at No Frills? And who knows what plant that lovely Mennonite lady might give me next fall? But then - I didn't feel morally justified, if I were cured, in taking away these perks from some other disabled person, who might be unfortunate enough not to be able to be cured. But I am getting ahead of myself. As of the time that I am writing this, I am still a strong proponent of Darwin's theory of evolution. Only time will tell.



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

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



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.

Citizen Scientist Wizardry for the Urban Forager

By Colleen Hulett

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



Yarrow. Leaves can be eaten raw or cooked, best used when young, but not in large quantities. Tea is made from the flowers and leaves.



In addition to its medicinal use, mugwort has been used for smudging, protection, and inducing vivid dreams (placed underneath a person's pillow).



Oxeye Daisy. Spring shoots, roots, and young leaves can be eaten raw. Unopened flower buds can be used for flavouring.



Invasive Garlic Mustard. Delicious young stem. Sweet, succulent, garlicky flavour. Eat it and save the biodiversity of the forest floor.



Burdock. Root is a powerhouse of antioxidants, including quercetin, luteolin, and phenolic acids, which reduces inflammation, helping osteoarthritis.



Wild Sweet Peas (above) are edible in limited amounts and Wild Parsnips (below) certainly are not edible! Avoid wild parsnips and report where you see them. The sap will burn and scar you.



I hope you were able to find the courage in my Front Yard Forager article (May/June 2020 issue) and were able to consume some yummy dandelion greens. I just recently learned that you can substitute steamed dandelion stems for pasta! Now that sounds delicious and healthy! If I was able to get you grazing from your yard, I am now hoping to get out foraging your neighborhood and possibly join the growing community of urban foragers. The position being that if you forage close to home, like in your neighbourhood and its edge lands, then you will most likely go out more frequently to consume fresh, nutrient dense free food. The urban forager's goal is to forage and cook within the hour and consequently satisfy that ancient nomadic pull too.

When I'm foraging, I can't help but feel connected to the ancestral knowledge of the past gatherers on Earth. I know I exist because they mastered the art of foraging and passed their knowledge down through kin. I feel grateful knowing I can feed myself in a time of crisis and be resilient just like my ancestors.

I'm not a science experiment, so yes, that's right, I don't want artificial flavors or preservatives in my dinner or my body if I can help it. More importantly, I certainly don't want to be stuck with limited food choices dictated to me by the agribusiness giants. I happen to like my teff pancakes thank you very much and this grain shouldn't disappear from the shelves just because more money is banked on a cheaper crop. Besides wild foods are packed with nutrients their mineral deficient farmed equivalents could never match.

How can one be that fast you ask? You have to know what's growing around the corner, in abandoned fields, lots, forest edge, gravel roads, the neighbours fence, municipal treed areas, etc. You also need to do a quick historical background check of the area you will be foraging in order to know if the soil is safe from industry. City historians, planners and foraging groups in your area may have already done this research so contacting them is a great benefit. While strolling your neighborhood you need to actively notice what is growing and where it is growing and also note when certain parts are ready for picking. Over time you will begin to notice the habits of the weeds around you and learn when they are prime for picking. The more you know your hood the more successful and faster you'll be in the kitchen.

It may sound like a lot of work, but it really isn't, especially if you have a smartphone. Yes, there is an app for that! There are several identifying apps to choose from, and some are okay, but I found most are not very good at all.

I encourage you to try iNaturalist because it seems to be the most accurate. This app is produced by National Geographic and has real scientific researchers and citizen scientist members that verify or challenge your findings. It has so many members that identifying the plant in front of you is quick, easy and mostly accurate. I personally call the app the 'citizen scientist wizard'. This app not only is a great tool to conduct your own research, but it also does many cool things like map your findings and shows you what else was found in the area like insects, fungi or fauna even. In 2019, a dozen of my iNaturalist observations

were tagged for research purposes and that's very cool to me. In fact, in 2019 over 20 million identifications were submitted into this app. Most entries were plants followed by insects.

Some people are concerned that we can't go back to foraging because there are not enough wild foods for all, or we'll eat the world to death. I say please stop attacking the thin percentage of foragers who actually love and are grateful for every plant they pick and go take up your argument with the soil killers. I heard somewhere that if agribusiness giants continue to add herbicides and pesticides to our soil then all of our quality farmable soil will disappear in 60 years! I predict that soon we will be seeing farmers advertising the mineral content of their farmland soil to entice shoppers into choosing their product. I'm afraid we are pretty close to this sad reality. You don't want this, right? Urban foragers don't want to eat all the planet's food. They want to eat the neighbourhood invasive weeds and bring the hood back to its natural biodiverse self. Eating invasive species, like garlic mustard or Japanese knotweed, for example, can be a great help in stopping the invasive plants from pushing out native species in your area and ultimately destroying their habitats. Some invasive species have no known predators except humans, and I say eat them if they aren't toxic. The very act of eating edible invasive plants makes you a conservationist and steward for your neighborhood's indigenous flora. Wildcrafting is the responsible way to forage indigenous species so please follow its methods so you can eat native plants responsibly.

The iNaturalist app is easy to us. Download the iNaturalist app and point your smart phone's camera at a natural subject and snap 2-4 photos (or upload photos from your photo library). You will get a more efficient suggestion list if you take a photo from the top, bottom and side view and also a closeup feature. The app will scan photos and suggest similar-looking plants that others have seen in the same geographic area. One of the first two suggestions listed are usually cor-

rect. When you are on a trail you can also open the app to view a map of all previous sightings in area and each citizen scientist reporter will have their unique coloured map pin. You can follow and comment on other citizen scientists' findings too.

This app allows you to become the neighbourhood expert of the nature surrounding you and document your favourite foraging areas. You can plan a monthly neighbourhood weed walk and get the street involved in the fun. You can engage the kids by asking them to draw their favourite weeds after a walk and they will gain a unique relationship with these plants for the rest of their lives. When we create, a drawing for example, we are actually experiencing our own creation and the feeling is incredible and nurturing to children.

With the handy app you can also become a steward for the endangered species discovered in your area and even use your findings to fight developers encroaching your space. The possibilities are endless but more importantly you will become confident in your natural environment, have a unique relationship with the plants in your neighbourhood, and more importantly, return to the resilient human your ancestors want you to be. Welcome back Earthlings!

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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We call them Rivermen

By Ernie Jukes - Artist, Writer, Rover

Say now, here's a part of our woody past that deserves to be told again. It's about a special breed of men...some you knew, some you heard of, some may even have been your relatives... all were tough adventurers that applied their logging skills to a giant Ontario industry of yesteryear. You see, back in the day, when the sailing ships of Europe still required large, strong, masts and timber for naval outfitting, and when Canada needed railroad ties for a new industry, the demand for our thick, tall, trees continued. With more accessible forest than any other country, and more waterways, we naturally outproduced all others.

It would start each season with hundreds of tough young men going to "Shanty", in most parts of Northern Ontario. Our huge province, larger than many countries on the planet, would accommodate hundreds of companies and thousands of woodsmen working six months cutting logs in the bush. The remaining six months could be employed using our lakes and rivers to move the product to market. It is this latter logger that we give a tip o' the hat today. We called them "Rivermen."

These fresh young men would arrive from all over, country and city alike, to the Camboose Camps across the province. Many grew up in our valley. They all had a desire for hard work and adventure. Most importantly they were strong, agile, nomadic, and would travel anywhere to make a rough living and move timber for the wealthy lumber barons.

Some were Indigenous, some were Scots, English, Irish, German, Polish and French with names like Whiteduck, McLaren, Thomson, Kelly, LeClair, Carswell, Keller, and MacPherson, all ready to share this highland experience. They were given a straw mattress and five blankets each upon arrival at their crowded and usually drafty bunkhouse. Since it could accommodate as many as sixty-five of their comrades it was probably smelly as well. There could be a number of bunk houses in most logging camps. Many were attracted to a particular camp simply by the reputation of the cook and cookie who stayed in the large Cook House where the Camboose fireplace helped prepare the meals and gave it its name.

The remaining separate building was the Wash House which was the busiest on Sunday, their day off. Also, a time to repair clothes or personal equipment. Or simply snooze! Up before dawn with a breakfast of ham and eggs, pancakes and molasses or porridge. A lunch of beans and stew was taken into the bush and more beans and salt pork with bread and dessert for after-dark supper, all kept them going quite well for the poor pay. Evenings were spent playing cards, singing and music and telling some tall



"The Rivermen" A watercolour painting by author – artist Ernie Jukes AOCA, shows a crew of loggers breaking up a hazardous log-jam on our Madawaska. Colour prints of this scene and others are available at his Camp J Studio, Frontenac Rd., Matawatchan.

tales. When the fiddle and harmonica started so did the earliest known step or clog dancing, some say an Irish jig.

There was usually a "Smithy" in the camp to help maintain the saws and equipment. They and the "Teamsters" made sure the horses and wagons were always ready to haul the timber from the cutters in the bush to the waterways. Here they worked dawn to dusk for the many months, cutting trees to the desired length, and moving them to the shore. Until at last they heard the springtime cry, "She's breakin' up!" This meant that it was now time for the next crew of lumberjacks in their Canadian tartan, flannel shirts, suspended pants and logger's boots called Corks, to move the tons of timber downstream to the mills and overseas. One of the old sayings about this dangerous job was "Be quick or be dead."

Teamwork was even more important starting with the "Rollers" that dumped the piles of logs into the thawing waterways beginning what was to become an institution – the log drive. This was the beginning of 15-hour days by the hardest of men, moving huge amounts of cut trees out of our back country down to the Ottawa River and eventually down the St Lawrence to Quebec City. These large booms called "sticks" were then directed to pulp or sawmills and to ships to go overseas. Their tents and kitchens followed them like a quest of knights.

Among extra talents that the Rivermen possessed was the ability to read white water and the agility to move quickly from one log to another with others waiting to crush them. They would navigate the treacherous rapids, slipping between rocks and logs in their eight-man bateaux. This wooden planked, flat bottomed boat would take them quickly to the "jam" where the "River Hogs" would jump for their lives onto the caught, clogged log jam. Using their pike poles and peaveys and occasionally dynamite, they would break it up and send it

rushing on its way.

These loggers have been left in an almost forgotten part of our history, that should be kept alive and told to our youth and new immigrants. These men gambled with death and lived their job against enormous odds. We have landmarks on our river maps of Ontario showing names of departed "Rivermen". You will see at the top and bottom of many rapids that they are marked for their watery graves. If you are on a canoe or

kayak trip you may experience their fate on a portage. In fact, log drivers lost more men as an industry, next to war, many of them right here on the Bonnechere and Madawaska rivers. So, when you get out and about in your driving around our great country, why not poke your head into one of the many "Logging Museums" that exist all over North and Eastern Ontario. You will see first-hand much of their equipment and gain much more of their wonderful history. You'll see the two-man crosscut saw, the simple bow saw and axes, especially the broad-axe, and peaveys and hooks of all kinds.

Oh, by the way we are still North America's, and possibly the world's, largest producer of transmission poles and wood building products.



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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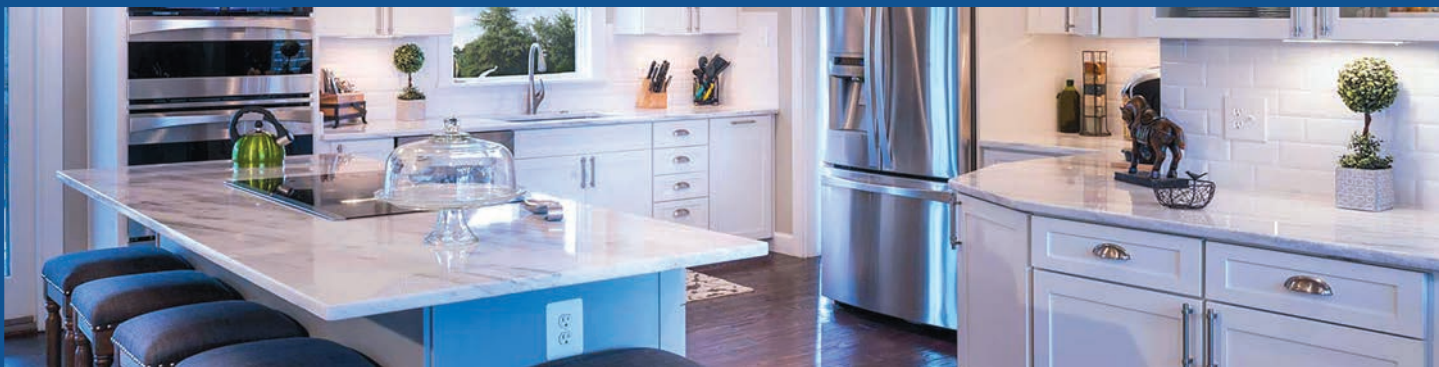
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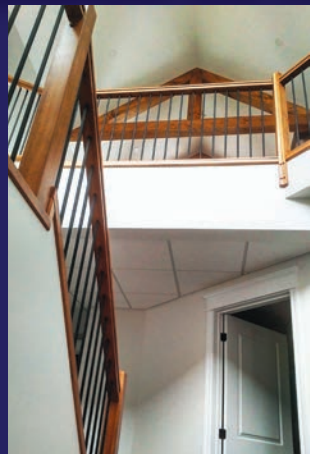
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