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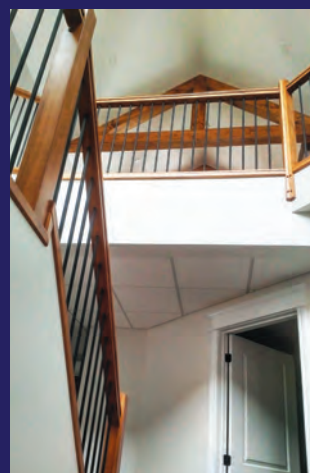


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THE MADAWASKA HIGHLANDER JULY 2026 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

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

June
2026
FREE Vol.25 Issue 3
Next issue August 5

Welcome!

...To Summer in the Highlands! What a Difference a Month Makes! That's what Tony declares as he reports an abundance of activity in Wild Things. It's time for all of us to get active. Find The Best Paddling Launch Points in the Highlands in Happy Trails and get out in nature.

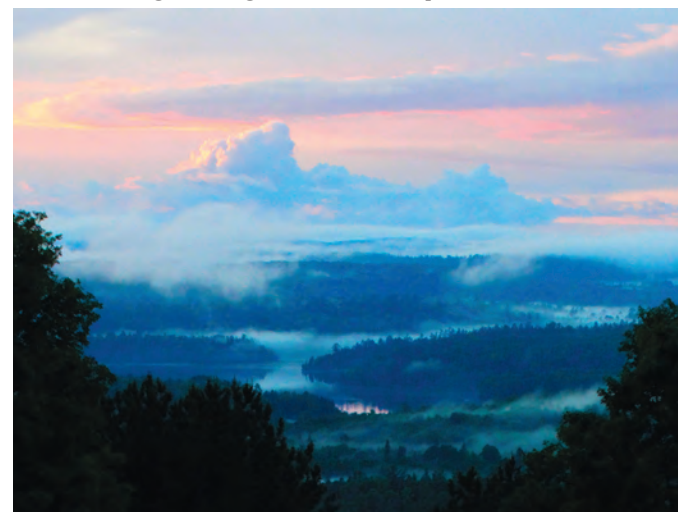
The Mississippi-Madawaska Land Trust is preserving nature for the animals, humans, and the birds and the bees, with another 93-acres at Clyde Lake. You don't really know about The Birds and the Bees until you learn how light pollution harms them, in Let there be... Dark Skies. They become captive in light beams! We feel sorry for captives, but have you ever thought about The Tragic Life of Captive Trees? Colleen bemoans the fate of lonely urban trees in Highlands Hiker.

In Memories of Vennachar, Bill explains how British North America (Canada) avoided capture by the US in 1814. Read all about it in The Americans are Coming! Building the Canal that Built Canada. It's hard to reconcile that defensive alliance of French, British, UEL, and Indigenous warriors who repelled the Americans with the awful truth of Indigenous history, but we can learn truths and celebrate Reconciliation Through Art, Sept. 27, Oct. 4 & 5 in Almonte. Read all about it in Out and About.

The truth is a valuable thing, but it's OK to Tell Lies if You Call it Fiction, honestly! Find out why in The Short Story Contest column and encourage your kids to enter a story. Samantha Youman's 1899 diary entries conclude in Rural Vignettes. Everyday life was different back then and fire was a constant fear, so they kept watch. Learn about Fire Towers and their Role in Cloyne Historical.

Sadly, even with modern technology and prevention, a June 14 Fire Destroyed the Historic Marble Lake Lodge run by Survivor Guy and his wife. David chronicles the ordeal for us. The good news is the overwhelming community support that's kicking off with a Community Healing Event on July 4.

News is important, so be sure to read GMDV News, Bogie Beat, and see what 's happening in Library Matters. This kind of news is news you can use in this beautiful, culturally rich, natural highlands playground. And as always... Enjoy...



Clouds lifting above the Madawaska after a storm in June. Pic by Lois Thomson



This snapping turtle did not appreciate getting a lift across the road in Calabogie. "I was doing just fine, thank you very much." Pic and kind deed by Joel Bostwick

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CONTRIBUTORS THIS ISSUE

Thank you everyone!

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Tony Beck
Rick Scholes

Bill McNaught
Lois Thomson



SMILING THROUGH - The cartoon by Ivan Glassco, printed in the Hamilton Spectator in 1935, shows Canadian Prime Minister Mackenzie King and U.S. President Roosevelt breaking through trade barriers, symbolizing cooperation. This reflects their efforts to reduce tariffs through the Canada-United States Reciprocal Trade Agreement during the Great Depression. The Hawley-Smoot Tariff earlier had worsened economic conditions by sparking retaliatory tariffs and trade declines. Image and information from mackaycartoons.net

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NEWS & VIEWS - GRIFFITH & MATAWATCHAN & DENBIGH & VENNACHAR

Key addresses: **GRIFFITH:** Griffith & Matawathan Recreation Centre (Denbigh-Griffith Lions Club) 25991 Hwy 41. Ginza Rink Park and Pickleball Court, 15 Ginza Street. Adams Berry Farm & Market 25761 Hwy 41, Griffith Hilltop Church 25197, Hwy 41 **MATAWATCHAN:** Matawatchan Hall 1677 Frontenac Road. **DENBIGH:** Denbigh Hall 222 Hwy 28. Heritage Park, 48 Lane Street. St. Lukes Church – 188 Hwy 28. Addington Highlands Community Centre and Food Bank 31 Central Street. **VENNACHAR:** Vennachar Free Methodist Church 424 Matawathan Road.

By Charlotte Dafoe



Even with power down in the area, Ryan Cook entertained a crowd at the Matawatchan Hall, May 30.



Jonathan Jones gave an up close and personal performance for patrons at Adams Country Market.



We have so many amazing volunteers in the area that make life better, that it's especially nice when some of them are honoured. Andrea Levy (third from the right) received one of 18, 2025 Ontario Senior Achievement Awards for keeping seniors active through aerobics and her work at the Matawatchan Hall. Valerie Hinsperger, 6th from the right, was also recognized for her contributions in Eganville, some of the places where the Highlander is distributed.



Denbigh Recreation's 3rd Annual Horse Pull on June 20th was a crowd pleaser. Spectators enjoyed an exciting afternoon featuring both light and heavy classes, along with great food from the canteen and a 50/50 draw. A heartfelt thank you to the committee members, participants, and community volunteers whose hard work and enthusiasm made this annual event such a success.



Lion President Maurice Leveille presented Team Ontario Special Olympian Allison Parkes with \$500 for her trip to compete in the Medicine Hat Alberta special Olympics.

Township of Greater Madawaska Programming Recreation & GM55+ (SALC)

There are plenty of opportunities this summer for residents of all ages to get involved, learn something new, stay active, and connect with others in the community.

Here's what's coming up:

GM55+ is putting out a call to musicians across Greater Madawaska! We're looking to connect with residents aged 55+ interested in helping form a new community music group. Whether you currently play, are returning to music after time away, or would simply like to get involved, we'd love to hear from you.

Led by experienced trombonist Carole Mundy, the group will be shaped by the interests and talents of participants. To express your interest, email salc@greatermadawaska.com or cmundy@sympatico.ca and include the instrument(s) you play.

Enjoy a fun and relaxed Stand Up Paddleboard & Kayak Experience with Mad River Paddle Co. No experience is needed—just come ready to get out on the water and have fun. Sessions take place Thursday, July 16 from 11am–1pm at Centennial Lake Boat Launch (at the bridge on Centennial Lake Rd.) and Friday, August 21 from 10am–noon at Mad River Paddle Co., Calabogie.

Registration is required through the online registration form, at the Township office or call 613-752-1129. Cost: \$10 Members | \$40 Non-members.

Join Courtney Marie for **Nourish Your Vitality: Thriving as We Age** a presentation focused on practical nutrition strategies to support healthy aging, improve well-being, and help participants feel energized and balanced. Wednesday, July 22, 1–2:30 pm at the Calabogie Community Hall, 574 Mill St., Calabogie (Additional Griffith session offered September 16). Registration is required through the online registration form, email salc@greatermadawaska.com.

com, or call 613-752-1129.

Families are invited to enjoy a **Garden Fairy Picnic in Griffith**, an afternoon of creativity by painting fairy and bird houses and planting flowers. Saturday, July 11 from noon–4pm at the Griffith Recreation Centre. No registration required.

Gentle Yoga is a low impact yoga class designed to support mobility, balance, and overall well being. Suitable for all experience levels—come as you are Mondays, 10–10:45am, June 15 – September 14, 2026 (No classes August 3 & September 7) at the Griffith & Matawatchan Recreation Centre. **Register at greatermadawaska.com/salc or by calling 613-752-1129**

Registration is still open for a week of fun activities at the **Griffith Day Camp: July 20–24. Register online at greatermadawaska.com**

GM55+ is planning a special **trip to Kingston for the 1000 Islands "Heart of the Islands" Lunch Cruise**, on Thursday, September 3, featuring Premium Table seating. We'll be boarding the Island Star (Crawford Wharf) at

noon. Cruise time is 12:30–3:30pm. Entertainment by The Spencer Evans Trio with a British Invasion theme.

We'll have three pickup locations across the Township, so everyone has a chance to take part in this wonderful day on the water. Full details and registration will be available soon -GM55+ SALC members, watch your inbox.

Permanent and part-time seasonal residents 55+ are encouraged to become a SALC member at no charge by calling 613-752-1129 or visiting greatermadawaska.com.

Services Available in our Community

The **Denbigh Community Food Bank**, located inside the Addington Highlands Community Centre, is open on the 2nd and 4th Tuesday of each month from 10–11am. For more information, call Gail at 613-333-2224.

Ongoing Events

- Looking for friendly conversation over coffee or tea? Join the **Denbigh Well-**

ness Group every Tuesday at 9am on the outside patio at Rosie's Café & General Store for the months of July and August. To learn more, contact Gail at 613-333-2224.

- A reminder that the **Land O' Lakes Community Services Diners Club** takes a summer break in July and August.

- You're invited to gather in **fellowship at St. Luke's United Church** in Denbigh every Sunday at 10am. All are welcome to attend.

- **Pickleball continues every Friday** at the Ginza Park Rink in Griffith. Please note that the **start time is now 10am** before it gets too hot out. All skill levels are welcome. Lessons are available, and beginners are especially encouraged to come out — just show up and play. For more information, contact Sandy at 613-333-1932.

July

- **The Lions Club's Art in the Highlands Exhibition & Art Sale** will take place at the Recreation Centre in Griffith on Saturday, July 4th from 10am–4pm. Visitors are invited to explore a showcase



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of talented artists and unique artworks. Admission is free, making it a perfect opportunity to enjoy local creativity and support the arts.

- **Saturday Morning Socials at the Matawatchan Hall** are the perfect way to start your weekend! Join us from 10am – noon for great company and music.

July 4th – music with Derek Roche
July 11th – music with David & Denise
July 18th – musicians welcome
July 25th – musicians welcome
July 18th – musicians welcome
Aug. 8th – musicians welcome
Aug. 15th – music with David & Denise
Aug. 22nd – music with Jamie
No Social on August 29.

- **August 1st from 10am - noon is the Annual Yard & Bake Sale at the Matawatchan Hall.** Come browse treasures, enjoy delicious homemade baking, and support your community. For details or to book a spot, contact Nancy Reid at reid.nancy42@yahoo.ca or 613-333-9556

- **Denbigh-Griffith Lions Club Bingo** will be held July 7th and 21st, and August 4 and 18. Doors open at 6pm, game starts at 7pm.

- **The Griffith & Matawatchan Fish &**

Game Club will be hosting the Kids Fishing Derby on July 11th from 10am to 1pm at the Aird's Lake Boat Launch (on Aird's Lake Road, 1.6 km past Snider's Tent and Trailer Park). Open to kids 17 and under, this free event ensures that every junior participant receives a prize. BBQ items will be available for purchase, and drinks will be provided at no charge. Participants are welcome to fish from shore or from their boat and must have adult supervision, proper safety gear, a fishing rod, and a fishing licence if applicable. Worms will be supplied by the GMFGC. Representatives from the Greater Madawaska Public Library will be there with kits and games for the kids and Greater Madawaska Fire Department will be on-site offering a special demonstration for the kids. It's a wonderful opportunity for young anglers to enjoy the outdoors, learn new skills, and take part in a fun community tradition.

- **Denbigh Recreation is hosting a Kids Dance — Fun in the Sun** — on July 18th at Denbigh Hall from 6:30–9pm. Drinks and snacks will be available for purchase, and admission is free. Bring the kids for a fun summer evening of music, movement, and friends.

-Denbigh Recreation will host its **Community Corn Bash and Vendor's Market on August 8th** from 11am - 2pm at Heritage Park, 48 Lane Street, Denbigh. The event will feature live music by Bahoo & The Brat, along with kids' games, face painting, temporary tattoos, crafts, baked goods, a yard sale, and more. Interested vendors can email denbighrecreation@gmail.com for more information.

- **The Griffith & Matawatchan Fish & Game Club will host its Annual Pork**

Roast on August 8th from 3:00-9:00pm at the Matawatchan Hall. This popular summer event will feature live music by Bird King, a cash bar, a kids' zone, games, and of course, amazing food. Tickets are \$15 for adults and \$5 for youth 12 and under. It's a great opportunity to enjoy good food, good music, and good company with the community.

- Please see the ad on page 9 for the **Hill-top Church's Vacation Bible School** to be held August 17 to 21 for ages 4 - 12.

BE SURE TO FOLLOW ON FACEBOOK

Stay connected with what's happening in our communities! Follow the Denbigh Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club, Matawatchan Hall, Villages of Griffith & Matawatchan, Greater Madawaska Seniors Housing Corporation, Township of Greater Madawaska and local businesses on Facebook for news, updates, and events.

EVENTS AT A GLANCE

July 4th, 11th, 18th, 25th, August 8th, 15th, 22nd - Saturday Morning Socials at the Matawatchan Hall

July 7th & 21st, August 4th & 18th – Denbigh-Griffith Lions Club Bingo

July 11th - Griffith & Matawatchan Fish & Game Club Kids Fishing Derby

July 18th – Denbigh Recreation Kids Dance

August 1st - Matawatchan Hall Community Yard Sale

August 8th – Denbigh Recreation Community Corn Bash and Vendor's Market

August 8th - Griffith & Matawatchan Fish & Game Club Annual Pork Roast

September 5th - Open Mic at the Matawatchan Hall

September 26th – Musical Performance by Vicki Brittle at the Matawatchan Hall

BOGIE BEAT

Calabogie Folks & What they're Up To

By Morgana Dillingham



Guitars and Gasoline returned in June for a second fabulous year at Calabogie Motorsports Park.

55 exhibitors and 500 guests made the annual GM Social - Bites, Brews, and Business another resounding success.



One of the more unusual wildlife sightings shared in Calabogie Folks recently was a hummingbird moth. If you've never seen one before, you're not alone. At first glance, they look remarkably like a hummingbird, hovering in place, darting from flower to flower, and even making a soft buzzing sound as they feed.

Rosemary Vaughan is a member of the Calabogie Folks Facebook group, and one we have come to count on for amazing Sunset photos of Calabogie! She has inspired me and many other community members to get outside, watch the sunset and capture images as the sun is setting across the lake. I hope her photos inspire you to soak in the sunset any time you can.

Summer air drifts through open windows, late-night sunsets, wildflowers lining the roadsides, the smell of bonfires, and loons calling across the lake. What more could you ask for?

This edition is packed with local happenings, community reflections, and a

few surprises from around the village.

Of course, summer isn't always picture-perfect. For nearly three weeks, a section of Calabogie Road near Springtown (Hwy 508) was closed during weekdays for construction and maintenance, and it quickly became one of the most talked-about topics in

the community. Commuters, cottagers, local businesses, suppliers, and visitors all felt the impact in one way or another. I was probably less affected than many others. Working from home and being able to source most of what I needed right here in the village meant I didn't spend much time navigating the detours. In-

stead, it became a reminder of how much we rely on the roads that connect our small communities.

What about you? Did the closure test your patience, or did you find yourself enjoying the slower pace, the back roads, and a few unexpected scenic routes along the way?

What's Been Happening Around Town

The Guitars & Gasoline Music Festival at Calabogie Motorsports Park has wrapped up and it was exciting to see the improvements that came with year two. From parking and site layout to the overall flow of the weekend, it was clear the team listened, learned, and continues building on a great foundation.

I loved seeing how many local volunteers returned for a second year. Events of this size don't happen without the people behind the scenes, and volunteering is such a great way for residents to be part of the experience while giving back to the community.

The food trucks were positioned closer to the stage this year, making it easy to grab a meal or snack while still enjoying the music. There were so many great options, and standouts for me were Rancho Relaxo's tacos (I tried the brisket, jackfruit and yam, and fish tacos — all were incredible), along with the Oak 87 Ribs stand where we tried the brisket mac and cheese and cornbread. Both have been on my mind ever since!

One thing that really impressed me was how family-friendly the festival was. I brought my daughter along for her first music festival experience, and she had an absolute blast. Between the kid-friendly food options, ice cream, and the giant inflatable slide, there was plenty to keep little ones entertained and enjoying live music together.

Friday night brought beautiful weather, incredible energy, and a crowd ready to sing along. The mid-show line dancing class was such a fun addition and watching people of all ages jump in and participate was one of those moments that really captured the spirit of the weekend. The Glorious Sons and Default delivered memorable performances, with the crowd fully embracing every song.

Saturday brought some weather challenges, but the team handled the situation extremely well. Communication was clear, the temporary pause was managed smoothly, and before long the music was back. Yes, there was some mud and a little extra adventure involved, but it didn't stop people from enjoying the performances. Dallas Smith and Brett Kissel were highlights of the day, and seeing a rainbow appear over the main stage that evening felt like the perfect end to the weekend.

A huge thank you to the volunteers, vendors, performers, and everyone who helped bring this event to life. I'm excited to see how it will grow.

The GM Local Social — Bites, Brews & Business returned to the Calabogie Community Centre this June, and it was wonderful to see the event continue to grow. One of my favourite parts was seeing so many of the businesses we already know and love while discovering new faces, services, and products we may not have even realized existed right here in Greater Madawaska.

The weather threatened to make things interesting a few times throughout the day, but thankfully the skies cooperated, and visitors were able to enjoy everything the event had to offer. There was live music, local vendors, a few food trucks, lawn games, a bouncy castle, and plenty of opportunities to connect with neighbours and business owners.

I made it a point to try Mackie's Caribbean Food and absolutely loved the jerk chicken with its perfect kick of spice. One of the highlights for me was finally getting to see the Dougherty Sisters perform live after following their journey for years.

This year's Local Social welcomed 55 businesses, up from 35 the year before, and attracted nearly 500 visitors throughout the afternoon. Local businesses donated more than \$2,000 worth of raffle prizes, helping create excitement while supporting a great cause. Together, the event raised \$1,395 for the Calabogie Food Bank through Community Calendar sales and a generous raffle prize donation from Tom Irwin Adventure Tours.

A huge amount of work goes into organizing an event like this, and it showed. From the volunteers and musicians to the businesses, sponsors, food vendors, breweries, and visitors, the day felt like a celebration of everything that makes Greater Madawaska special. What started as an idea, has quickly become one of the township's signature community events, and after attending this year's gathering, it's easy to see why.

Canada Day Celebrations

Calabogie kicked off July in the best possible way with the annual **Canada Day celebrations**. I'm writing this before the event, so let's assume it all came to plan. I'll update with photos in the August edition.

For many local families, mine included, it's one of those traditions that creates memories we talk about all year long. Organized by the Calabogie Day Committee and a dedicated group of volunteers, the day always feels like a true community effort. It began with the beloved pancake breakfast hosted by the

Greater Madawaska Public Library before moving into the waterfront festivities along Madawaska Street. From kids' activities and the BASH Tent to chainsaw carving demonstrations, Bingo, live music, the beer garden, barbecue, and of course the end of the evening fireworks, there was something for everyone to enjoy.

Coming Up in July

- Tuesdays until July 14, **Youth Game Night** indoors 6:30 – 7:30 and **Open Field Days** from 4 – 9pm at the Calabogie Community Centre field and rink. Games and equipment provided by the Township of Greater Madawaska.

- **Thursday Night Paddle Club** with MAD River Paddle Co. 1022 Madawaska St. 6:30, Bring your own boat \$10 or rent for \$25.

- **The Garden Fairy Picnic** on July 10, 4 – 8pm at the Calabogie Community Centre, a magical afternoon for children and families hosted by the Township of Greater Madawaska.

- **Free Dark Skies presentation and discussion** at Calabogie Community Centre with Rick Scholes, Manager of Fred Lossing Observatory, Royal Astronomical Society of Canada. Learn how you can help preserve the view of the beautiful night skies in Greater Madawaska, hosted by Greater Madawaska Public Library and Learning Centre.

- **Free Saturday morning Yoga** on the Lawn at 9:30 and Sunday evening live music at Somewhere Inn.

- Community favourites like **Lions Trivia Nights and Bingo** continue at the Calabogie Community Centre.

- **Creative workshops** hosted by Morgana Dillingham Creative at Highlands Social House and Somewhere Inn throughout the summer.

These are just a few highlights. Subscribe to the Township of Greater Madawaska's excellent Community Calendar on its website for news updates or submit events of your own at greatermadawaska.com

And while we're looking ahead, here's an event worth planning for early. **GM55+ is planning a special trip to Kingston for the 1000 Islands "Heart of the Islands" Lunch Cruise**, on Thursday, September 3 featuring Premium Table seating. You'll be boarding the Island Star (Crawford Wharf) at noon. Cruise time is 12:30–3:30pm. Entertainment by The Spencer Evans Trio with a British Invasion theme. There will be three pickup locations across the Township, so

everyone has a chance to take part in this wonderful day on the water. Full details and registration will be available soon. GM55+ SALC members, watch your inbox.

New and Noteworthy Business Buzz

Ryan's Powersports and Marine is going mobile only! They'll be coming to your home, cottage, or storage space while offering the same quality of service for inboard and outboard repairs, maintenance and service, wrapping, winterization and more.

Long Lane Farms has reached 20,000 followers on their Facebook page! This is an incredible accomplishment and it's awesome that this family run business is reaching so many people.

Calabogie Lakeside Camping & RV Resort is launching a partnership with Valley Roots to offer high-quality meats to their on-site clients, local residents and visitors to the area. They hosted an appreciation event to launch this partnership on Friday June 26th.

What The Folks Are Saying

A new member to the Calabogie Folks Facebook group asked, "What's one business you wish you could find in town?" One of the most commented items was a well-equipped gym and wellness space. Others want a medical clinic with more doctors available for emergency appointments, an off-leash dog park, casual coffee space, international cuisines, and a diner that's open 7 days a week. People were quick to chime in about how great our local grocery store, Charbonneau's is at ordering special items as requested. They all want to prioritize locally owned independent companies.

Thank you for joining me for another month of the Bogie Beat. Seen something worth sharing? Building something new? I'd love to hear about it and share your story. Contact Morgana at thebogiebeat@gmail.com



Morgana Dillingham is a media communications expert and has called Calabogie home for the last decade. With her experience with the Calabogie Folks Facebook group, she stays up to date on local happenings. Based in Calabogie village, Morgana enjoys community involvement, sustainability, arts, motherhood, and time on the water.

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Greater Madawaska Public Library

By Ruth Jones

Special Programs

July 2 - July 25 'New-to-You' Fundraiser & Book Sale. If you're getting ready for summer and find that you have a collection of clean, gently used clothing to pass on, please consider donating. This is a popular library fundraiser and a great way to restock your closet!

Saturday, July 11, 10am - 1pm. We'll be joining the Griffith & Matawatchan Fish & Game Club at the Aird's Lake boat landing for their 2026 Annual Kids Fish Derby at the boat landing, 1.6 kms. past Snider's Tent & Trailer Park on Aird's Lake Road). We'll have kid's games, kits, and other goodies. Hope to see you there!

Wednesday, July 15, 6pm - 7pm. **FREE Dark Skies presentation and discussion** at Calabogie Community Hall. Join us for an evening with Rick Scholes, Manager of Fred Lossing Observatory, Royal Astronomical Society of Canada. Learn how you can help preserve the view of the beautiful night skies in Greater Madawaska! Session in Griffith to be scheduled later.

Wednesday, August 12, 10am - 2pm. Renfrew County District Health Unit (RCDHU) visits the library to offer **free Dental Screening and fluoride treatment applications** for all ages, including seniors, in our community. RCDHU is teaming up with Service Canada to help facilitate these screenings and support access to federal and provincial dental programs.

Summer Reading Club (SRC).

In Greater Madawaska, each SRC participant receives a welcome package with SRC passport and a few goodies. From July 2 to August 29, SRC participants can collect a stamp on their passport and a Banana Buck each time they visit the library and take out 5 books. **Banana Bucks can be spent on coupons for local businesses and items from the library store.** A completed passport (8 stamps) can be submitted for an end-of-summer **prize draw.** SRC activities will be held weekly at the library on **Wednesdays 1:30pm - 2:30pm July 8 until August 26.** Participation in these activities is optional. To register your child, contact the library with their library card number.

SRC activities include: Jigglin' Jellyfish, Chime Time, Heads & Tails, 3D Landscape, Superstarfish, Terrific Turtles, Aglow in the Sea Below, Somethin's Fishy.

Saturday, July 11, 10am - 1pm. We'll be joining the Griffith & Matawatchan Fish & Game Club at the Aird's Lake boat landing (1.6 kms past Snider's Trailer Park on Aird's Lake Rd.) for their 2026 Annual **Kids Fishing Derby** with games and interesting things to do.

Regular Programs

Tuesday, 10am - 12am. Bricolage (FR) Create an artwork using a diverse range of materials and mixed media. This is a drop-in program for all ages. What will you make?



Don't miss our ongoing 'New-to-You' Fundraiser & Book Sale at the Library, July 2 - July 25.

Tuesday, 2pm - 3pm. Learn to play Mahjong. This group will continue to meet through the summer.

Wednesday, 1:30pm - 2:30pm. Summer Reading Club activities. Participants must be registered for the library's Summer Reading Club with a valid library card (which is FREE to all Greater Madawaska residents).

Thursday, 9:30am - 10:15am. **Pre-school Play-&Learn** is for children aged 0-4 to attend with their caregivers.

Explore More with a Library card!

Visiting Greater Madawaska? Use our local library to see more of what the Ottawa Valley has to offer.

Visitor Memberships

\$20 for a 6-month family membership

\$40 for an annual family membership

Passes to each of Ottawa's national museums:

- Canadian Museum of History / Canadian War Museum
- Ingenium (Canadian Aviation & Space Museum, Canadian Agriculture & Food Museum, Canada Science & Technology Museum)
- Canadian Museum of Nature

- National Gallery of Canada

Ontario Parks Day Passes will get your vehicle into any participating Ontario Park. There are 7 provincial parks within 1.25 hours of the library in Calabogie: Fitzroy PP (42 min), Silver Lake PP (56 min), Algonquin PP (59 min), Murphy's Point PP (1 hr 7 min), Rideau River (1 hr 7 min), Sharbot Lake (1 hr 10 min), Bon Echo PP (1 hr 13 min)

Books, DVDs, puzzles, games, e-resources, radon detectors, and educational kits.

Learn more about Greater Madawaska Watershed with our **Nature Discovery kits.** Each kit contains a workbook that you can keep, learning resources, and tools for exploring, such as dip nets, magnifiers, and binoculars.

Library Hours:

Sun, Mon: CLOSED

Tues, Wed 9am - 6pm

Thurs, Fri 9am - 1pm

Sat 9am - 2pm

12629 Lanark Rd, Calabogie

Inside St. Joseph's School

613-752-2317

gmpilc.staff@gmail.com

Addington Highlands Public Library

By Bonnie Leoen

Book and Bake Sales

Denbigh, Saturday July 25

Flinton, Saturday August 1

Kids Club Pass

Every time you take out a book while visiting the library earns you a sticker, fill up your club pass and earn a prize for kids up to age 12.

Mobile hotspots

Available to borrow with your Library card! Get instant internet access wherever you go. At both library branches.

Nature Discovery Backpacks

Each library has 5 themed backpacks.

Splish Splash, Geology, Night Skies, Forest life and Things with wings.

Cognitive Care Kits

Cognitive Care kits contain an assortment of books, activities, games, puzzles and other items intended to help support and maintain the skills and abilities for people living with cognitive impairment issues such as dementia and Alzheimer's. Each kit contains dementia-friendly activities that can be shared together or used by the person with cognitive impairment on their own. The kits encourage social engagement and success with daily activities.



Father's Day crafts at the Denbigh Public Library to make just what every Dad would need.

Museum and Park Passes

Explore a variety of museums, parks, and other educational attractions located both near and far! Passes are free with your library card. They must be picked up at the Flinton or Denbigh branches and are available on a first-come, first-serve basis.

Cricut Maker 3 and Mug Press

At both of our library branches for you to use for free with your library card. You may bring your own supplies or purchase from the libraries' limited supplies for a fee. Prices are posted in library.

Digital Resources for all Ages

Our databases are available through the library's website 24/7 from the library, home, school or work with your library card. addingtonhighlandspubliclibrary.ca/resources.

Flinton Memorial Library

3641 Flinton Road

Flinton, Ontario 613-336-1091

Monday 3pm - 6pm

Tuesday & Wednesday 10am - 2pm

Thursday 2pm - 6pm

Friday Closed

Saturday 9am - 12pm

Denbigh Library

Addington Highlands Community Center

31 Central Street. Denbigh, Ontario

613-333-1426

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Tuesday 10am - 2pm

Wednesday 3pm - 6pm

Thursday 12pm - 4pm

Friday Closed

Saturday 9am - 12pm



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The Americans are Coming! Building the Canal that Built Canada

By Bill McNaught

In 1813 and 1814, a few short years after the Loyalist migration from Colonial America to the Ontario wilderness at the end of the American Revolutionary War, a second challenge arose in the form of invasions from the newly formed American Republic. Despite being heavily outnumbered, French-Canadian regiments fighting for their homes, Loyalists defending their new settlements, and Indigenous nations fighting to protect their sovereign territories from American expansion, joined British soldiers with clever tactics that held off the invaders at Lundy's Lane, Chrysler's Field and Chateaugay. The invasions were prompted by a mistaken view (and not for the last time) that Canadians would roll over and succumb to become Americans, as stated by slaveholder, Thomas Jefferson, "To conquer Canada only requires that we march." If not for those three victories, the map of North America would look very different today.

The surprising outcome, for the Americans, created an understanding in British North America that they were not potential Americans but something new—Canadians with different ideas and different values. Not only did Canadians have their own society and institutions, they demonstrated that they rejected the noise and chaos that seemed written between the lines of the 1776 Constitution of the United States. Canadians preferred their own homeland despite the challenges of a wilderness exceeding 4 million square miles.

That victory presented a challenge for the British Army. The Revolutionary War had become a stalemate in which the British Navy dominated and threatened American coastal cities, and the American Army threatened invasion of British America from 3 different directions—the west from Detroit, the south from Niagara and the south-east from Montreal. Having successfully defended the territory, it became crucial for the British Army to protect it. Defensive works were started at Quebec City, south of Montreal and in Kingston at the east end of Lake Ontario where the St. Lawrence River begins.

Kingston had a natural harbour. During the War it had protected the British fleet under Admiral Yeo. The major reason that the American invasion forces had not succeeded was logistics. They could not sufficiently supply their forces through the wilderness to achieve the decisive land victory.

The best example occurred in 1813 when American General Harrison abandoned his invasion after he defeated British General Proctor at the Battle of Moravian Town. He returned to Detroit as he could not adequately supply his forces. Similarly, although Commodore Chauncey controlled a large American Navy at Oswego, New York, he could not defeat the British Navy on Lake Ontario in order to safely supply additional American forces to the Niagara frontier.

From the viewpoint of the British Army, the primary defensive factor was the ability to quickly move a large army, 10,000 soldiers, and their equipment and supplies from Quebec City where they were stationed to Kingston to prevent control of Lake Ontario and the St. Lawrence River during an invasion. That was a distance of 447 miles.



In a way, we have to thank the Americans for forcing us to build the Rideau Canal we love. Built for war, it is now a vacation destination. This 1908 paddleboat postcard reads, "Dear Ma, How would you like to have a sail all the way to Sask? Hope you are well, I'm fine & dandy. Love to all at home, I remain your loving son, Tom."

The major impediment was the rapids on the St. Lawrence, upstream from Montreal. Remember, this was well before the St. Lawrence Seaway existed. To pass the rapids, all war materials and supplies had to be offloaded and transferred by portage over 7 miles and reloaded back onto the small bateaux (wooden boats pulled by horses or oxen along tow-paths on the riverbanks) to continue upstream to Kingston. That required 11 to 14 days to reach Kingston whereas a Canal Diversion could be traversed in 3½ days. (p. 177, *Building the Rideau Canal: A Pictorial History* by Robert W. Passfield. ISBN 0-88902-726-9, 1982) The rapids were a natural choke point for an invading army to control. The solution was to make the waterways accommodate larger military boats which is how the idea of the Rideau Canal came about.

Not only did these massive works of engineering defend what was to become Canada, they brought in skilled workers of many nationalities, like my Irish ancestors. They brought their skills with them when they immigrated to cut the stone, build bridges, and grow the food and produce the fabric needed to feed and clothe the workers. After the Rideau Canal was built, many continued to apply their skills as they spread westward into the wilderness of Upper Canada, building the Canada we know today.

By the end of the War of 1812, Durham boats had replaced the small wooden boats. They were 20 feet longer and 5 feet wider. Each boat held more material and provisions. To avoid the St. Lawrence rapids, the British Command explored a diversion which went north from Montreal on the Ottawa River, then west and south along the Rideau River and a series of lakes to connect with the Cataraqui River emptying into Lake Ontario at Kingston, a distance of 134 miles. A canal suddenly became even more important with the advent of gunboats which carried the soldiers and their cannons. Gunboats were propelled by oars and sails. The supplies were towed in barges behind them.

Feasibility studies were conducted. The Rideau Canal would require a total lift of approximately 422 feet by building 47 locks, each raising or lowering the craft 8-10 feet at a time. Additional channels were required to be blasted out of the rock especially connecting the Rideau system and the Cataraqui River, a distance of 1.5 miles. Making it more difficult, the work had to be done in swamp land, finding and using local materials by most workers who were unused to the climate. The bulk of

the canal system used the Rideau River, Rideau Lakes and the Cataraqui River. The locks were to be 20 ft. wide, 108 ft. long with a depth of 5 ft. to accommodate the gunboats.

The Department in the British Government overseeing the Rideau Project was the Ordnance. It was responsible for defensive works to protect British soldiers from aggressive American actions. America built a barge canal connecting the Hudson River with Lake Champlain, threatening Montreal. They also dredged the Erie Canal connecting the Hudson River at Albany to Lake Erie. It too was a barge canal, with a low draught of 3 ft., similar to a long ditch. These canals alleviated the supply problem for their invading army. Barges were dragged upstream using horses or oxen along tow paths on the banks.

Realizing these threats to British North America, the Ordnance provided money (nearly 500,000 pounds) for the construction of the Rideau Canal. In 1826, it assigned Colonel By of the Royal Engineers to build it. Colonel By had spent his career in canal and fortification projects building bridges for General Wellington during the Iberian Campaign against Napoleon. That too had been a war of rapid soldier movement.

By toured the proposed route in 1826 by canoe and realized the advantages. Most of the proposed route followed several rivers and lakes with a few impediments. He proposed drowning the rapids where possible and raising the height of Rideau Lake. The engineering challenge was to construct 47 locks to raise or lower the crafts 422 feet. While it would run along 120 miles of river and lake, it would also require 25 miles of canal cut out of solid rock.

The entrance from the Ottawa River lies 131 feet above sea level and Lake Ontario is 246 feet above sea level. The high point at Rideau Lake is 357 feet above sea level for a lift of 227 feet from the Ottawa River. A greater challenge was the wilderness. The area north of Kingston west of Ottawa contained swamp land. There were few ways to transport men and supplies to the excavation sites many miles from supply depots. Montreal, the closest supply depot, lies 110 miles downriver from the mouth of the Rideau.

The project was divided into 2 sections, first the lift from the Ottawa River, 246 feet to Big Rideau Lake. It comprised 32 locks with an average lift of 8-10 feet per lock. The distance inland was approximately 81 miles. From there the descent to Kingston and Lake Ontario was approximately 163 ft. along

the Cataraqui River. That distance was approximately 52 miles and required 17 locks. Connecting Rideau Lake and the Cataraqui River, a section of the canal had to be blasted through the bedrock, a distance of 1.5 miles.

The locks were excavated down to the bedrock for a floor. The sides were lined with limestone blocks obtained from local quarries, grouted with locally produced limestone cement. At each end, wooden gates were operated by chains to contain the water, stored in nearby dams and weirs. A weir is a small 8-ft. dam holding back water but allowing the excess to overflow the top and proceed downriver. Sluice gates, made of timbers, permitted water to flow in to fill the lock. To obtain the water, the local swamps were drained. A boat in the lock was lowered by releasing excess water into the river.

Two companies of experts (162 men) in the Army Engineering Corps were assigned by the Ordnance. These were the "Sappers" and "Miners". Sappers were skilled with timber construction including gates and sluices. Miners knew how to find local quarries to extract, install and grout the limestone blocks for the walls. They were experts in dynamite to get to bedrock for the lock floors. There was also a need for several thousand semi-skilled workers and stonemasons who did excavating work and dam building. Some had worked building canals previously, but others inexperienced ones were recruited from Ireland.

By's plan was to hire contractors for each of the 25 construction sites and begin work simultaneously at all 25 work sites after spring break-up in 1827. The project required 18 dams, 17 waste weirs and 47 locks. A canal through solid rock had to be excavated 1.5 miles in length to connect the Rideau System with the Cataraqui System.

Progress intruded on By's plan – steam power had arrived. By recommended making the locks 50 feet wide and 150 feet long to accommodate steamboats. A compromise was reached so that smaller steamboats with side paddlewheels rather than the rear paddlewheels like on the Mississippi River could be accommodated. The locks were increased in size to 35 feet wide and 108 feet long for steamboat use. Steamboats carrying 10,000 soldiers towing several Durham Boats with supplies and equipment could depart Quebec City and arrive in Kingston within 4 days. It was estimated that the 32 horsepower engines could move upstream at a pace of 4-5 miles/hour. (p.28, *Building the Rideau Canal*) By modified his plans to accommodate the steamboats. That increased the final cost of the project to over 750,000 pounds, but the project opened in 1831, 4 short years after its beginning. There was another silver lining for the change. The increased length of the locks permitted log booms to be transported from the Ottawa River and its many tributaries, including the Canadian Mississippi River and the Madawaska River, for export to Britain for sailing masts and shipbuilding. The lumber business was fundamental to the growth of Canada.

In part 2, we follow the journey of my ancestors, who settled in Vennachar, and so many like them who continued to use their skills to build Canada after the canal was completed in 1835.

Exercise is the Best Medicine By Dr. Max Buxton

Pics from Unsplash.com:
Left - Natalie, Right - Matthew Osborn, Top Centre - Miriam Zilles, Bottom Centre - John Arano



As technology advances to make our lives easier, the amount of energy our bodies need to expend to survive has diminished. Our hunter-gatherer ancestors roamed vast areas of forest in search of a few calories to sustain them; we can drive to Costco and load enough food in our cart to keep a Neanderthal family alive for a decade. Over my lifetime, I have even been spared the effort of getting off the couch to change the channel. The TV remote might just be the most damaging piece of technology to human health ever invented...

The coordinated use of our nerves bones and muscles which used to be required for daily living is now called "exercise", and people are more or less free to engage or not as they choose. As we move forward with this new reality, the risks and benefits of engagement become apparent.

Exercise falls into three broad categories: Aerobic/endurance, strength/resistance and flexibility. To maintain optimal health, bodies need to do all three on a regular basis. Obesity, diabetes, osteoporosis, heart disease and stroke, various cancers, and the inability to safely navigate our environment have all been linked with the metabolic and musculoskeletal consequences of inactivity.

What is the Evidence?

Studies conducted over decades, including the Framingham Heart Study and the Nurses Health Study, which each enrolled millions of participants, have consistently shown benefit. Even moderate exercise, such as brisk walking three times per week is associated with 20 - 35 per cent reduction in cardiovascular mortality. For those who have had a heart attack, coronary bypass, stenting or congestive heart failure, exercise programs result in reduced recurrence of cardiac events, risk of hospitalization and improved longevity.

For people with lung disease such as COPD, exercise is the cornerstone of pulmonary rehab programs.

Type 2 diabetes results from the confluence of inactivity, inappropriate diet and genetic factors, and can often be controlled without medication if the first two factors are addressed.

Exercise can be as effective as taking one or two medications for controlling high blood pressure

As evidence accumulates, it becomes apparent that the risk factors for dementia are similar to those for cardiovascular disease, suggesting that much of what was previously called "Alzheimer's" may in fact be vascular in origin. The World Health Organization therefore recommends regular physical activity for dementia risk reduction.

For those suffering from musculoskeletal disease, exercise can be a hard sell because of the perception of pain and damage related to increased activity. The evidence is just the opposite. The maintenance of bone mass and prevention and treatment of osteoporosis requires regular weight bearing exercise. For those suffering low back pain, meta-analyses show a reduction in severity and consequent disability of 1/3 with a combination of strengthening and aerobic or stretching exercises 3 times per week. Osteoarthritis often improves with exercise, and in severe cases is part of the preparation and recovery from hip and knee replacement surgery. People with these conditions may have difficulty overcoming the pain of getting started on an exercise program, but it is important to understand that pain does not equal damage, and that by working through the initial worsening of pain, good results can be achieved.

Our mind and body are one unit, and when the body is fit, mental health also improves. The British Journal of Sports Medicine published a paper in 2023 collating the results of over a thousand clinical trials involving various types of exercise - walking, cycling, weight training, yoga and team sports - and found that all were of benefit. Some studies demonstrate that exercise is comparable to standard treatments such as medications and psychotherapy in alleviating symptoms of depression, anxiety and insomnia.

Regular aerobic and resistance exercise such as weight training can reduce visceral fat (the "beer belly") and all the risks associated with it. Obesity is associated with increased risk of many types of cancer; colon, breast, kidney, esophageal, uterine, ovarian, thyroid, gallbladder, pancreas, and liver.

Cardiovascular fitness is an extremely good predictor of survival. Good exercise capacity and high V02 max - the rate at which our muscles are able to use oxygen, is a better predictor of mortality than smoking, obesity, diabetes or high blood pressure, though exercise will improve all of those issues as well.

Enough with the sales pitch.

The issue is now how to turn the tide on our epidemic of inactivity and all the problems associated with it.

As a society, we need to make physical activity available, fun and safe. Transportation corridors need to be built with active transportation as a goal. That has been the case in cities for years where bike lanes and pedestrian paths have been incorporated into the landscape. Rural roads and highways are now being built with paved shoulders to accommodate cyclists and pedestrians.

Recreation facilities need to be designed and built to meet the needs of all citizens regardless of age or ability. In this country of seemingly endless winter, small towns sprout hockey rinks like daffodils in springtime. For the population that they serve, they provide fantastic opportunities to exercise and engage socially. Unfortunately, they don't meet the needs of the elderly, disabled and many other groups. Urban and municipal planners need to provide the best array of options possible, including facilities for flexibility and resistance exercise, indoor walking and swimming, for broader engagement.

On a personal level, we need to make time every day, or at least most days, to fit exercise in, just as we have to fit in work, eating, and sleeping. We should choose active methods of transportation when possible - walking and cycling, using the stairs instead of the elevator... We need to engage in new activities in order to discover what we really enjoy. For some, the social interaction of team sports is a big attraction. Others enjoy the solitude of walking or running alone. Some get deeply involved in the physiology of their sport, measuring and recording calories consumed, energy output, relative effort and a myriad of other parameters. Others just enjoy the feeling of driving the incredible machine that is the human body.

When I ask about exercise during my conversation with patients, I often hear that "I'm on my feet all day", or that "I get enough exercise at work". Unfortunately, that isn't the same as doing sustained activity like brisk walking or swimming - and it's not as much fun.

The Canadian Society for Exercise Physiology recommends that all adults:

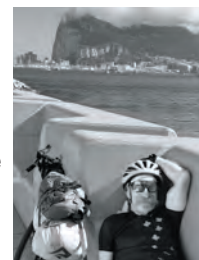
- accumulate at least 150 minutes per week of moderate to vigorous aerobic physical activity (e.g. brisk walking, cycling, swimming).
- engage in muscle strengthening exercises 2-3 times per week
- limit sedentary behaviour to 8 hours or less per day - get 7-9 hours of good quality sleep each night.
- For those over age 65, balance exercises such as tai chi and yoga are recommended to reduce the risk of falls.

...and the most health benefit is not derived from becoming an elite athlete - it is from increasing physical activity from "none" - sitting on the couch remote in hand - to "some" - getting up and walking over to the TV. Damned remote.

It is unlikely that most of us will be going back to foraging for food in the near future, but you never know...

Whether we are out scrounging for roots and berries or manoeuvring a jammed cart through the Costco parking lot, we will all do better if we are in good shape.

Max Buxton was a Calabogie GP for 37 years providing primary care, inpatient services, obstetrics, surgical assistance, and ER work at the Renfrew Victoria Hospital. He was the doctor on numerous mountain, arctic, cycling and ocean expeditions, including the Polar Bridge Expedition in 1988. He has a BSc in Psychology from Carleton, MD from Queens, and postgraduate training at Dalhousie and U of Ottawa. Goals include ongoing provision of emergency care, further geographic and mental explorations, and catching a halibut.



SHORT STORY CONTEST

Categories and Prizes:

- Adult Fiction – 1st prize \$200
 - 2nd prize *The First Crow* by Garry Ferguson
 Adult Non-Fiction – 1st prize \$200
 - 2nd prize *On a Dusty Old Road somewhere between Tweed and Flinton* by Shelley Holloway
 Youth Fiction or Non-Fiction (specify subcategory) – one prize of \$50
 People's Choice (Adults Fiction or Non-fiction) – One prize \$50

Judges:

Michael Joll, author and President of the Brampton Writers' Guild
 Kenneth Puddicombe, author
 Garry Ferguson, author, writer, editor, Madawaska Highlander contributor
 Diane Bickers, writer, and enthusiastic reader
 Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state their age on their entry email and must be under 15 years on October 5, 2025. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be: Primarily in English. Original. Never published before. 1400 words maximum not including the title. Should not include your name or identifying information. Should only include category and title.

Sending Stories: Enter any time before Midnight on September 25, 2026. Email your story as an attachment to info@reelimpact.tv. Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email.

If for any reason the Madawaska Highlander ceases publication, the contest will be cancelled. We will print as many stories as we can fit in the order we receive them, so send them in as early as you can. Any excess stories will be posted on madawaskahighlander.ca for People's Choice judging. So far, we have managed to fit them all. Every story is sent to the judges. Winners will be revealed in the Winter edition of the Madawaska Highlander



2026 CALL FOR ENTRIES!



It's OK to Tell Lies if you Call it Fiction!

By Lois Thomson

Children love making stuff up, but that doesn't make them compulsive liars. It means they have active imaginations that should be given the chance to develop.

When I was in grade 2, our school was near the Air Force base in Winnipeg, so we had a lot of children who had seen parts of the world I hadn't even heard of. When it came time for the class to tell a story about something exciting that happened to us, I felt I was the only one whose world consisted of a few blocks in Winnipeg. I took it as a challenge and made up a story about seeing a polar bear on an ice flow when we came back from England. I didn't want to tell a lie. I just wanted to tell an interesting story. At that point in my life, I really didn't know the difference. It could have happened, couldn't it? (I hoped)

The main thing that separates humans from other sentient beings is that we tell stories, and children are natural story-tellers from their first infant babblings. Watch a child play and you will see one thing. Ask them what is happening, and you will get a glimpse into

their imaginary world.

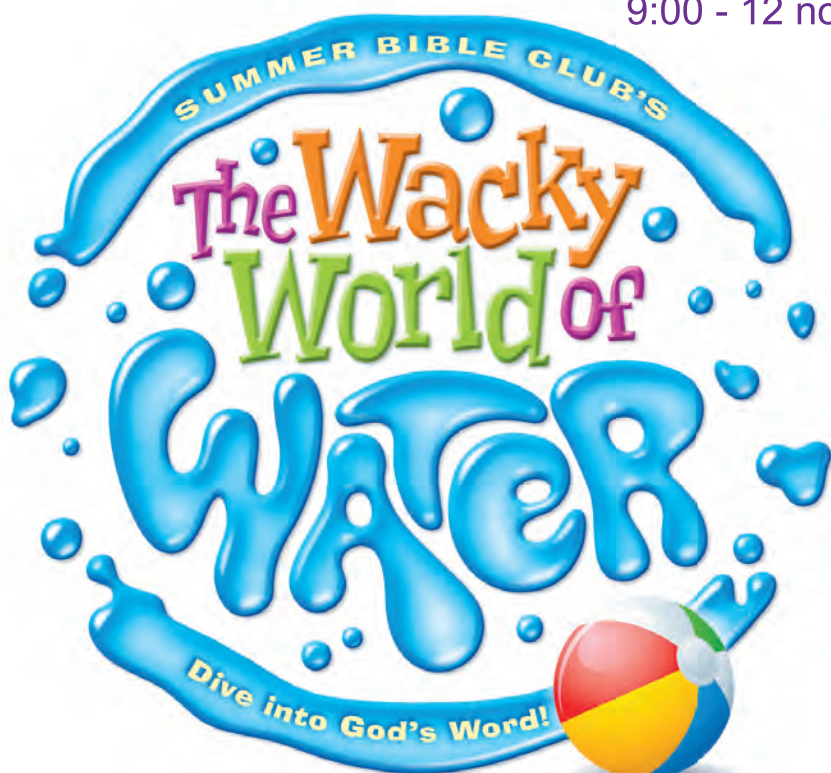
The Madawaska Highlander's content is primarily directed toward adults, but there are a lot of interesting things in here that anyone would enjoy. Most likely, though, you are an adult reading this, so I'm going to ask for your help to encourage children you know to make things up, write them down, and enter the Short Story Contest. We don't typically get more than one or two youth stories, so beyond the honour of seeing their work in print, there is a good chance of them snagging the \$50 prize with bragging rights.

With the advent of AI, it is too tempting for young people to leap to the answer before trying to work things out themselves. Story telling and story writing are ways to develop imagination and critical thinking - essential skills that will become even more important in a world with artificial intelligence. Children who develop their own intelligence will fare best in a robot culture and I'm sure that's what we all want for them. So, help them get started. It will be a fun thing to do in the sometimes boring days of summer.

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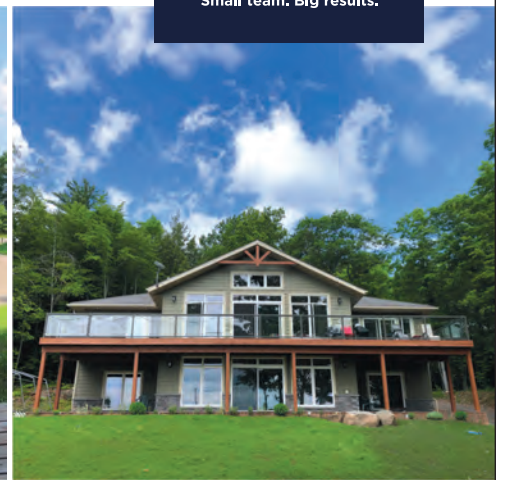


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The Best Paddling Launch Points in the Highlands

By Lana Cole

If you live in the Madawaska Highlands, you already know that this region is one of the best places to paddle in all of Ontario. Crystal-clear lakes, winding rivers, ancient rock faces, and forested shorelines that feel entirely untouched... it's all right here!

My family and I live for days on the water, and we've been slowly working our way through every launch point, hidden creek, and quiet bay in the region. Here's a guide to some of my favourites, (and a few I'm still dreaming about!) along with local stops to turn your paddle into a proper day out.

Remember to always wear your PFD, carry a Transport Canada-approved safety kit, check the weather, and let someone know your plan.

The Madawaska River Arnprior and Burnstown

The Madawaska River is a paddler's paradise that winds through some of the most varied and beautiful landscapes in the Valley.

Just outside of Arnprior, the Claybank Boat Launch is one of my go-to favourites for its epic sunsets and easy access. I often paddle upstream into Hanson's Creek, it's about 2 km from the launch, and then you can continue another 2 km to a small waterfall that feels like a hidden reward. In town, Robert Simpson Park sits at the confluence of the Ottawa and Madawaska rivers and is a wonderful launching spot. Just be careful when kayaking where the Madawaska meets the Ottawa as there can be a strong



Grassy Bay, Calabogie Lake

undertow and current depending on the flow.

While visiting Arnprior, you must stop in at Cafe Tilda for an early morning coffee and if time allows for it, lunch at Krave Bistro and dinner at Lumbertown Ale Pub.

Burnstown Beach is a fan favourite, with about 100 metres of sandy shoreline, nice calm riverfront, public washrooms, and a playground for the kids. After your paddle, don't miss Blackbird Café or the Neat Coffee Shop, both have been tried, tested, and definitely worth the stop!

Calabogie Lake

Calabogie is one of my absolute favourite places in the Valley. The lake is beautiful, and the town itself has just enough going on that you could easily turn a paddle excursion into a full day of adventure.



Hanson's Creek, Madawaska River

Launch from Heritage Point off Lanark Road for easy parking and a shallow, rocky entry. Then paddle east into the sheltered waters of Grassy Bay through a small opening along the causeway, it's peaceful and protected, and a lovely spot to catch a sunset. Barnet Park is another great option, with a sandy beach, dock, gazebo, picnic tables, and washrooms on-site. From here, I love paddling west along the shoreline toward Legree's Bay, where a small creek leads to a pretty little waterfall.

After your paddle, Calabogie has no shortage of great spots to refuel. On the Rocks at Calabogie Lodge has a stunning waterfront patio with views of Manitou Mountain — you can even paddle right up to the dock! The Redneck Bistro is hearty and fun, with backwoods décor that perfectly matches the setting. Calabogie Brewing Co. is a must-visit

for craft beer lovers, and Oh-el-la Café is perfect for an Instagram-worthy brunch or fresh coffee before you hit the water.

White Lake

White Lake is a bit of a hidden gem, it's about 16 km long, shallow, and super scenic. What many people don't realize is that this lake has a fascinating history stretching back thousands of years. The lake's name comes from deposits of white marl, a calcium rich sediment left behind by the retreating Champlain Sea around 12,000 years ago. One of my favourite outings here is sneaking into Long Lake Creek. It's about a 3 km paddle from the White Lake Boat Launch at the west end of the lake. I will say that this lake is quite large, and there is a decent amount of boat traffic on it, so be sure to keep your eyes peeled for motorboats as you paddle along. Once



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Inukshuk near Camel Chute Campground, Madawaska River



Renfrew Boat Launch, Bonnechere River

inside the creek, you can paddle into Darling Round Lake where the forested shoreline is so pristine it feels like you're somewhere far more remote than you actually are.

Alternatively, you can launch from the other side of the lake at the Waba Cottage Museum and Gardens boat launch and paddle along the shoreline. Bring your camera and take a walk through the grounds at the museum, and bring a picnic to fully experience the spot!

**Renfrew
The Bonnechere River**

Renfrew has a beautiful and often overlooked paddling scene centered on the Bonnechere River, one of five major waterways in the Valley featuring dramatic "chutes", natural waterfalls and rapids that were once used to float timber downstream.

The Town of Renfrew Boat Launch sits above the dam near the Second Chute, and from here you can paddle upstream through kilometres of peaceful farmland, marshy hideaways, and birdsong-filled river bends. In the right conditions, you can make it as far as the Third Chute near Douglas. It's a quiet, unhurried paddle that rewards you with genuinely beautiful Valley scenery, and a ton of red-winged blackbirds! Renfrew's food scene is well worth exploring before or after, Manitou Bistro is one of my all-time favourite restaurants in the Valley!

**Black Donald Lake and
Centennial Lake**

There's something quietly powerful about paddling these lakes once you know their story. Entire communities

(including the former mining town of Black Donald Mines) were flooded in the 1960s when the Mountain Chute Generating Station was built. Black Donald Lake reaches depths of 150 feet, and though you can't see the old town beneath the surface, paddling over its submerged history still carries a reverent, mysterious feeling.

The Centennial Lake Boat Launch off Centennial Lake Road gives you access to countless inlets, bays, and small islands formed by the flooding. The Black Donald Lake Public Access Ramp near the southwest corner of the lake is a quieter, equally scenic entry point. Both are beautiful on a calm morning.

Lake Clear

Lake Clear lives up to its name completely. The water is genuinely crystal-clear, the rolling hills create a beautiful backdrop, and it's one of the best places for scenic views in the entire Valley, especially in the fall. Keep your eyes to the sky; peregrine falcons have been spotted soaring overhead!

Launch from Lake Clear Public Beach on Buelow Road, a wide sandy beach with a gradual drop-off. From here, I like to paddle north into Little Lake Clear and up a small creek, or head out into the open lake to explore French Fry Bay on the east side, with its network of islands and hidden inlets. This is another, wide open lake with a lot of boat traffic, so keep an eye out.

**Bon Echo Provincial Park
Mazinaw Lake**

I have to be honest: Mazinaw Lake is still on my personal bucket list, and I cannot wait to get out there. Everything about it sounds so dreamy!

Mazinaw Lake is a long, deep lake bordered by the towering face of Mazinaw Rock, and paddling along its base offers a close-up view of the cliff and its Indigenous pictographs. Mazinaw is the Algonquin word meaning "picture" or "writing," and the site is believed to be a place of great spiritual significance. 260 pictographs have been painted on the rock face (some as old as 1,000 years!), making this one of Canada's largest visible collections of Indigenous rock art.

You can launch your kayak from the Bon Echo Lagoon Boat Launch. You will need to purchase a daily vehicle permit to enter the park, which can be purchased at the ticket booth as you enter the park. From the Lagoon to Mazinaw Rock is less than a 1 KM paddle, making it very easy to access. Did you know that Upper Mazinaw is one of the deepest lakes in Ontario? At 476 feet, the scale of this place is truly something else!

Whether you're a seasoned paddler or dipping your paddle for the first time, this region has something for every skill level. Bring a picnic, support a local café, and stay a little longer. These waters, and this community are totally worth exploring!

Lana Cole is an Ottawa Valley based photographer, designer, and outdoor storyteller with a love for capturing cozy corners and wild landscapes. With a background in graphic design and a camera always in hand, Lana shares real, relatable adventures through a creative lens: one paddle, trail, and charming small town at a time.



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June 14 Fire Destroys Historic Marble Lake Lodge

By David Arama

Around 12:30am on Sunday, June 14, I was awakened by screams from my wife Connie, who was calling 911. The lodge is on fire! I ran in my underwear to help evacuate the tenants and dogs upstairs, and we shut off all the propane lines. Then I grabbed the garden hose and fire extinguisher and attempted to fight the fire that had started in the northeast corner of the kitchen, somewhere between the walk-in cooler and the pizza ovens. I could see the fire suppression chemical system working to stop the fire spread. Windows started shattering and I realized my efforts were useless and dangerous. We proceeded to wear facemasks and evacuate bystanders from our campground and cabins and others taking a look as the firefighters started arriving 20 minutes after our 911 call.

The fire raged and engulfed the entire kitchen, spreading to the dining area and upstairs. At that point, the exhausted firefighters fought to stop the spread of the fire and contain it. 5 hours later, the main roof collapsed, and what was left was apparent. Thankfully, our residence, cabins, seasonal campground, and vehicles were saved.

We didn't sleep for 2 days.

The old lodge went down gracefully; her solid 6 x 6" log beams and brick construction kept her standing!

The Irony of being involved in safety training for 45 years, and having this happen, hasn't gone unnoticed. As a prepper and survivalist, I always detested the name "expert". I have said many times, you're only as good as your next lightning bolt or compass bearing.



The original two storey 80-year-old Marble Lake Lodge burned on June 14 and cannot be saved, but most of the sections in front that were added later were spared or can be restored.

And the fun part after the fire? We had no hydro, no water, no bell landlines, and no internet for 48 hours, and most of our backup food went up in flames. But we're trained for that. We survived the Derecho Storm, and recent windstorms, flooding, and a small earthquake.

Heroic Fire Department Efforts

The local Kaladar-Barrie and North Frontenac Fire Departments arrived within 20 minutes, and it took 20 minutes to get additional water hoses hooked up to the lake at the nearby public beach. A dozen brave firefighters with several pumpers fought the fire, with paramedics on standby, but thankfully not needed. Firefighters bravely went up onto the roofs to try to hose the fire inside, even after the kitchen roof had collapsed. They had the fire out 5 hours later at 6:30am

and had to come back Sunday afternoon to extinguish a smoldering hotspot in the kitchen. All I can say is that they were professional, brave and heroic. Thankfully, we still have the seasonal campground, rental cabins, vehicles, boats, ATV/skied, and our residence.

Although the kitchen and upstairs and main roof is destroyed, they managed to save much of the store, dining room, front porch, and rear patio. Many valuable items might still be salvageable: guitars and Live Music System, Steamwhistle Fridge, jukeboxes, my Chopper Bicycle, vinyl record collection, some Native art, stained glass, gumball machine, vintage table hockey games, hockey jerseys, and pellet stove. Maybe 50% of the store and dining room fixtures are likely restorable, however, She (the Lodge Structure) is not rebuildable.

Community Support, Response

In the aftermath of the catastrophe, we were heartbroken, in shock, and likely have PTSD. My first thoughts were that being 67 years old and semi-retired, I don't have the energy or enthusiasm to start any new projects. We can rebuild something modest and sell. Go live at our other properties. Retire fully. We have given our whole lives to helping others, running youth camps for 10,000 kids, teaching survival courses to 5,000 adults and Canadian Forces staff and veterans, search & rescue teams, schools, scouts and Girl Guides, many TV series and news appearances, and helping homeless victims and orphaned kids in crack addict families.

During the next 24 - 72 hours, Connie and I were overwhelmed with the Community response and feedback of their history and good times at Marble Lake Lodge. It has been unbelievable. The stories about how the lodge has impacted so many. I feel ashamed that I was going to sell and leave. We are survivors, not quitters. Just like this amazing community. So, we will move forward and rebuild something even better, with a 2-year plan. A new history.

History of Marble Lake Lodge

The property is over 80 years old. In 1949, Joseph Perry began and completed constructing and opening the lodge. Incredibly, they built the lodge using 6" x 6" timbers, and brick walls. It could withstand a hurricane! In 1943, he built a home to start, and it was destroyed by a lightning strike. During those many decades, there have been 13 owners, with Connie and I the owners since

2012. There have been bankruptcies, tornadoes, and struggles for many owners. Thousands of locals and tourists have experienced the food, live music, cabins, and campground trailer park. Many past and present staff, musicians, suppliers, and contractors have history here. Families have their own histories here, and memories of fishing, swimming, campfires, and beginning their careers.

When we purchased the resort, we thought it was just a business, but it's much more than that. Over the years, we have attended funerals of many who described Marble Lake Lodge as the best times of their lives.

Where Do We Go Now?

We commenced to clean up the surroundings, fence off the perimeter, and lock exterior doors, normal aftermath security protocols. We will be announcing the construction plans at the July 4th Community Healing Live Music Event. Also, we are having friends "Gator Fries" set up a Food Truck for this summer, and will have a Live Music Gazebo.

Live Music Healing Event July 4

We'll have a Live Music Healing Event July 4th, 4pm - 9pm. We felt that to properly say goodbye to the old lodge, we and the community need a healing event and lodge end of life type of closure. Also, some fundraising for our staff and upstairs tenants Chris and Alyson is welcome.

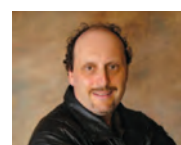
Sam Jarvis and CC64 will provide the live music, and we will do potluck and BBQs. There will be fun, memories to share, and lots of tears and hugs. And we need to heal.

Rebuilding Plans

We are currently in discussions with our insurance adjusters, the fire investigators, financial lenders, and contractors/demolition crews. Our hope is to replace the 4,500 sq ft building with something rustic looking that continues the proud legacy of the historic lodge. We are hoping to still run the Cabin Rental and Seasonal Campground portions of the Resort, and we will continue our beloved Youth and Adult/Family Camps and would appreciate more registrations and bookings.

Thank You to the North Frontenac and Surrounding Communities for your Support and Lois and the Madawaska Highlander.

We are offering a Free Digital Disaster Survival Book, \$20 Value, to Madawaska Highlander readers. Download at madawaskahighlander.ca



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. marblelakelodge.com wscsurvivalschool.com



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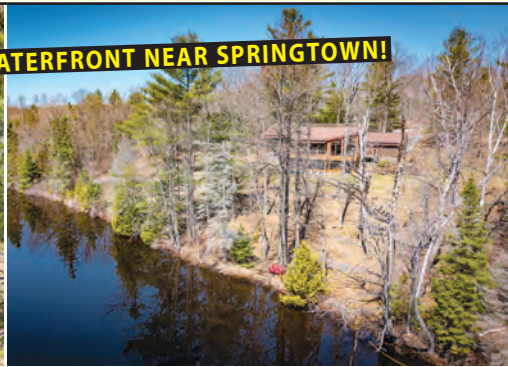
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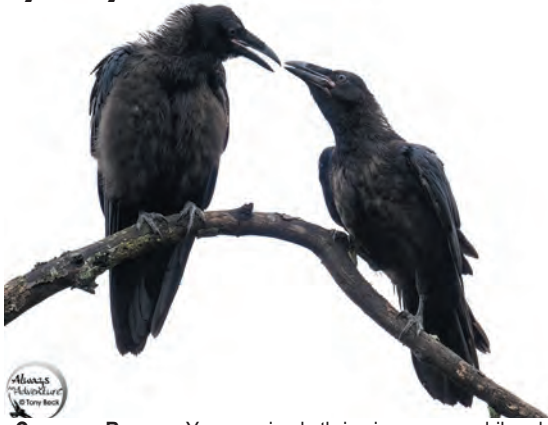


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What a Difference a Month Makes!

By Tony Beck



Common Raven – Young animals thrive in summer while adapting to their wild surroundings. Drenched from rain, these young sibling Common Ravens are still bonding. Note the pale area at the base of their bills – a clue to determining their age



Giant Swallowtail – New to the highlands, the Giant Swallowtail Butterfly continues to expand its range likely due to climate change. They should be present anywhere near Prickly Ash.



Canada Warbler – Canada Warbler – Small migratory birds are in big trouble. Their numbers keep declining significantly for a variety of reasons. Showy species like this Canada Warbler, still breed here in low numbers. Notoriously difficult to see, look for them along thick forest edges, often near wetlands.



Spotted Sandpiper– Spotted Sandpiper is one of the few breeding shorebirds in the highlands. Look for them along lake shores and rivers as they persistently bob their tail. In flight, they have distinctive rhythmic wingbeats. They lose their spots in the fall.



Northern Harrier– A stealthy predator of open country and wetlands, the Northern Harrier is a versatile hunter that typically flies low over fields looking for prey.

After a chilly spring, summer finally arrives with a flurry of vibrant wildlife activity. Lush vegetation adorns the wilderness with green layers punctuated with attractive blooms and countless creatures. All environments, including urban, are now bursting with life.

Bird migration gave way to a healthy breeding season. By now, we should be seeing plenty of young animals, many accompanied by parents. Most young birds are nearly full grown by the time they leave the nest. Look for them begging their parents for food. Meanwhile, all our local habitats percolate with the presence of frogs, toads, turtles, mammals and insects – including some rather ornate ones.

The last of the migrating birds include sandpipers enroute to boreal regions and the high arctic. They're mainly observed in muddy fields or open shorelines. These migrants are rare in the highlands, mainly because they prefer open migratory routes like the Ottawa River. Shorebirds are also the first fall migrants with some already heading south by the time this issue goes to publication. One shorebird that stays here to nest is the animated Spotted Sandpiper. Look for it in cottage country as it probes for invertebrates along rocky or muddy shorelines.

Nature's exciting drama can happen right at your doorstep, regardless of neighbourhood. While driving through Renfrew's shopping district, I regularly see predators like Bald Eagle, Cooper's

Hawk, and occasionally Northern Harrier. From a popular shopping plaza parking lot, my focus was recently interrupted by an adult Red-tailed Hawk carrying small prey in its talons. It flew into a nearby woodlot as it was being chased by several angry blackbirds. This large, majestic raptor is likely nesting close by. It seems like there's almost more mammals than birds at my feeders this summer. Our raccoons remain bold, sometimes coming during the day. Coping with them requires scaling back on feeding wildlife. Until later this year, the feeding area stays small while offering much less food.

Throughout summer, most birds sing around dawn and dusk. June in our neighbouring forest rings with the ethereal morning chorus that includes some of the most accomplished voices in the entire region. Melodic songsters like Scarlet Tanager, American Robin, Wood Thrush, Hermit Thrush, Purple Finch, Baltimore Oriole, and Rose-breasted Grosbeaks can all add cheer to the day, even as they hide in the treetops or thick understory. The best way to find them is to learn their songs, their preferred habitats, and their typical behaviours. Most important, you'll always see a lot more if you carry a good pair of binoculars.

Some elusive species sing through most of the day. Common bird songs in local wooded areas include the petite Red-eyed Vireo, the furtive Ovenbird, and the raucous Great-crested Flycatcher. The vireo sings short robin-like

phrases - like it asks a brief question and immediately provides an answer. The Ovenbird belts out a simple tune that resembles "teacher, teacher, teacher". The Great-crested Flycatcher calls like it's blowing a referee whistle. Knowing the sounds of nature will greatly enhance your appreciation of the treasures we have in our proximity. In summer, even our amphibious friends like the Gray Tree-Frog or Bull Frog will vocalize during midday.

Sadly, each year it gets more difficult to find wood-warblers. Only a few of these vulnerable little songbirds passed through our yard this spring. Not only have they lost habitat in wintering and breeding grounds, but they encounter all types of obstacles during migration. Thankfully, some populations remain reasonably stable. The Madawaska Highlands is an important breeding region for many of these delicate songbirds.

The arrival of June brought with it the emergence of many different butterflies. I've already seen my first Monarch this year. Watch out for the similar Viceroy. Almost identical, it's smaller, and has an extra line on its hind wing. Surprisingly, we were graced with a visit from a Giant Swallowtail Butterfly, a fairly new species in the highlands. Canada's largest butterfly, this beauty is likely to establish itself here as it continues expanding its range northward.

Turtles are laying eggs right now, often by sandy roadsides. If you see them while driving, please give them a break.

A male Gadwall was seen on Burns Lake recently. Although common worldwide, it's a rare duck in the highlands. The male's simple grey and black plumage helps it blend into its surroundings.

Cheryl Beillard from the Douglas area, reports a Hooded Merganser with chicks, and male Ring-necked Ducks. Like our Wood Ducks, Hooded Mergansers nest in tree cavities, typi-

cally old Pileated Woodpecker holes. The above-mentioned ducks are relatively common in local woodland swamps.

Smaller animals can be viciously aggressive when protecting their young against predators. Lois Thomson from Matawathan is enjoying the aerial battles between ravens, and smaller prey species like crows, blackbirds and jays. She also gets regular visits from Turkey Vultures. Once scarce in the region, these scavengers have dramatically increased their numbers throughout the continent.

Let us know what you're observing. We'd love to hear about any birds, butterflies, turtles, or other wildlife in your proximity. We'd also love to see your recent nature photos taken here in the highlands. Feel free to share your observations and photos with us by sending them to
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Enthusiastic Naturalist/Tour-Guide, Tony has taken groups across North and Tropical America, Tropical Pacific, Africa, and Polar Regions. His work appears in many books, websites, magazines & calendars. As a professional photographer, he teaches Birdwatching and Nature Photography through many institutions and is currently a Nikon and Vortex Ambassador. Tony and his wife Nina Stavlund run Always an Adventure: alwaysanadventure.ca



Reconciliation Through Art - Sept. 27, Oct. 2 - 4 in Almonte

By Lois Thomson

Why are we writing about a Fall event now? Because we want everyone to know about it so they don't miss it, and we want to provide plenty of time for more volunteers and sponsors to join in this celebration of Indigenous culture.

As people continue to learn the truth about the dark side of Indigenous/Canadian history, there is a need to know as well about the fun, resilient side of the people, customs, and way of life that enriches our culture throughout the Americas. Reconciliation Through Art is the perfect way to do that.

Whether you're looking for a vibrant night of food, culture, and celebration, eager to try your hand at Indigenous artisan workshops, or hoping to learn, listen, connect, and experience the richness of Indigenous knowledge, culture, and creative expression alongside Indigenous Knowledge Holders and teachers, Reconciliation Through Art 2026 has something for you. Now in its third year, it returns this fall with new and more events, workshops and venues, enriching the opportunities to discover and commemorate the cultures and history of First Nations, Inuit and Métis peoples.

This might be the third year for this event, but it's the first I heard about it, which is another reason I'm happy to spread the word through The Madawaska Highlander.

I had a delightful conversation with the organizer, Tony Belcourt, who spoke to me from his home in Almonte. The Honourable Tony Belcourt, you might recall, is a well-known Métis Elder and leader, founding president of the Metis Council of Ontario, first president of the Native Council of Canada, and an Officer of the Order of Canada. And it was Tony who was the catalyst behind the first Reconciliation Through Art celebration in 2024. Yes, he's all that and I felt honoured to speak with him. Despite that, he was friendly and thanked me for the opportunity to promote the event through the Highlander.

I asked him how this very large gathering started out in the relatively small town of Almonte. I have edited his reply in sections for brevity...

"I started a few years ago, holding busker events, bringing some Indigenous musicians, and we held a couple of concerts here, and the turnout was really good. The interest of the people here in the town of Almonte, really came through.

Then a group of artists, called The Kooshkopayiw Métis Art Collective, asked me if I could help them out, and I thought, well, why not do an art show and see if we can raise funds? I talked to the director of the Mississippi Valley Textile Museum, and he said we could have the whole museum for free on a certain date. I thought, well, hey, why not get a mix of artists? And so, we brought in some of these major artists from other parts of Ontario, and that's how it all got started."

From there it grew spontaneously as musical artists were added. After Tony mentioned it to a few people in the area, people jumped on board and a volunteer committee was quickly formed, more venues were found, and fundraising began in earnest.

"It just all came together like magic, and this is all volunteer run. It's amazing. Just absolutely amazing."



Left: The Kikino Northern Lites Métis Dancers, part of the many fun activities. Right: The Apology documentary by Métis filmmaker Matt LeMay is a behind-the-scenes look at the 2022 Indigenous delegation's historic journey to speak to Pope Francis and ask for and hear an apology for the Catholic Church's role in the Residential School system. This screening invites reflection, conversation, and a deeper understanding of the Indigenous experience and trauma and their ongoing path toward healing.



Volunteers are the real strength of this story with solid sponsorships coming through.

More sponsorships are always welcome to support reconciliation efforts. You can choose from various levels of support including Loon, Hawk, Crane, Eagle, Thunderbird, Presenting Sponsor, or Banner Sponsor. Each level offers unique benefits. You can also contribute items or services to the raffle or offer promotional assistance by distributing posters or sharing event details within your community (as we are doing in The Highlander). Individual donations of any amount are greatly appreciated and can be submitted through their Donations page on their website, ReconciliationThroughArt.ca. A tax receipt will be given for all donations through the Métis Nation of Ontario Cultural Commission.

The Lineup

Sunday, Sept. 27: Traditional Métis Dance Workshop

Friday, Oct. 2: Métis Kitchen Party; Dinner & Dance

Saturday, Oct. 3: Art Showcase and Sale, Fashion Show, Traditional Crafts Workshops, Frybread Queen

Sunday, Oct. 4: Morning Water Walk, Teachings & Presentations on Indigenous Culture and History, Special Screening with the filmmaker: The Apology: A Search for Justice

"We're having a film and the filmmaker will come here as well. We will have teachings about the experiences of the Indian Residential School or the 60s Scoop for survivors. These are wonderful people, great storytellers in there. That's on the serious part of things. And it's absolutely necessary. I mean, understanding the truth of what went on and building on that to try to develop reconciliation is critical. So, understanding the people, customs, way of life, you know, who we are. Who are we? Not just some people from a book or some mysterious people out there, or people who do these mysterious pow wows that you hear about."

"But I wanted to do something a little more fun, so I was talking to somebody about doing a little kitchen party."

Tony's eyes lit up as he reminisced about kitchen parties that were a big part of growing up in the bush in Lexington Alberta. They would go to the Mission grounds every Sunday for mass and after that they would go to somebody's house for something to eat, like boulette y bang (meatball stew and bannoch that will be served at the celebration). It was a small community with most people related in some way. There would be visiting and kids playing and

after the meal, when the fiddler took out his fiddle and started tuning up, it would be the signal for everyone to move tables and chairs and get everything out of the way for dancing.

"And, well, I thought, wouldn't that whole tradition of kitchen parties be fun to do?" And that's just what's happening October 2 from 6 pm to midnight at the Almonte Fairgrounds Agricultural Hall. "That's a big spot and we want to fill it."

Juno-nominated performer, Amanda Rheame, will entertain and get everyone going by line dancing. A dance troupe and an amazing band will perform fast moving, foot stomping, hand clapping traditional Métis dances including dazzling displays of footwork. Everyone will then be invited to join in the fun. As an added treat, the Frybread Queen will serve her famous Bear Paws all evening long. Come ready to eat,

dance, visit and celebrate together.

Every year they have a youth drum group from Pikwàkanagàn at the opening ceremonies. October 4 is the day of Indigenous teachings guided by Indigenous educators, dancers, and musicians, providing an opportunity to learn, listen, connect, and experience the richness of Indigenous knowledge, culture, and creative expression.

Contact Pamela Steele pam@aeriscycles.ca if you would like to sponsor, donate, or volunteer.

Reconciliation Through Art 2026 promises memorable moments of learning, commemoration and coming together. Please save the date!

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The Birds and the Bees

Part 3 in a series about Light Pollution and the Damage it Causes, by Rick Scholes

Image credits:
Below, Lamiot (In Defense of Plants, CC BY-SA 4.0)
Right, Nazhat Afza - unsplash.com
Far right, B. Tofte-Schumacher (Wikipedia Commons)

In 2023 two astronomers invented a new word: “Noctalgia.” It means sky grief; grief over the loss of the night sky to light pollution. It turns out that artificial light also causes measurable losses when it comes to human health.

Research into the effects of artificial light on our health, and that of other species, has been a growing area of study for years, since so much of our population is exposed to it. A comprehensive repository for these studies can be found on the National Institute of Health (NIH) website (pubmed.ncbi.nlm.nih.gov).

Links to obesity, diabetes, other metabolic and cardiovascular disorders, mental health, immune function, reproductive processes, ophthalmology, and cancer have all been found.

LED lights in our homes and on our roads have significant blue light content, as explained in Part 2 of this series in the June issue of The Madawaska Highlander. Artificial light, and blue light in particular, affects the quality of human sleep by interfering with the release of the hormone melatonin. Blue light is emitted from all our display screens: computers, tablets, televisions, smart phones, and consoles. Health practitioners recommend avoiding them before bedtime for better “sleep hygiene” (I like the concept, dislike the phrase). There are many potential causes of sleep disorders but artificial light is an easy one to reduce or moderate.

The overabundance of light disrupts the balance in nature, the



There is a pleasing effect when a spotlight is placed under a tree and pointed upward. But this adds to skyglow and affects the tree's growth cycle. This streetlight has delayed the fall on lower tree branches, making the tree less prepared for dormancy and more susceptible to frost damage.

ecology on which we ultimately depend. All the other forms of life on our planet now have to figure out how to survive in this overly lit up world we foist upon them. The birds, the bees, the fireflies, the trees, virtually every living thing.

ALAN

Organizations concerned with health sciences and ecology often use the acronym ALAN, which stands for Artificial Light at Night. For my purposes, ALAN and light pollution are the same thing. ALAN is a more neutral term that refers to any artificial light at night, whether it pollutes or not, but the

reality is that much of it does pollute.

As ALAN spreads into our suburban and rural areas, it begins to affect more and more living creatures besides humans. In the animal world, it can turn the predator-prey relationship upside down. Predators with good night vision are put at a disadvantage. Those that require light to hunt can hunt all the time. The effects are difficult to predict since other factors like camouflage and sleep patterns are involved.

FLAP for the Birds

The effect of ALAN on birds has been well documented. Owls, for example, are night predators which rely on darkness to hunt. Artificial light changes bird feeding and breeding patterns, altering habitats. Some birds avoid artificial light, while others are attracted to it. An extreme case is the 9/11 tribute lights in New York City, shown above-right, with its two soaring searchlight beams directed upward. Nature Conservancy Canada reported that up to a thousand birds can become trapped in these beams and die of exhaustion. Thanks to lobbying by birder organizations the lights are no longer constantly on.

Birders may be familiar with an organization called the Fatal Light Awareness Program, or FLAP (flap.org). This charitable group is an authority on bird-building collisions. They promote office building lights being switched off at night because, quite simply, lights kill birds. FLAP monitors provincial building standards in order to speak for a species that does not have a voice in government.

Light from residential windows can also lure birds. An organization based at Indiana's Purdue University tracks bird migration on their website (aeroecolab.com). They issue state-by-state alerts based on real-time migration data and promote non-essential “lights out” from 11pm to 6am at critical times. From the perspective of light pollution, it would be best to simply make this a habit at all times. Dimming or switching off outside lights and closing curtains will help the birds and reduce light pollution at the same time.

A Bug's Life

Mosquitoes and black flies can certainly torment us, yet we must remember that all insects are important to our ecosystems. Many species are in

decline for anthropogenic (human-caused) reasons. One of those reasons is light pollution. Consider the firefly – and who doesn't love a firefly? Their bioluminescence is what attracts a mate. Brighter nights reduce the contrast and therefore their ability to recognise these signals. You won't see any fireflies in urban or overly lit areas, because they've been displaced.

According to a review paper published by the NIH, artificial light affects insects in the following ways: disorientation in space and time, attraction, desensitization, and recognition. Many insects navigate based on natural light cues (the sun and the moon) so a bright artificial light forces them into a death-spiral. Skyglow, on the other hand, simply desensitizes them. Mosquitoes and moths are both particularly attracted to ultraviolet and blue light. Studies of bees have found that ALAN affects their dances, circadian rhythms, and even the pollination processes (particularly nocturnal pollinators).

The recent adoption of LED lights presents an even graver risk for the insect population due to the blue light content. Research has found that they attract insects about twice as much as the previous streetlight technology, High Pressure Sodium (HPS). A comprehensive NIH review paper concludes that for insects the adoption of LED lighting “represents an ecological experiment on a global scale, with potentially devastating results.” Solution for your porch: buy a bug light!

Planting a Seed

Growth and harvest cycles of agriculture are altered by ALAN. It affects the photosynthesis process. This makes sense when we remember that all the flora evolved as we did, over millennia, during which time there was no artificial light. Some roadway lighting manufacturers have recognized this and offer products with tailored beam angles that illuminate only the road and not nearby fields.

There is a pleasing effect when a spotlight is placed under a tree and pointed upward. But this adds to skyglow and affects the tree's growth cycle. The image above shows a streetlight that has delayed the fall on lower tree branches, making the tree less prepared for dormancy and more susceptible to frost damage.

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Bugs are tiny, so they aren't affected by gravity the way we are. They also don't have anything like our inner ear to tell them which way is up. They have evolved to instinctively trust that light always comes above - on their backs - so when they encounter a light at night, they spiral around the light, keeping the light on their backs. When bright lights are left on all night, bugs become exhausted and die. Please don't let your light kill someone else's food.

Lighting trees and vegetation also impacts the natural habitats of any creatures living nearby or seeking shelter from predators. You can reduce the negative effects of property lighting by restricting them to special occasions or using timers to switch them off when there's no human audience.

Greenhouses that use grow lights (often LEDs) at night to extend crop seasons cause significant light trespass onto neighbouring properties. In southwestern Ontario they call it "pink sky." Communities there have had to enact bylaws to regulate the increasing problem.

Turtles, the Climate, and Everything

You might think that aquatic creatures are immune to the effects of artificial light. Not so! A prime example is the sea turtle. Sea turtle hatchlings are disoriented by artificial lights near shorelines because they also use natural light cues to return to the ocean after they emerge. A number of coastal regions now restrict the outdoor light intensity, colour, and fixture design. Less disruptive amber lights have become known as "turtle lights".

Reducing light pollution can even help the Earth as a planet. Any

waste of energy adds carbon dioxide (CO₂) emissions to our atmosphere, which is known to cause climate change. Operating lights more than necessary, or using a higher intensity than necessary, wastes power. Buying unnecessary lights wastes the resources that went into their manufacture and distribution. Climate change is a daunting problem, but reducing ALAN is much easier. Humans and the rest of our planetary companions will be healthier if we tame our obsession with artificial light, an obsession unique to our species.

Here's hoping that noctalgia will nudge us toward healthier uses of

artificial light.

This article has been adapted from the original version published in the MillStone News online. Part 4 in this series, "The Night Sky: Glaringly Obvious", will discuss how safety and crime relate to lighting.

**Please join Rick Scholes for a free
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It's a beautiful drive through
the Highlands north of Cloyne!

An international panel of human rights experts has accused Canada of committing genocide against its Indigenous population after a week of hearings in Montreal.

For the second time in two years, the leader of the Assembly of First Nations met with King Charles to discuss treaty relationship with Indigenous peoples in Canada.

Several Ontario First Nations are set to become owners of a new nuclear reactor after striking a commercial partnership with the federal and provincial governments.

Ontario and Webequie First Nation Break Ground on Construction on roads to the Ring of Fire five years ahead of schedule, supporting economic reconciliation.

Proposed NL energy storage mountain will compress air, store in salt caverns, then release to drive turbines and generate electricity during periods of high demand.

Triple Point Co. In NL considering making other salt caverns available for a strategic oil reserve, in addition to the one or two initially proposed to store compressed air.

Canada is delaying legislation that would bring sweeping changes to environmental assessments, after widespread backlash from climate and nature groups.

Home insurance costs soared 45% in 6 years due to extreme weather: StatCan

Canada endorses plan to send remaining Marineland belugas to Spain and US. Whales were under euthanasia threat since last fall since export to China was denied

An old hydro dam on the Kouchibouguac River in NB has been removed, allowing Salmon, American eel, Brook trout, Gaspereau and Rainbow smelt to migrate freely again

Ontario investing \$3.1M in Ducks Unlimited Canada (DUC) to support 15 projects that will restore and enhance 136 acres of wetlands across the Lake Ontario watershed

Beavers were reintroduced to London England after 400 years and are helping to stop a London tube station from what had been regular flooding.

Small QC town is officially recognizing trees as living beings with rights of their own, in what an environmental organization describes as a first in Quebec and Canada.

The Canada Strong Pass has returned ahead of the busy summer travel season, and it offers free or discounted admission and travel at various locations across Canada.

Canadian economy adds 88,000 jobs in May, first significant gain since Nov. 2025

Researchers' pilot plant in Sudbury feeds a century and a half of old mining waste into a tank of bacteria to dissolve nickel, cobalt and copper out of the rock.

The War in Ukraine Has Gone On Longer Than World War I. Similarities: The grinding nature of the fighting and the way new technologies reshaped warfare.

Russia calls Canada 'warmonger' over Ukraine drone deal, threatens response.

22 countries including Canada, the United States, and European nations jointly warned Iran to stop attacking people "on our soil."

Canadians can visit the Haskell Free Library and Opera House without crossing through a U.S. border checkpoint, thanks to a new entrance on the Canadian side.

The majority of crime guns traced by the RCMP to identifiable sources in 2023 and 2024 came from within Canada and were not smuggled from abroad.

Toronto guns-for-hire scheme included \$1,000-per-shooting payday. Teens were contacted via phone apps and paid by someone, somewhere, to shoot on demand.

Canada toughens bail and sentencing rules in the Criminal Code, addressing issues of repeat and violent offenders in cases such as car theft, break and enter, extortion.

'Criminal tourists' have been entering Canada to commit high-profit crimes, then leaving before they could be captured. So far, 46 arrested for 1,442 criminal charges.

B.C. hospitals are increasingly dealing with a form of medical dine-and-dash, where foreign visitors get treatment and then take off without paying their bills.

US efforts to tighten the economic noose on Cuba appear to be working, as more international firms, hotels, Sunwing & Westjet Vacations, leaving island operations.

ON Corps welcoming a new partner, Chartered Professional Accountants of Ontario to provide municipalities streamlined financial processes during and after emergencies

Canada enters talks with Italy on buying an unknown number of advanced trainer jets

3 of China's largest automakers are considering building vehicles locally. BYD, Chery, and Geely have indicated they are "willing to explore" joint ventures in Canada.

1st Canadian firm awarded contract under European rearmament deal. \$10M contract to supply tactical radios made in Canada to Poland's military.

Major infrastructure investments are continuing at Garrison Petawawa, with military officials outlining more than \$100 million in projects planned for this year alone.

Canada solidifies agreement with Australia to buy Arctic Over-the-Horizon Radar system, expected to be operational by 2029, with stations located in southern Ontario

U.S. pulling ocean sensors a 'shock' for Canadian research as El Niño nears. Scientists, re-searchers, educators and students who rely on its data in dismay.

'Reckless and disrespectful': Pennsylvania governor slams Trump's Canada comments as he signs trade pact with Ontario.

Canada and Ireland to work together on key issues like AI, pharmaceuticals, biotechnology, food security. Ireland set to ratify Canadian Europe Trade Agreement.

Amid months of labour unrest in England, medical specialists are looking to make a move to Canada, that is accepting UK qualification equivalency without extra exams.

Since 2023, Ontario has signed 8 economic MOUs with Indiana, Michigan, Nevada, Illinois, New Jersey, Maryland, New York and Pennsylvania and now South Carolina.

Canada launched a new nuclear energy strategy that seeks to build at least 10 new large-scale reactors in Canada and expand global exports over the next 15 years

Ontario Expanding Small Modular Reactor Supply Chain into European Markets that will power nuclear projects and build new manufacturing facility in Durham Region

150,000 innovators at 3,500 Canadian companies are developing AI solutions that will build a stronger economy, serve people and create good, high paying jobs.

Canada planning to expedite work permit stream to 20 days for AI professionals.

New privacy bill would give Canadians right to ask companies delete AI deepfakes, empower new regulator to issue fines, require deletion, with some exceptions.

Angus-Reid poll: Canadians call for heavy AI regulation, but three-quarters doubt any government can keep up with the technology.

Canadians impacted by CRA online account breaches can claim payout from \$8-million settlement. Go to breachsettlementcanada.kpmg.ca to check eligibility

Mailing a paper cheque has become risky. Criminals use chemicals to "wash" away the recipient's name and dollar amount, and then rewrite the cheque to themselves.

Amazon, Microsoft, and Google hold 85% of public cloud market share in Canada – higher than their global average of 66%: Canadian Anti-Monopoly Project Report

Canada's new telecom rules cut fees for activation, plan-change, or cancellation fees on cellphone and internet plans.

In a joint statement, Rogers Sportsnet and the CBC say that the public broadcaster will no longer carry NHL broadcasts for the first time in 75 years.

Quebec strikes French-language deal with English universities after years of tension that increases the percentage of out of province graduates with a fluency in French.

Renfrew County student vaccination rates remain among highest in Ontario at 95%, meeting the threshold recommended for community "herd immunity" protection.

Canada announces new panel on preventive care and cancer screening guidelines.

Opioid deaths dropped 23% in 2025 — bringing 'cautious optimism' from Canada's top doctor 'We can build on this progress and save more lives,' says Dr. Joss Reimer

A special parliamentary committee recommends Canada indefinitely pauses the expansion of MAID for people whose sole underlying condition is a mental illness.

Canada's National Food Security program expands food hubs to allow small grocers to buy directly from manufacturers, making prices more competitive, improving quality

Bill C-231, would give youth justice courts the power to delay sentencing for an offence tied to controlled substances to allow participation in treatment.

Years without fluoridated water show pattern of tooth decay experts warned about. NB one of few provinces where no communities fluoridate the drinking water.

Finding spiders in imported produce is rare, but becoming more common due to reduced pesticide use in grape production, so check produce from warm climates.

Renfrew County Health unit warns of high tick risk in communities along the river from Arnprior to Chalk River, as well as Calabogie and Eganville.

ON tenants accused of being behind on rent may soon have to fork over half of what their landlord claims they owe if they want to raise other issues about their unit.

Samantha Youman's Diary - Feb 14 - Mar 23, 1899 By Antonia Chatson

Samantha Maybe (1877-1951) married Dave Youmans (1834-1912). Dave Youmans was granted land by the government, Lot 21 Conc 7, 62 acres, and Lot 22 Conc 7, 32 acres. When they married, they lived on the former piece of land, which is just north of the junction of Chatson Drive and Pumpkin Street in Denbigh. In 1896, their daughter Samantha, married Oscar Chatson. Oscar had purchased Lots 13 and 14, Concession 6 from George Sweetnam, and they moved into the house that was on Lot 14 and lived there until 1911 and farmed the land. Four children were born to them, a daughter in 1899, who died the same day, Roy (1901-1930), Clarence (1905-1975) and Herbert (1908-1992). In 1911, the family moved out to live with Oscar's aging parents on Lot 20, Concession 6 to help them out. Samantha's diary provides an insight into the daily lives of folks back then.

March 24, 1899

Washed to day and baked bread and buns and wrote to Joe Youmans in the states. Joe and Dave was here this morning and Joe sold one of his horses Andy. I am getting a long fine with my work. James Lane was here and bought a half of a load of hay a ton of hay at 8 per ton. Pa went to Denbigh with a load of hay. Jesus the name that charms our fears that bids our sorrows cease tis music in the sinners ears tis life and peace. Dave bought Maggie a new accordion for being a good girl. Good for Dave.

March 25

Pa went to singing Sunday. I will wander back again to where the old home stands. Little David is here. Joe was here for dinner and an old pack peddler and Martha Flake was here. Mack has gone for the mail. I hope I will get a letter from dear Kate to night. Adda went to see her mother this afternoon. Oh god thou knowest my foolishness and my sins are not hid from him. Blessed is he that considereth the poor. The Lord will deliver him in time of trouble.

March 26

Joe and Josephene was here for a visit and Maggie was here for a little while. Elle and Oscar was in for a little while to night. They have gone to church. Add and Mack has gone to church. Many are the afflictions of the righteous, but the Lord will deliver us out of them all.

March 27

Josephene and Elle was here and papered the dining room. They worked hard. Pa and Elle and Josephene went to Denbigh and Elle bought some wallpaper to paper her kitchen. I will be glad when I get done cleaning house.

March 28

It is a raining to night. Mack has gone for the mail. Dave was here to day and a stranger was here. Adda went to Denbigh and bought some border paper for the spare room. Sweet is the name that charms our fears that bids our sorrows cease tis music in the sinners ears tis life and health and peace.

March 29

It has been storming hard all day. The roads are all blocked with snow and the road is very bad. Dave was here and a man from Plevna. Adda washed to day and made a rice pudding for supper.

March 30

I went to Denbigh and Pa bought (?) pounds of tea and I called on Gertie and gave her a new apron. I bought Adda a new black skirt. Adda went home to night. I am going to try and do my work myself. Adda was here this morning and brought me a pail

of buckwheat flower. It was nice. I had some for dinner. This is a lovely day. It looks like spring.

March 31

the Last day in March it has been a fine day. Pa went to Denbigh and got me 10 pounds of sugar. It has been a great day for the Germans. They had service in their church in the morning and afternoon. Gertie had lots of visitors today.

April 1

I had visitors today. Mrs. Martial Beeby and Mrs. Alf Beeby and Archie Wensley and Dave was here. It is Saturday and I had a lot to do. I baked bread and buns besides all the rest of my work. I have got no girl and I am tired. Mack has gone for the mail. I hope I will get a letter.

April 2

Dave and Maggie was here for a visit and Adda and Annie was here in the afternoon and Pa went to Denbigh in the evening and Gertie came home with him and stayed all night. A little that a righteous man hath is better than the riches of many wicked.

April 3

Gertie is home she is a going to stay a week. Phil is in the shanty to work. Elle was home to day and Maggie was here and old David Levingston was here. I wrote to Maryan and Mack has gone to Denbigh to post my Letter. Gertie gave me a new print apron and made it for me. Pa took down the big box stove and put the little coal stove in.

April 4

Gertie washed to day and I cleaned the floor. Pa went to Denbigh. Mack has gone for the mail. He that hath pity upon the poor lendeth unto the Lord and that which he hath given will he pay him a gain.

April 5

Pa tapped 30 trees to day the sap don't run very much yet. I washed to (2) bed ticks and a pair of pants and a vest and churned. Mrs. Douglass was here. A clean mouth and an honest will take a man through any Land.

April 6

Gertie went to Denbigh to get her wrapper cut it fits her nice. I washed today. Mack went for the mail and Pa got a letter from his brother Joseph in the states. Pa was glad. He has not heard from him in about 15 years. We expect they will come and see us in two years time.

April 7

it is raining here to day. Dave was here for dinner and sap don't run very much yet only got 8 pails of sap yet. I churned and baked cookies. Gertie is getting supper. Little Jenney was here this afternoon.

April 8

Phil has just got home from the shanty. Adda Youmans was here for supper. Mack is going to the mail. I hope I will get a letter from Kate and Minnie. It has been snowing and the roads are bad. Joe is not well he has got a bad back.

April 9

It has been a snowing and blowing all day. We have been a lone all day. I got a letter from Minnie and she sent me one dollar for to get me a present for my birthday. I wrote a letter to Minie to day. Gertie and Phil has gone to milk and Mack is going to church. A little that a righteous man hath is better than the riches of many wicked for who is god save the Lord and who is a rock save the Lord.

April 10

It has been a nice day the sap run very good to day. Dave is here tonight. Gertie and Phil moved their things all our home to day. This is the way I long have sought and mourned because I found it not my grief a burden has been because I was not freed from sin.

April 11

it has been fine to day we had the first maple syrup to day. Joe was here this afternoon. Dave and Phil went Ardock to day. Mack and Joe went to Denbigh. This is mail night. Gertie and I washed and ironed. I am tired tonight. Jesus the name that charms our fears that bids our sorrows cease tis music in the sinners ears tis life and health and peace.

April 12

Albert Stein and Louisa Chatson was married this afternoon. It has been a good sap day they got 50 pails of sap. Maggie was here and little jenny. Mr. Stein was here. Phil is here tonight. I am not well to night. Pa is boiling down sap to night.

April 13

I went to Joes to day and had dinner and in the afternoon Josephene and I went to Maggie's and had supper and I had a very good time. Gertie kept house for me and done the work. Pa is busy a boiling sap. The roads are very bad. Mack came for me to night. It looks like rain. A clean mouth and an honest hand will take a man through any land.

April 14

Pa sugared off 45 pounds of nice sugar today. Adda Youmans and Gertie and Phil and Mack had a good feed. I baked bread to day. The snow is going east today. The creeks are running in all directions.

April 15

Aunt Kate is here to night and Joe's David is here. I am not well to night. We got 20 pails to sap today. Mack has gone for the mail. Joe and Dave was here tonight. Josephene was this

morning and Martha Flake was here.

April 16

I was sent for into Elles to day. She is sick she had a little girl baby and it died. Elle was very sick we had to send away to Plevna for a doctor he got there 1 o'clock last night. Mrs. Petsalt and Mrs. Chatson and Mrs. Lane and Mrs. Snider was there a big crowd of old women.

April 17

Got home from Elles and left her better. I was tired out I did not do much work I went to bed and had a good sleep. I am a going Wednesday to Elles and I am going to stay until Sunday and Gertie will do the work while I am gone.

April 18

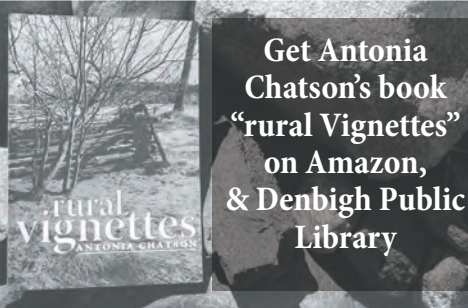
It looks like rain to night. Pa sugared off to day 50 weight. I have been busy all day. Gertie has got a bad headache to night. Mack has gone for the mail. I expect some letters. I have not heard from Elle to day. I wish I could hear from her. I am going in to see her to morrow if I can.

April 22

I will have to stop writing for a few night. I was away from home. Elle has been very sick and I was there a taking care of her. Her baby died. I got home this morning. Mrs. Chatson is staying with her at present. We are having nice warm days now. Mack got 12 pails of sap today. Mack has gone for the mail. I expect some letters to night. Dave is not well he has gone the quinsy and joe has got a bad cold driving the river.

April 23

Dave and Phil went to the drive this afternoon. Mack has gone to church. I did not hear from Elle today. I wish I could hear from her. Our minister has just gone past. The roads are bad yet. I got a letter from sister Janeanan. I was glad to get a letter from her.



Get Antonia Chatson's book "rural Vignettes" on Amazon, & 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.

Fire Towers and Their Role



Jamieson Mountain Fire Tower by Garnet Wilkes... At one time, the fire tower in the old picture (left) was on top of Jamieson Mountain. It has been torn down. I recall our Denbigh High School teacher, Ezra Ball taking our Forestry Club on a hike up the mountain. If I recall correctly, the man from Dept. of Lands and Forests (now MNRF) that instructed us was Bill Hall. There was a very rough road up to it at one time. I recall crawling up to it in my high lifted Ford pickup. Brutal climb. It went through what is now Lower Madawaska Provincial Park by Crooked Rapids. Technology replaced the fire towers and then when the Park was formed the trail was closed to vehicles. There is a hiking trail up there now. There is an incredible view.



Bryce Brown when he worked in the Myer's Cave Fire Tower. He also worked at a 'crow's nest' fire tower at Meek's Flat.



Looking Up The Ladder - Myer's Cave Fire Tower

For many years, fire towers played a very important role in the minimizing of fire damage to Ontario forests and the settlements nestled in them. They were built as a result of two major fires in Ontario, one of which was the "Great Fire of 1903" in the north part of Lennox and Addington and south part of Renfrew County. In our locality there were no fatalities, but thousands of acres of timber and many homes and businesses were destroyed by the fire.

The first fire towers were wooden structures 35 feet high, built after World War I. These were abandoned as the forest grew up around them. Steel towers 80 feet high were begun in the 1920s and by the 1960s towers were in the 100-foot range. The towers were connected to

each other by early bush phone lines, often these lines preceded hydro.

Fire control was a seasonal job, May 1st to October 1st. All through the area watchmen, fire-chasers and smoke-chasers spent many hours in the towers or in the bush chasing down fire sightings and managing any fires. Some of the men included Philip Plotz Sr. then Les Mountenay at Ashby Lake, Bryce Brown west of Meek's Flat, Mr. Marrisett then Harry Meeks at Skootamatta; Charlie Snider (Ted's father) at Grimsthorpe Tower, Harry Ellis at the Gilmour Tower (replaced Grimsthorpe Tower); Gerald Wilkes at the Mountain Grove tower; Arnold Boomhour in the Kaladar Tower; Ezra Wheeler, Harvey Spencer, Jim Perry and Oscar Lemke at Myer's

Cave. This tower was an important one in the system, overlooking Marble, Mississagagon, Kashwakamak and Gull Lakes with many resorts and camps in the area.

Sometimes fires were "make work" projects, difficult to prove but a bit suspicious to find a couple of local lads waiting with shovels in their hands or out berry-picking with no berry pails to be seen.

Fire detection progressed from the use of the towers to aircraft. Arnold Flieler of Fernleigh, had a Piper PA-11 float plane kept at his base near his home on Mississagagon Lake. In addition to fire detection, he would fly men and equipment in to fight fires. When the area was not accessible by road, he

would fly them to a lake nearest the fire, and they would walk from there.

This article appeared in the 2016 CDHS calendar. It is an excerpt from the original article "Fire Towers of Our Area" written by John Bolton for the 2007 fall Newsletter available at pioneer.mazinaw.on.ca.

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Mississippi Madawaska Land Trust secures new Clyde Lake Nature Reserve News Release



A 37.6-hectare (93-acre) property on Clyde Lake is now permanently protected as the Clyde Lake Nature Reserve.

With support from the Nature Smart Climate Solutions Fund, part of Environment and Climate Change Canada's Natural Climate Solutions Fund and administered by the Ontario Land Trust Alliance (OLTA), along with funding through the Greenlands Conservation Partnership program, an initiative funded by the Government of Ontario and administered by OLTA, and the MapleCross Fund, MMLT was able to complete the acquisition within a time-sensitive funding window.

Complementing this support, contributions from community donors were instrumental in covering associated project costs, including a contribution to a stewardship endowment fund to ensure the property can be cared for in perpetuity.

"This project reflects the strength of collaboration, from funding partners to the many individuals who stepped forward to support it," said Steve Kotze, MMLT's President. "It's wonderful to see the passion our community has for conservation. Projects like this inspire action. Together, we've ensured this special place will be protected and cared for for generations to come."

Located along the northern boundary of Lanark Highlands Township, the property features approximately 500 metres of shoreline on Clyde Lake and lies near two existing MMLT properties, Blueberry Mountain at cliffLAND and Clydelands. These protected areas contribute to a growing network of conserved lands in the region.

The property encompasses a diverse mix of forest, wetland, and shoreline habitats. A steep, west-facing

slope rises approximately 100 metres from Clyde Lake, supporting a forest dominated by Red Oak and White Pine, along with other native species. A small wetland at the north end further enhances its ecological value.

The site also shows strong potential to support species at risk, with several species of conservation concern already observed. Additional inventories will be conducted to better understand and document the property's biodiversity over time.

Through long-term stewardship, MMLT will allow natural processes to guide the development of a forest with old-growth characteristics. Planned activities include baseline ecological inventories and ongoing monitoring of species at risk.

The property also offers long-term opportunities for low-impact public access. MMLT envisions a short

loop trail to the summit, where visitors may enjoy partial views of Clyde Lake and the surrounding hills, particularly during the leaf-off season.

MMLT extends a sincere thank you to Keith Shackleton and Diane Zeigler, who donated 40% of the land value, and to all who contributed to making the permanent protection of the Clyde Lake Nature Reserve possible.

Mississippi Madawaska Land Trust is a charitable land trust dedicated to conserving ecologically significant lands in the Mississippi River and Lower Madawaska River watersheds.

MMLT currently protects nearly 1,740 hectares (4,300 acres) of forests, wetlands, and other vital habitats in Eastern Ontario, ensuring they remain wild and healthy for future generations.

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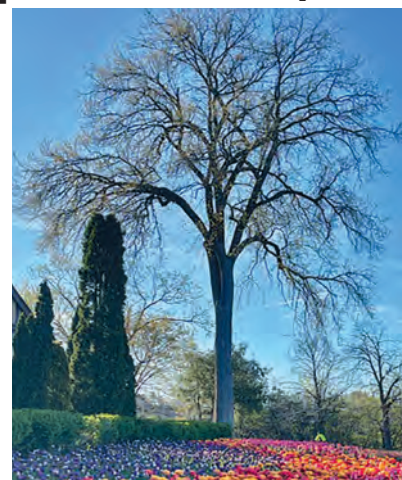
The Tragic Life of 'Captive' Trees By Colleen Hulett

We know trees are social and have evolved to connect with other diverse species. They stick together and have evolved into an incredibly complex intelligent and sustainable community via the Wood Wide Web of fungal highways. UK's World Wildlife Foundation summarized how forest ecosystems act as the Earth's life support system, regulate the global climate, cycle nutrients and support over 80% of ALL land-based species. They purify our air and water and are the largest and most efficient carbon sinks on the planet. They also house millions of species that interact in highly specialized food webs. The importance of the phyllosphere (living on the surface of tree leaves and stems) is equally fascinating and exist to maintain our health and keep us alive. In the last 20 years, scientists have been discovering and rediscovering just how important trees are to humans and our ultimate survival.

Urban trees when managed properly can give many of the same benefits of forest ecosystems if they have the chance to mature.

Economist Forester Dr. Geoffrey Donovan believes the "health benefits of trees dwarf every other health benefit" known in an urban centre. As an economist he is concerned about the monetary cost to society when it involves how many urban trees and forests are within reach of city folk. His studies have revealed that planting trees in cities is linked to decreased cardiovascular disease, fewer premature babies, and less asthma and other breathing problems. He also knows the cost of planting trees is peanuts compared to the cost of building bigger hospitals or discovering new drugs. People live longer in treed urban centres than in places lacking trees. His studies are based on the millions of trees we lost to the emerald ash borer. Two years after the massive loss of Green Ash trees he linked the rise of a host of health issues related to the tree die offs. He can't stress enough how planting millions of trees outweighs the costs of healthcare in a society... A premature baby in intensive care costs millions in its first year while planting trees costs a fraction of that and positively affects future babies' weight for years to come. Urban trees also are proven to help mitigate a host of mental issues related to stress. Planting trees is lucrative too, as every dollar spent on tree planting, he says we get \$20 back.

Humans have evolved living among forests explains why concrete jungles are killing us. We can't live without them. In Canada, over 80% of the population lives in urban centres and 75% of them live in just 12 Canadian cities. This year CIC (Canadian Immigration and Citizenship) News announced Ottawa has been deemed the 'best' North American urban centre to live in, ranking 28th in the World by the Numbeo group that compares international cities. It should not surprise you that Ottawa is also the greenest (most trees) large city in Canada. (That's right, Vancouver!) Still the health consequences of living in a city as opposed to the countryside is not something to be complacent about.



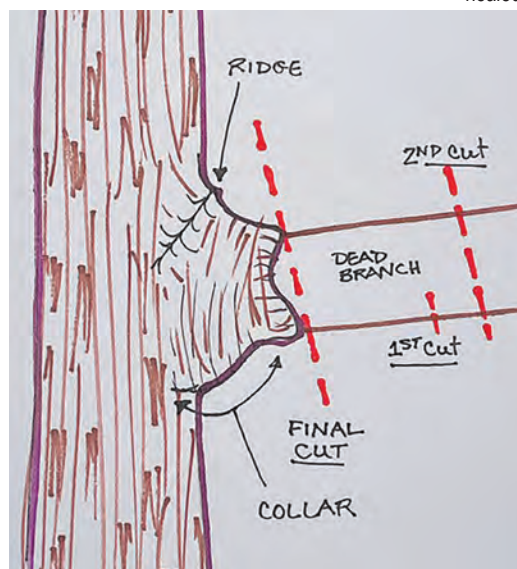
This remarkable Elm is over 100 years old and is protected by the city of Ottawa. Queen Elisabeth Drive, Ottawa



when a tree is wounded cells undergo changes to form "walls" around the wound, slowing or preventing the spread of disease and decay to the rest of the tree. Above: Improper cut, Top Right: Tree generating new protection inside the collar of the branch. Bottom Right: Fully healed "donut" of new wood.

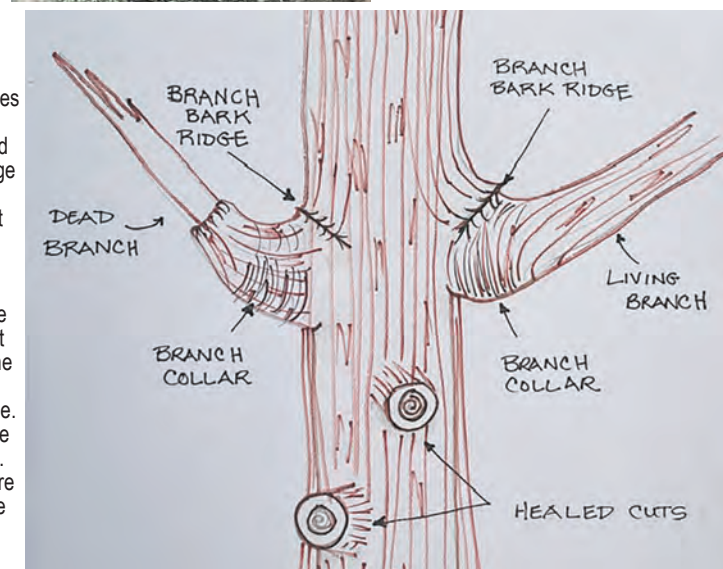


This remarkable urban elm tree is approximately 70 years old and should be documented by the city and protected. Gamelin Rd, Gatineau.



Left: Different sized branches need different tools and cuts. Small branches need only one final cut while huge branches need the three cut method so you do not damage the tree.

Right: When you cut a live or dead branch, you must cut it off 1/4 inch above the collar. The cut should be angled opposite of the ridge. The cut can never damage the branch collar or ridge. Some collars and ridges are tiny and hard to find so be careful.



As a horticulturist, it boggles my mind how abused urban trees are despite their importance to our wellbeing. It's obvious to me that major construction sites need to start working around mature trees instead of removing them because the cost to society is too great. We can plant hundreds of seedlings and young trees, but they will not bear results for at least 80 years – an average lifetime. Mature trees do all the work. We do have to continue planting trees to replace those that are dying but the most important thing to do is to maintain the mature trees we already have established in town. Presently, urban trees live on the average for about 15 years and many die before they are 10. Tragic when we know they can live so much longer and didn't get a chance to do their magic.

Some believe we can plant urban trees and let nature take its course, but this thinking is very wrong. Trees perform in complex ecosystems and not individually. Urban trees are often planted in isolation and are 'captive' trees that depend on us to thrive in our weird concrete environment. They suffer, especially on construction sites, and they suffer from compacted and poor soil conditions, lack of soil, lack of regular watering and poor pruning. They need our immediate attention.

Cities are focusing on planting

as many trees as they can and sadly are not putting the focus and funding on their maintenance. Proper maintenance of established older trees and regular maintenance on new trees is required to ensure they reach some independence in the landscape. Planting trees should never stop but mature tree maintenance is more important due to their larger role in the urban environment.

How can you help? Push your city or town to take their urban trees seriously. Keeping a record of mature tree locations and their crown sizes will fuel the metrics used by economist foresters to understand how many trees a city needs to plant yearly and which trees need municipal protection from developers and much more. The latest studies conclude 'we can't afford to lose even one more mature tree'. Not even one.

If you don't own your own property, report every sick tree you see and get the city/landlord to fix it right away. Neglect by landlords is a big factor

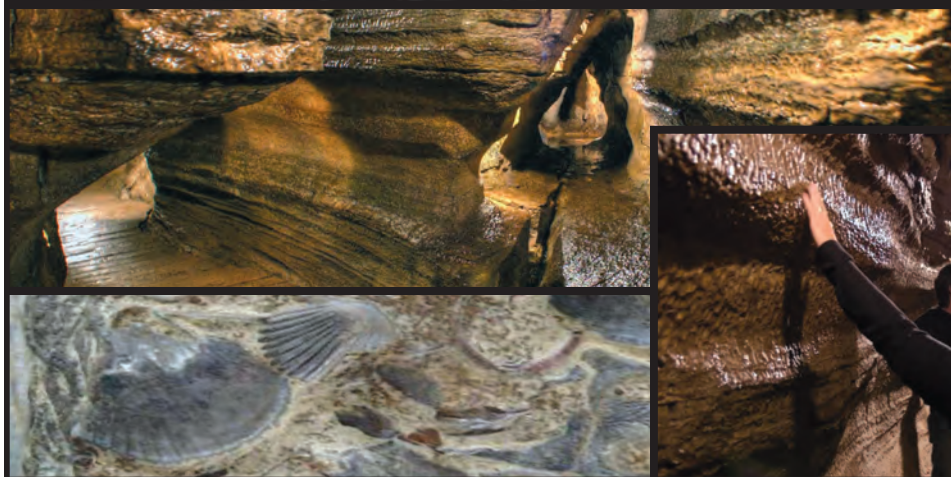
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in the death of urban trees. You are already paying your landlord for building maintenance. Tree maintenance is part of the deal. If you are a landowner, learn how to properly maintain your captive trees or hire an arborist to do it for you. Well maintained mature trees increase the value of your home or business.

Always remember, your tree needs you as much as your dog does. They need consistent watering, added nutrients and pruning. They do not live in the ecosystem they were intended to and are dependent on you to keep them alive and thriving.

To maintain tree health, remove dead or dying branches as soon as you notice them. Never disturb or remove bark. Remove a branch if it is rubbing against another branch. Remove a branch if it is crossing another branch and causing congestion and improper air flow. Remove a branch if it imposes danger to you or your home.

A three-year maintenance plan for major pruning is standard for trees. So, if you need to remove six large branches, do it in stages. For example, apple trees need to be pruned in March so in the first year remove two branches, and the next March remove two more large branches, and in the third year remove the last two branches. If you remove too much at once you risk killing the tree. Never remove the main branch (central leader branch) at the top.

When cutting or pruning a branch you need to be very careful of how you cut it and which tool to use. For example, a branch thickness smaller than your thumb can be cut once with

secateurs. A large branch wider than your thigh requires three cuts with a sharp, clean saw to remove the branch safely. Jagged cuts with dirty tools will invite disease into the cut and could spread pathogens from a tree cut earlier. The final cut of a branch should be close to a 45° angle from the trunk and at least a ¼" from the collar of the branch. The cut can never interfere with the branch collar or ridge. The cut location is where the tree performs a process called compartmentalization which seals the exposed area with a donut shaped wound bark that eventually seals the cut.

Trees suffer greatly from compacted soils or anything around its trunk base so don't park your car under it, plant a raised garden bed around it, apply mulch, etc. Many municipalities have laws protecting trees from heavy machinery. If your tree is living in isolation, consider adding other trees near it so they can connect and help care for each other. Trees also fare poorly if they are planted too deeply. A sign you planted too deeply (soil covering the root flare) is if your tree produces a host of suckers at its base screaming for attention. The root flare should be slightly above the soil.

Trees also have a lead primary root that must be carefully placed horizontally 3 inches below the top of the soil base in order for the tree to grow straight and not lopsided. The lead root also anchors the tree and prevents lift off in wicked storms. This important step is missed by most contractors who rather stake a tree and hope for the best. Trees hate to be staked and it is unnecessary if the lead root is placed properly. It is important to know that tree roots grow

horizontally away from the tree. Trees do not have tap roots or roots that seek water way down in the water table, so you must water regularly if it doesn't rain often. Know that in times of drought, when the city limits watering, you must give all the water allocated to your trees. Ignore your grass, annuals and perennials. Your plants can be easily replaced but your precious mature trees cannot.

One of my teachers mentioned that there should be a law that forces Horticulturists or arborists tree sitters on construction sites to prevent the loss of mature trees and oversee proper planting practices of new trees. I agree, as many mature trees with protections in place are 'accidently' killed on the site when no one is looking. This happens more often than you think. Some contractors are known to not even remove the cage or burlap from the root ball before planting, causing roots to circle the base and the tree strangles itself after several years. Many contractors will insure the newly planted tree for two years and will replace it if it dies. The dirty little secret is most trees take three or more years to die after damage happens. How does that policy help the owner or the tree?

Laws involving urban trees need to change if we want the benefits. Please take care of your captive trees and they in turn will take care of you. Engage in family ceremonial tree planting on your property to honour your future ancestors with stories explaining why and when their beautiful trees were planted in their mini-arboretum. Our family planted a tree in honour of my deceased father in 1991 in a military park in Trenton. It was a five-year-old tree when it was planted and is now a beautiful big

40-year-old tree. I'm so glad this tree exists and brings joy and shade to the park it resides in. Yes, trees take time to grow but they are worth it.

While we can't take care of the whole planet, we can take care of our own urban trees to ensure their establishment and to help control the climate, health and happiness in our immediate area. You need your urban tree, and it needs you and more friends. Protect trees to protect us. Mutualism is the boss.

If you want to learn more about trees in your city download My Tree app for Canada. It has a host of data all about tree species indigenous to Canada.

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