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The Madawaska Highlander

June-July 2018

FREE Vol.16 Issue 2
Next issue July 26

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

You might prefer long winters to long summers, or vice versa, but we all agree the changes are exciting.

Tried and true horse-drawn spring harrow in use outside Douglas Ontario. It wasn't long ago this was the only way to till the soil.

Tractor-drawn disc harrow, between Arnprior and White Lake. Farming at any scale is hard, but rewarding work. Thank a farmer!

Welcome!

...To the beginning of summer 2018 in the Highlands. Get ready for fun at events in town, on the trail, and by the water. And get set for another amazing collection of facts and fun by the Madawaska Highlander's talented volunteer contributors.

In this issue you'll find a treasure trove of great searches and interesting finds, past, present, future, and eternal. Bill and Doug join forces in search of the Lost Battalion in Memories of Vennachar. Our Highlands Hiker finds a wild food farm in her own back yard and Antonia Chatson gives us a peek through a crack in the door to see how her farmhouse became a cathouse, in Rural Vignettes. Ernie's People in Search tells us how our ancestors found their way to live in the Americas in The View from Here.

The Cloyne Historical Society searches out buildings from the past, while Derek tells us learning to be present can lead to Wellness, and our Happy Hiker pauses a moment for some important tick talk. Ticks!

Dr. Gordon Edwards makes a call to action in his follow up article about the proposed Nuclear Waste Dump on the Ottawa River, explaining that some bad spirits don't stay buried for eternity. And Noreen tells us how sacred Pipe Carriers make appeals to an eternal spirit we know as The Creator, in Our Home on Native Land.

There is a lot to do over the summer in the Highlands, so check out our events page and advertisers to make sure you don't miss out on great theatre, music, and cultural festivals, church suppers, dances, great restaurants and BBQs. From the heights of Eagle's Nest Trail in Calabogie to the depths of the Bonnechere Caves, you'll find things to explore in the Madawaska Highlander.

Enjoy!

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613-333-9399
Business Manager: Mark Thomson
Editor and Advertising: Lois Thomson
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parts of 4 counties in the Highlands.

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July 13 for July 26 publication
madawaskahighlander.ca

Message from the editor:

Check the Events Calendar for events in your area. We print what you send in, so if your event is missing or incorrect, be sure to email updates.

Check advertiser messages right away for important information, hours of operation, specials and ideas about things to do in the area. Tell them you saw it in the Madawaska Highlander!

We also maintain the matawatchan.ca website, which has a handy community calendar that is updated whenever new information arrives. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for events and information around you in the Highlands. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss. We keep our advertising rates low to keep it accessible for small businesses.

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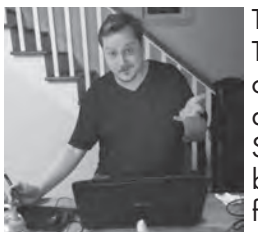
CONTRIBUTORS THIS ISSUE

Thank you everyone!

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

Ernie Jukes	Sharon Shalla	John Roxon
Skippy Hale	Noreen Kruzich	Jens Pindal
Howard Popkie	Lesley Cassidy	John Neale
Antonia Chatson	Colleen Hulett	Anne Dougherty
David Arama	William McNaught	Marcella Neely
Angela Bright	Doug Lovegrove	Gordon Edwards



The Walter cartoon series premieres in The Madawaska Highlander and is a collaboration between Jens Pindal (left) and John Roxon (right). Jens attended Sheraton College in Oakville and has been an animator working in the industry for 25 years.

By Anne Dougherty & John Neale

The annual (and perennial) Plant and Craft Sale at the Matawatchan Hall was the most successful to date. Some people came for the plants, some for crafts (like Nancy & John Reid's stained glass pieces), some for NU 2 U Shopping, some came for maple syrup & jams, and some (like Pete Fischer), came for the pies! There was something to please everyone in a festive atmosphere.

The Griffith & Matawatchan Fish & Games Club brought back an old favourite - Bird and Bat House Making at the Holleran's. 14 bluebird houses, 8 bat houses and 7 wood duck nests built. There were 17 kids! Great turnout and lots of fun for everyone!

The leaves are all out and spring is gradually giving way to summer. Cottagers and residents have their boats in the water and water levels are back to where they should be for the summer season. The provincial election is over, and Doug Ford will be leading us into an uncertain future. Will the new government be able to lower hydro rates, pay down debt, and reduce taxes without cutbacks in education and health care? Let's hope it can be done.

Since the last issue there have been a couple of community events in Griffith/Matawatchan including the St Andrew's Church Supper in Matawatchan on May 19 which featured roast ham, scalloped potatoes and lots of pies! On the May long weekend there was a Plant Sale at the Matawatchan Hall on Saturday, May 21 which featured plants, baked goods and crafts. Also, the Fish and Game Club sponsored a Hunting and Firearm's course which took place at the Griffith Lion's Hall on the weekend of May 5th to the 7th.

Continued next page...

Denbigh-Griffith LIONS CLUB

11th Annual Classic Car

SHOW & SHINE

Saturday August 25, 10am - 2pm

Griffith Hall, Hwy 41 Griffith

Rain date Sunday August 26

Food & Refreshments
Market, Games, Music & Fun!
Tailgate Flea Market for show participants
Sell car parts from your trunk.

All exhibitors and vendors welcome. Just bring your own tables.

Info: Jan 613-333-1748 Hall: 613-333-1423

Registrants: Dash plaques for 1st 100 registrants

People's Choice Awards - 1st, 2nd, 3rd

ADMISSION BY DONATION

...continued from preceding page

The St. Andrew's Church Ham Supper was a success in spite of little advertising, proving that "word of mouth" really works around here. Yum!

Thursday evenings at the Pine Valley Restaurant are made even better with music from a variety of artists including our young virtuoso, Vern Rose. Shown here, Peter Fischer, Pat Burton and Dave Burton. Is that John Neale's guitar in the forground on the left?

Michael Mansfield, accompanied by a group of concerned citizens, presented an emotional appeal to GM Township council on June 4, asking for their support to reduce speeds and restrict passing on Hwy 41 in Griffith - a dangerous strip he called The Griffith Mile. Township has pledged support and is looking into traffic detection systems to gather data they can present to MTO and the OPP.

Upcoming and continuing events:
Plans are being laid for July 1st Canada Day celebrations at the Matawatchan Hall. The outdoor stage will feature local talent from 12:30 to 1:30, including "The Tall Boys" and the main act starts from 1:30 to 4:30 with "The AshDads" from the Calabogie area. There will be a BBQ, Beer Garden, Kids Games, Petting Zoo, Horseshoe Tournament, Local Artists Show & Sale, a Book Sale, as well as Coffee Tea & Baked Goods in the Hall. Rain or Shine. Bring a lawn chair.

Chalk Furniture Painting continues at the Matawatchan Hall on the first and third Wednesday of the month from 12:30pm to 3pm and on the Second and Fourth Wednesday of the month from 6:00pm to 8:30pm.

Aerobics, Cardio Dance, & Light Weights, also continues at the Matawatchan Hall on Saturdays from 11am to Noon, except when the hall is being used for an event. They will soon switch to a weekday during the summer, so it won't conflict with other events at the Hall.

Coffee Tea and Baked Goods Saturday Socials will resume on July 14 from 9am - 11am at the Hall.

Matawatchan Walking Club meets Wednesdays at 9am at the G'Day board in "Downtown Matawatchan", just down the street from the Matawatchan Hall at 1677 Frontenac Road. This group meets rain or shine. It's a great way to get healthy and have a nice chat with other community members while you walk.

NORTHERN LIGHTS SENIORS continue to host the Seniors Euchre night at the Denbigh Community Hall, Hwy #28, Denbigh, Fridays @7:00 p.m. with 6 Games.

DENBIGH - GRIFFITH LIONS CLUB continues to host Bingo every second Tuesday at 7.30 pm with a Fellowship Lunch on the 3rd Wednesday of every month.

In other news, the Greater Madawaska Fire Department has a new rescue truck on order to serve the township. The new vehicle will be stationed in Calabogie.

The popular Nu-2-U store in Griffith by the Lion's Hall now has regular hours on Wednesdays (from 10am to 4pm) and Saturdays (from 1pm to 4pm).

The Pine Valley Restaurant continues to host a music circle on Thursday evenings from 5pm to 7pm which often features members of the TallBoyz, Pickled Chicken String Band, Pat and David Burton, John Corey, and young Vern Rose. On Monday, June 4th, we were deeply saddened to learn that Susan Fraser of the Pickled Chicken String Band and the Piper's Rest B&B had passed away. Our sincerest condolences go out to Mark Rowe and Susan Fraser's families. As for the Highway 41 band, they don't have any gigs firmed up right now, but Al Kitching recently performed with Derek and Brian Roche at the Annual Sharbot Lake BBQ for Community Living for Northern Frontenac.

The G&M Fish & Game Club's annual Kids Fishing Derby will be on Saturday, July 7 from 10 - 3 for ages 0 to 17. For info contact Brian Sutcliffe 333-9564

Turtles lay their eggs by the side of our roads well into the month of June, so remember to drive carefully.

Our apologies if we have missed anything important for this issue. If you have any news that you wish to have reported, please call Anne or John at 613-333-1870 or send an email to JL.Neale@yahoo.ca. Please also consult the Matawatchan.ca website for more details about upcoming community events in the Griffith/Matawatchan/Vennachar/Denbigh area.

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

-552
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Proposed project to improve access to mobile networks in Eastern Ontario is getting closer to becoming reality. $71 million has been pledged by Ontario toward the $513 million project, with the federal government to provide its share by this fall. Work will begin in 2019, including new communication towers.

The Ontario government is providing funding to municipal fire departments for training and equipment for the first time in more than 20 years. Per-capita average funding amount favours smaller communities while ensuring all receive funding.

Ontario Special Occasion Permit (SOP) liquor licences can now only be obtained online. The fee for "No Sale" SOPs, previously $25 per day are now $35, and will be $45 in 2019, and $50 in 2020. "For Sale" SOPs have gone from $75 for three days, to $150 for three days.

Amazon will be setting up a large-scale distribution centre in Ottawa's east end, according to CTV, and with that would come roughly 1,000 jobs.

Ottawa orders CRTC to investigate telecoms high-pressure sales tactics

'ENOUGH'S ENOUGH': Elton John asks fans to boycott social media over homophobic hate.

The United States and Japan declined to sign onto an agreement put forth by Canada, between the other G7 countries, to reduce plastic waste in oceans and cut down on single-use plastics. Canada is also expected to commit to a national plastics strategy

As part of the Vancouver Zero Waste 2040 Strategy, councillors have voted to approve a flexible bylaw that targets reduction of plastic bags and cups by 2021. Council says the city will work with small businesses to help them find new packaging and ensure a smooth transition.

B.C. putting up $300K to study costs and benefits of ultra high-speed ground transportation between Vancouver and Portland, Ore. with stations in Bellingham, Everett, Seattle, Seattle-Tacoma Airport, Tacoma, Olympia, Vancouver, Wash. and Portland. Advocates say it would reduce travel times and congestion and help businesses operating on both sides of the border

Canada to buy Trans Mountain pipeline for $4.5B to ensure expansion is built. Canadian public could also incur millions to construct expansion project with estimated price tag of $7.4B

In 2014 a Trans Mountain underground oil spill dating back to 1968 was discovered on private property on the Coldwater Reserve near Merritt, BC. The owners wonder who is responsible for the cleanup now that Canada is purchasing Trans Mountain.

B.C. company is developing cost-effective technology to remove carbon from atmosphere to make fuel.

Despite more than 5,000 people saying they would attend and 36,000 saying they were interested in attending a gas price a protest in Montreal, only 1 woman and many police officers showed up. Not even the organizer bothered to show.

Tesla's Supercharger network is starting to replace gas stations and now it looks like Tesla is finally starting to add requested squeegees to some stations.

Study: One third of the world's protected lands are being degraded by human activities. $6M sq. kms. of forests, parks and conservation areas are under "intense human pressure" from mining, logging and farming. 10% of the areas analyzed were free of human impacts, and these were lands in the high latitudes of Russia and Canada.

NASA: Mission confirms freshwater redistribution across the Earth, with middle-latitude belts drying and the tropics and higher latitudes gaining water supplies. Climate change, natural changes, and vast human withdrawals of groundwater, could mean some highly populous regions could struggle to find enough water. Maps show flood-prone regions in most of Canada, but a drying out in the western sub-Arctic.

NASA: A part of the next Mars mission, a tiny, lightweight helicopter will accompany the Mars Rover on a 30-day test flight, fueled by lightweight batteries & solar power.

China has launched a relay satellite to prepare for a lunar rover mission on the dark side of the moon planned for later in the year.

Former Apollo 12 astronaut Alan Bean, who was the fourth man to walk on the moon has died age 86. Only 4 of 12 Apollo moonwalkers are still alive — Buzz Aldrin, Dave Scott, Charlie Duke and Harrison Schmitt.

Asteroid 2010 WC9 passed by the Earth at about half the moon's distance on May 15. It's one of the closest approaches ever observed of an asteroid of this size.

A massive meteorite lit up the sky as it burst through the atmosphere over Yunnan in southwest China June 1, shocking local residents with its fiery glow before disappearing.

Louisiana televangelist caused a stir when he asked followers for funds to buy a Dassault Falcon 7X private jet. The luxury aircraft has a high-end entertainment system, an onboard shower, a "whisper quiet" executive cabin, and an impressive nonstop range. "If Jesus was physically on the Earth today, he wouldn't be riding a donkey," he said. "He'd be in an airplane preaching the Gospel all over the world."

Immigration Minister Ahmed Hussen visited Nigeria discuss Nigerians abusing U.S. travel visas to enter Canada illegally. Officials promised to spread a "deterrence" message, and issue travel documents for those subject to removal from Canada.

Chrystia Freeland named Foreign Policy's 'Diplomat of the Year'

Over 2,500 women in Ireland broke world record for mass skinny dip. The dip was in aid of Irish cancer charity and many participants were cancer survivors.

45,000 Canadians die from tobacco-related disease each year, yet 15 % of the population still uses tobacco. The government will invest $330 million into a new strategy in hopes of decreasing the smoking rate by five percent before 2035. This will finance research, resources, and services.

Changes to the Tobacco Act will formally regulate vaping at the national level as well as give Health Canada the power to introduce plain packaging for cigarettes.

Routine Hepititus C screening now recommended for Canadian baby boomers.

Lyme disease cases are at a record-high. In 2017, there were 987 in Ontario. In 2016 388 in the province, but because it's under-reported, some experts say the true number may be tenfold.

Could a simple sugar replacement hold a cure for Lyme disease? Tay Valley Township resident Eric Scheuneman hopes so, claiming that stevia has cured him of his disease.

Scientists have produced the firmest evidence yet of mysterious "ghost" particles that pass through matter without interacting with it at all. There's something strange in the universe that is making cutting-edge experiments contradict one another.

150 feral peacocks in Surrey, BC neighbourhood have began inflicting thousands of dollars' worth of damage to pricey cars by fighting their own reflections.

Ontario Beekeepers' Association survey of almost 900 Ontario beekeepers indicated that 70 per cent suffered unsustainable losses this past winter.

Myers Lake in Georgian Bay has extended the region's existing noise bylaw into the daytime, effectively asking cottagers and their sound systems to keep quiet 24 hours a day, reasoning no one makes loud noises all day at a resort or hotel.

A St. Louis University research unit is testing the effectiveness of flu vaccines by paying volunteers to stay at its Salus Center, a quarantined medical unit equipped with reading nooks and game tables for socializing.

Survivors and families of CIA-funded brainwashing experiments at McGill U plan a class-action lawsuit against Quebec and federal governments. Experiments the 50s and 60s involved drugs and electroshock therapy to try to "reprogram" the brain.

17 fishing areas closing after right whales spotted in Gulf of St. Lawrence located east of New Brunswick, Quebec.

Boating fatalities on OPP-patrolled waterways reached an eight-year high in 2017, with 31 people dying last year compared to 23 deaths in 2016. 42 victims were found not (or not properly) wearing a personal flotation device over the two-year period.

If you spotted a yellow chopper hovering low over your lake, then it was likely Ontario Fish and Wildlife. They worked hard in May to stock many lakes & rivers with fish. Easier than in the old days, trekking through rough terrain with backpack tanks.

The historic lockmaster's house in Smiths Falls is now home to the North American headquarters of Europe's largest self-driving boat company, Le Boat.

Legal Petition Seeks U.S. Ban on coral-killing chemicals in Sunscreen. Oxybenzone and octinoxate contribute to coral bleaching and death.

The creators of Sesame Street have launched a lawsuit against an upcoming sex, drugs and violence-laden movie called the Happytime Murders - No Sesame. All Street. It's the active lives of Henson puppets when they're not performing in front of children.

A long-lost painting by Tom Thomson was sold at auction in Toronto for $481,250, The Edmonton woman had the painting in her basement for years.

Saskatoon, the city that shaped Joni Mitchell's early work is at last formally recognizing the singer-songwriter of "Help Me" and "Big Yellow Taxi" ahead of her 75th birthday in November with a waterfront park and a celebration in her honor.

Edmonton's Triple Five gets the green light to build Miami megamall. Planned theme-park attractions such as an indoor ski slope, submarine ride, water park and skating rink, along with 2,000 hotel rooms will make it the biggest mall in the US

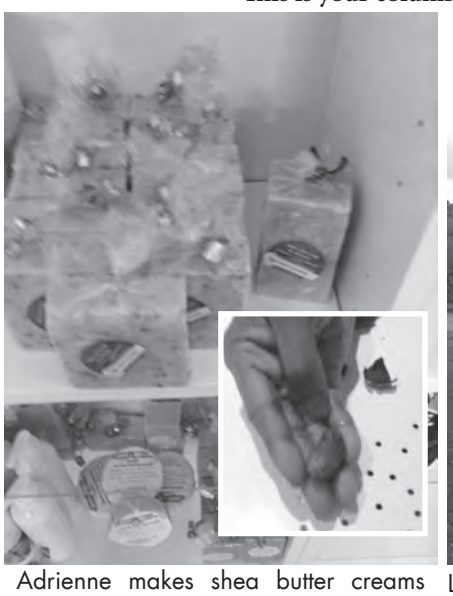
Woman sues NASA over ownership of moon dust vial given to her by Neil Armstrong when she was a child, so NASA won't raid her home to get it, as they have done for other lunar artifacts.

Bogie is a Happenin' Place!

This is your column, so contact me to report on activities before or after events. (613)433-1131 bogiebeat@gmail.com

By Skippy Hale

Adrienne Coulibaly, showing of a feature of one of her fabulous dress designs at Maryse Designs and Tailoring in Burnstown.



Adrienne makes shea butter creams and soaps and sells her creations at many craft shows in the village

L - R. Glenn Stanley, Susan Allen, Janet Stanley at Heritage Park, the location of the Calabogie Summer Market, open Saturdays 9am -2pm starting June 30

Long Lane Farms is new to the area with 5 acres of bio-intensive cultivated land and 3 greenhouses they built themselves.

Breakfast at Laurent's Cafe in Bunstown

This sign destruction, above, is nonsense and it goes on during every election. Maddening!

Above Right: Jan Bentham was one of the entertainers at a fun evening at the newly named Lions' Community Hall Open Mike and Chinese Dinner. They passed the hat and the Tween Program benefitted to the tone of $400+

Front row L – R: District Governor Shelley Gauthier, New members: Payl Lamareau, Jean Koopman, Patty Davis, Bernie Miller
Back row L – R: Membership Director Lion Barry LeGear, Lions: Gary Hollingworth, Marcel Benoit, Maurice O'Shaughnessy, New member Dave Whitmore, PDG Joe Gauthier

We did it! The library is safe in its new home, all set to go.

I wonder when I get up, how many seasons I will face during the day. Crazy weather! You must prepare for anything. My poor tomatoes were in and out of my kitchen so much, I was afraid that they would start to spiral. However, I think they will survive if the caterpillars do not decide to erect a tent city. I am counting on lots of chili sauce come fall. It is pretty exciting to see the cute little circles growing on the branches.

Speaking of vegetables, there is a new venture happening in Calabogie. Every Saturday from 9am to 2pm, Calabogie, Summer Market will set up at Heritage Point starting June 30th. The final market will be September 1st. It is a perfect location by the Tourist Cabin and we will attract travellers on 511 heading to and from Perth, Merrickville, Kingston, Ottawa, Toronto and Pembroke. Farmers, Gardeners, Artists, Crafters, Artisans, Makers and Bakers will be offering their wares. Calabogie has a wealth of creative folk. The concept is the brainchild of Janet and Glenn Stanley and Susan Allen. There is no charge for a spot, but you must register with the organizers and provide your own table and canopy. Email calabogiemarket@gmail.com or call (613) 752-1569 or (613) 752-1896 to obtain a registration form, and for more information. You can exhibit every week or selected dates, but you must contact the organizers in order to reserve a spot. See you there!

Another new venture is a welcome addition to the area. Long Lane Farms will provide boxes of seasonal produce which is locally and naturally grown. Organic practices are employed. No pesticides or herbicides are used. There are 5 acres of bio-intensive cultivated land and three greenhouses which they built themselves.

There are 2 acres of market gardens with the beds rotated 2-4 times a season. Tractors are not used for tilling, so it is very labour-intensive. Chris and Dan Norton are brother-partners. Chris describes Kristen, his girlfriend, as the glue and driving force that makes them push to be better. After two years of research, 2017 was their test year. In conversation, Chris' knowledge and passion bubbles over. His parents bought the farm 30 years ago. Sadly, his Dad, Tom, passed away four years ago. His Mother, Donna, has nursed at the Mano for 30 years. His sister, Sam, is a Probation Officer and not in the business. Kirsten is a Biologist with MNR, but labours with the family when not at work. Their goal is to be supplying their healthy food to the area in 5 – 10 years.

What I enjoy is that the animals work at Long Lane Farms. The geese weed between the corn stalks. The ducks eat the insects. The pigs root and prepare the soil as well as fertilizing the soil with 90 pounds of nitrogen for the following year. The goats do brush control and the cows do rotational grazing weekly. The chickens are free range as are all the animals. They are not raised on hormones and only are given antibiotics if ill. There are border collies and to keep the coyotes away, they have two Great Pyrenees dogs.

They offer limited amounts of free range pastured chickens and turkeys, pastured eggs, live cattle and goat sales. With the increase of Muslims to the area, they have increased the number of goat sales. However, it is illegal for the animals to be slaughtered at the farm by those wishing Halal meat.

After a good meal, you may settle in with a good book or movie. If you have not yet been there, the Greater Madawaska Public Library is now open downstairs at St. Jo's Catholic School, Lanark Road next to Most Precious Blood Catholic Church. Thanks to many, many volunteers, we are moved and open. Thank you for your patience. The Storytime has already started in our new, bright, Program Room. The collection is divided into two rooms and the hallway. By the time you read this we will have brand new comfy furniture in a quiet Reading Area where you can take a rest with a book or catch up on your email. Second-hand books will still be on sale for a Good Will donation.

There is a large Parking Lot by the church and we are working on Handicap signs. Please respect the No Parking signs and do not park in the Bus Zone. The Library door is ahead. Enter and on the right is the doorway to the stairway. It is well signed so follow directions. Use a wheelchair or walker? We can take you down like Royalty on an electronic chair lift. Push the doorbell outside and a staff member will take care of you! Strollers will have a parking spot inside the door and we have use of the School Cloak Room by the gym. A hall stand will be in the lobby for those with mobility problems. The Book Return is by the entrance.

The Library Board and Staff wish to thank Mayor McKay, Council, CAO Holtzhauer, Township Staff, RCCSB, Principal Fraser, her Staff and Volunteers. It was a super Community effort. A Grand Opening will happen in late August, so watch websites, signs and Facebook pages! I am writing a history of the Library. Please send me a note if you served as a volunteer, board or staff

BOGIE BEAT

member. Welcome to our new beginnings!

Last fall, I introduced you to Laurent's Café in Burnstown. He has introduced some new recipes including Belgian Waffles, muffins and croissants. On Monday mornings, he will serve breakfast from 8am to 12 noon. Laurent is hiring, so send him a resume.

In the same building, Adrienne Coulibaly, his wife, has opened her own business. She is a Couturier and has studied with Richard Robinson, who dresses women around the world. Adrienne taught English as a second language for13 years in Africa and for 2 years in Ottawa. Her sewing abilities impressed a friend who suggested she go into business. This prompted her return to school in 2010. She has a varied inventory now in the shop, but would like to get into custom design. Adrienne does not use standard patterns. She designs and creates the patterns from sketch to finished product. Her company is Maryse Designs and Tailoring. Her materials are Canadian and imported from her homeland of Burkina Faso. They are rich and colourful. Each item of clothing is unique and tailored to your body shape, size and desires.

She manufactures her own creams from the brown Shea nut which grows in West Africa. It is bigger than an acorn which she squeezed open. Inside was a dark brown fuzzy 'bean' which when pressed, turns into butter. Her cosmetics are soft and delicate. Adrienne has shown her Shea Butter and clothing at many Craft Shows here in the village. Additionally, you can order many marketing materials such as mugs, plates and embroidered company clothing. She will also be at the Calabogie Summer Market. Please visit her at Laurent's Café, 1716 Calabogie Road in Burnstown Thursday to Sunday after school is out or email savondadrienne@gmail.com.

When I went to the Community Centre to vote, I was very impressed with the bright new Lions Club sign. Tamatha Strachan stated that they are in a transitional phase to take over booking from the Township. They will rent the hall with or without the Lions Bar service. They also have a large white 30' x 30' tent available for rent as well as a portable bar for special occasions. Tamatha Strachan is also busy helping to keep our 'SMILES' clean and healthy. She has a new clinic location. Contact her at (613) 220–6534

Since my association with the Library, this service club has been supportive of the Library, especially the children's programs. Lately, Lego and Maker Space toys have been purchased by the club and individually. On June 9 they are holding an 'Open Mike' Chinese dinner at the Hall. After passing the hat, funds will go to the Library. The children of Greater Madawaska are so lucky!

Skippy Hale is a Retired Nurse and Librarian. She and her husband settled here in December 1999. After her husband's death in 2014, she decided to stay in Calabogie where she enjoys many friendships and is engaged in several volunteer projects. The loves of her life are her 3 children, their spouses, her three granddaughters and one grandson. She keeps busy with arts, crafts and getting stories for the Highlander.

VENNACHAR DENBIGH DISPATCHES

By Angela Bright

Morgan Lane at his farm shed in 2014. He will be missed by everyone who knew him. Photo by George Ross

On May 26th, personal trainer Melissa Flint inspired healthful living at the Ladies Health & Fitness Day at Vennachar Free Methodist Church. Melissa has been in the industry for 15 years, and her job and her mission is to help motivate her clients and to get the most out of exercise by focusing on proper technique. The consensus was that we will welcome Melissa back for another session! Watch for details for a future date!

*Along with family and friends, the community said goodbye the last week of May to Morgan Lane, who passed away in his 99th year. Morgan was a World War II veteran, and in 2016 was presented with a special certificate by the then Minister of Veterans Affairs, the Honorable Kent Hehr at a Remembrance Day service in Douglas, in recognition of his service to his country. Morgan grew up on the family farm, and up until about two years ago, still had a couple head of cattle. Morgan was a kind and helpful neighbor who lent a hand during haying season on my grandparents farm as I was growing up, and at many others times too. Raisin pie, was a favourite of Morgan's, which my Grandma would bake and my Grandpa would deliver to him; my mom & dad kept up this tradition after my grandparents passed on. After moving back to Denbigh 12 years ago, we live just a couple doors down from Morgan, with his fields surrounding our property. When he was more mobile, he would be out in the fields on his tractor, tending to his cows, helping with the hay as much as he could. Our boys got a chance to meet and know Mr. Lane over these years, visiting and helping with cutting grass and snow shoveling. He would always ask them how school was going, and loved to see them all dressed up at Halloween. We saw Morgan on his 98th birthday in November. I took a picture of him with the boys and had just got around to getting the prints made the day before Morgan passed away. Sending our love to Morgan's family; keeping you close in heart and prayer.

*Denbigh Recreation hosts Coffee Time every Friday morning 8am until 10am at the rink building. Coffee or Tea is $1.50 unlimited. There is something different for breakfast each week, from an English Muffin-Egg-Sausage, Western, Pancakes and Sausage, 2 Eggs Home Fries Bacon and Toast, Ham Bun with Lettuce & Tomato and Egg. Breakfast costs $3.00 to $4.00, Cinnamon Raisin Toast & Jam $1.00. There is also a treat of the day: muffin, home baked cinnamon bun; something different each week!

*Summer hours for the Denbigh Library are as follows: Monday 4-6, Tuesday 10-2, Wednesday 4-7, Thursday 12-6, Saturday 9-12. There is also a weekly summer reading club for the kids beginning in July; contact the library at 613 333 1426 for more info and to sign up. The library is located at 31 Central Street, inside the Addington Highlands Community Centre.

*Fresh fruit and vegetables are delivered once a month to our community through the Good Food Box. Boxes come in three sizes and prices: small $6, medium $11, and large $17, with all produce at wholesale prices. Place and pay for your order at the beginning of the month, and it is delivered on the third Thursday of the month. Good Food Box orders are placed and picked up at the Lakelands Family Health Team located in the Addington Highlands Community Centre, 31 Central Street, Denbigh. Contact 613 333 1333.

*Denbigh Recreation will celebrate Canada Day with a fireworks display at Heritage Park at dusk. The best vantage points for the show are the parking lots at the AH Community Centre and the Hall. The Rec club always has an outstanding show, and with the help of our volunteer fire fighters.

*The annual Rose Hill Nature Reserve nature walk hosted by Mississippi Madawaska Land Trust is scheduled for Saturday, August 11th. Visit www.mmlt.ca to check on the details as they become available, and to see photos taken on previous walks and visits.

*We are quickly heading towards the final school days before summer! Wishing all families lots of fun and sunshine!

Remember you can always check out the Community Calendar at addingtonhighlands.ca Just click on the link!

Greater Madawaska Public Library Has a New Home

By Sharon Shalla

Lux and Sharon reading together at the new library location in the school

Darcie, Wolfe and Beau on stage in the library

Before I get into my article, I want to send a BIG THANK YOU to the CALABOGIE LIONS CLUB for the Open Mic Night they hosted Saturday, June 9th at the Community Hall. A HUGE THANK YOU to the entertainers, all the people that bought a ticket for the dinner, the kitchen helpers, and to anyone who played a part in making the event possible. A collection hat was passed around as a fundraiser for the library and I'm delighted to announce that $415 was collected! Wow…THANK YOU! The money will go towards creating a tween area for the 7 to 12 year-olds in the Program Room at the library. Thanks to Lois Thomson for letting me squeeze in this last minute "Thank You" message before the paper went to print. Now on to my regular article.

Well…we packed and unpacked, we shelved books and unshelved books, we moved something here and then moved it there. Relocating a library is no small task, but we are here now and open thanks to the many volunteer and staff hours. We could not have done this without the wonderful volunteers who helped to lighten the load. Relocating the library was work intensive, but it was also a labour of love.

Our new address is 12629 Lanark Road. We are located at St. Joseph's School on the lower level. We have a separate entrance from the school. You will see our door beside the library drop box and sign when you walk up to the school. Just go through those doors and you will see a sign located above the door across from the washrooms. Come on down! Although there's only 5 steps to reach our level, we have an automatic wheelchair lift, if needed, and staff will be happy to provide assistance when you ring the buzzer.

We are planning an official open house for August 11th with special guest, author, Mary Cook. Stay tuned for more information on our Facebook and website in July.

Our new home is bright and welcoming, and we will be adding some local artwork to the walls in the corridor and seating area in the near future to liven it up even more. We chose two shades of soft green paint for the walls throughout the library and it has really added a nice touch of colour without being overpowering.

One of the biggest delights to staff and families is the Children's Room that now has everything in the one room, including books, the Early Literacy Centre, children's tables and chairs, and more… all conveniently located in one area. We've had great feedback on this room, and parents have expressed how great it is to not have to leave one room and go to another room to choose books like they had to do in our previous location. This room also serves as the Program Room when we have special events, so it will surely be put to good use. Within the room is a smaller office that is used for cataloguing and processing new library materials, proctoring exams, and it will also be used by Renfrew County Public Health Nurse, Jennifer McCuaig, when she comes for the Parent-Child Drop-in days. Outside, there's a park bench and picnic table if you'd like to relax and read outdoors. The community is very fortunate to have this facility right in our own back yard. There's no need to travel elsewhere for library services...just come and see us!

And speaking of library services, did you know that you can get a FREE membership at our library if you are a resident or taxpayer of Greater Madawaska Township? Just bring in identification with your Greater Madawaska address on it. Acceptable identification includes your driver's license, insurance card, a lease agreement, or a tax receipt. Each member of the household can get a card for free. We have a fiction and nonfiction section for adults and children, books on CD, DVDs, magazines, Large Print books, FREE public access computers, FREE wifi within the library, and we also offer, photocopying, laminating, faxing and scanning services. Check out our FREE museum passes to the Ottawa Museums including the Museum of Nature, Science and Technology Museum, Agriculture Museum, Aviation and Space, The History Museum in Hull (including the Children's Museum), and the Ottawa Museum Network which includes the Diefenbunker. Each pass permits up to 5 people to get in free (maximum 2 adults and 3 children.) You just need an adult library card to check them out. Call the library at 613-752-2317 or email gmpl@bellnet.ca for more information.

RECENT ARRIVALS:

Adult Fiction
- Macbeth by Jo Nesbo
- Belleweather by Susanna Kearsley
- Guiness World Record 2018
- The Birthday Girl by Sue Fortin
- The Year's Best Science Fiction and Fantasy 2017 by Rich Horton

Youth and Juvenile
- Pirate Day Rescue by Nicole LePage
- Felix at the Amusement Park by Arianne Leduc
- The Solar System by Andrea Danti

DVDs
- Call Me By Your Name
- I, Tonya

APRIL STATISTICS:

- Circulation – 547
- Library Traffic/Visits – 267
- New Members – 4
- Wifi/Public Computer Use – 57.5 hrs.
- Electronic Books Downloaded - 130

LIBRARY HOURS:
Tuesday from 1 – 7 p.m.
Wednesday through Saturday
10 a.m. – 1:30 p.m.
You can search our collection
online 24/7
Call 613-752-2317
for more information.
We hope to see you soon!

ULTIMATE FAMILY CANADA DAY CELEBRATION
Matawatchan Hall
1677 Frontenac Rd.
SUNDAY
JULY 1st
Noon - 5pm
Canada Day
Live Band "The AshDads"
1:30 - 4:30
Local Musicians including
"The Tall Boys"
12:30 - 1:30
BARBEQUE
Display and show by the Griffith Fire Dept.
Local Artists - Show & Sale
Book Sale
BEER GARDEN
Kids games/prizes
Petting zoo
Horseshoe Tournament
1:30
Rain or Shine
Bring own chair
Prizes & Ice Cream donated by the Denbigh-Griffith Lions Club
THE TOWNSHIP OF GREATER MADAWASKA

CHURCH SERVICES & COMMUNITY EVENTS CALENDAR

Also check:
www.matawatchan.ca
www.greatermadawaska.com
www.addingtonhighlands.ca
www.northfrontenac.com

CHURCH SERVICES:

Matawatchan St. Andrew's United
Sundays 8:30 am from February through July and 11:30 am August through January

Hilltop Tabernacle
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Office 613.762.7130
hilltop.pastor@gmail.com
www.hilltopchurch.ca
Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church
424 Matawatchan Rd.
613-333-2318
Sunday service 10:30am year-round
Pastor Laurie Lemke 613-479-2673
Facebook: Vennachar Free Methodist Church

St. Luke's United Church, Denbigh
Sunday Worship and Sunday School 10:00 a.m.

Emmanuel United, Schutt 8:30 a.m.

St. Paul's Lutheran Church
Sunday School 9:00 a.m.
Sunday Worship 9:30 a.m.

The New Apostolic Church
Sunday School 9:00 a.m.
Sunday Worship 10:30 a.m.
Wednesdays 8:00 p.m.

Burnstown
St. Andrew's United Church
Sundays at 10:15 a.m.

Calabogie

Most Precious Blood Catholic Church
504 Mill St., Father Kerry Brennan
Sunday Worship 8:30 a.m.

Mount St. Patrick
St. Patrick's Catholic Church Father Holly, Sundays at 10:45 a.m.

Calabogie St.Andrews United Church
1044 Madawaska Dr. (on the waterfront) Sunday Worship 8:30am
Communion 1st Sun. of the month

REGULAR EVENTS CALABOGIE:

Calabogie Summer Market, Sat. 9-2 Heritage Park
calabogiemarket@gmail.com

Youth Sports Night
Tuesdays 6:00 pm 8:00 at St. Joseph's Catholic School, Calabogie

Pickleball, Mondays and Wednesdays 6:00 pm 8:00 at St. Joseph's Catholic School, Calabogie

Well Baby Clinic
2nd & 4th Thursdays 10:30 am to 11:30 am at the Greater Madawaska Library. It is aimed at children from 0 - 6.

Public Library Book Club
Last Wednesday 11:00 to 12:30

Falls Prevention Program
Chair exercises
Seniors 65+ Mondays and Wednesdays 8:30 a.m. to 9:30 at the Calabogie Community Centre
Contact Susan 613-752-1540

Pilates and More
Monday evenings and Thursday mornings

Back Fitness and Stretch
Mondays 3:45

Mindfulness Meditation
new programs starting
calabogiemindfulnessmeditation.com

Calabogie Seniors Dinner & Meeting
Last Thursday of the month - 5 pm
Oct. to April at the Community Hall
May to Sept. Barnet Park
All seniors 55+ welcome. 752-2853

Renfrew South Women's Institute
www.rsdwi.ca CalabogieWI@gmail.com Branch meetings held at Calabogie Community Hall
2nd Thursday of the month at 7:30
Contact: Marg MacKenzie, Pres.
613-432-3105 or Hennie Schaly Sec. 613-752-0180
Guests and new members welcome!

Calabogie Arts and Crafts
Every 2nd Monday (If holiday, then 3rd Monday), 10:00 am - 1:00 pm, Community Hall, ($15 per year), 752-1324

Lion's Club Bingo every Wednesday, 7:15 pm, Calabogie Community Hall, 752-0234.

The Calabogie and Area Ministerial Food Bank 538 Mill Street, Calabogie 2nd and 4th Thursdays of the month 9 am to 10 For emergency situations, please call 752-2201

SPECIAL EVENTS CALABOGIE:

Calabotie United Church Strawberry Social, June 23, noon - 3:30, 1044 Madawaska St.

Canada Day in Calabogie, July 1,
Breakfast 8 - 11
Family Games 9:30 - 11
From 4 to 10pm at various times: Children's activities, Local Artists displays, Dinner at the Church Hall, Bingo, BBQ, Beer Tent, Open Mic, 7 - 10 Street Dance featuring Midnight Vesta

REGULAR EVENTS GRIFFITH & MATAWATCHAN:

Matawatchan Hall Events, 1677 Frontenac Rd.:
Check calendar at matawatchan.ca

Matawatchan Walking Club
Wednesdays April to Oct. 9:00 a.m
Nov. to Apr. 10:00 am
Start at Matawatchan Hall
Info: Brigitte 613-318-8308

Family Sports Nights, Tuesdays & Thursdays at 6:30 at the Matawatchan Hall. Kids choose the sport. Ice Cream afterwards. Board games in the Hall on rainy days. Everyone welcome!

Aerobics and Cardio Dance to suit all fitness levels led by an experienced instructor at the Matawatchan Hall. Goodwill donation. **Saturdays 11:00 - 12:00** except during markets and events at the hall. It will change to a weekday during the Summer. Check matawatchan.ca for dates.

Chalk Furniture Painting First and Third Wednesday of each Month-12:30-3:00 and Second and Fourth Wednesday, 6:00-8:30 Contact Wendy at wmacfarlane@hpedsb.on.ca

Matawatchan Book Exchange at the Matawatchan Hall any time the Hall is open, sponsored in part by the Greater Madawaska Public Library. Just sign them out and bring them back when you can.

Denbigh-Griffith Lions Club Events at the Community Hall Hwy 41 Griffith:

Bingo every second Tuesday at 7:30

TAI CHI at the LION'S HALL Hwy. 41, Griffith 613-333-1423 Beginner's Class, Mondays @ 12:45 p.m. Sign-In, Class begins at 1:00 p.m. sharp. $10 drop-in fee every session, Holiday Mondays, class will be on Thursdays @ 9:00 a.m.

Northern Lights Seniors Fellowship Lunch at Noon-Third Wednesday of the month at the Lions Hall Griffith. Everyone is welcome. Contact Mary McKinnon 613-333-2791

Northern Lights Seniors at the Lion's Hall after Fellowship Lunch

General Wellness Assessment by local Paramedics available from 11:00am until after lunch

Diabetes Outreach Program
every 3 months

Euchre First and Third Friday of each month, 7:00pm - 9:30pm Contact John/Nancy Reid (613) 333-9556

Bert's Music Jam Every Thursday 5 to 7:30 p.m. at the Pine Valley Restaurant, Hwy 41 Griffith

SPECIAL EVENTS GRIFFITH & MATAWATCHAN:

Canada Day Celebration in Matawatchan, July 1, noon - 5. Local live music 12:30 - 1:30 including The Tall Boys, 1:30 - 4:30 The AshDads on the outdoor stage. BBQ, Beer Garden, Kids Games, Petting Zoo, Horseshoe Tournament at 1:30, Local Artists Show & Sale, Giant Book Sale, Coffee Tea & Baked Goods in the Hall. Rain or Shine. Bring a lawn chair.

Kid's Fishing Derby Saturday, July 7th at Aird's Lake. Participants under the age of 17 will all go home with a prize. 10:00 to 3:00 pm and is Free as well, worms are included. Hot dogs and Hamburgs will be available for a nominal fee and drinks are free. Aird's Lake boat launch is located past Snider's Tent and Trailer Park, follow the signs! Feel free to bring a boat, a canoe or just fish off shore. We look forward to seeing you there!

Shopper's Paradise Yard Sale
Saturday June 30, 10 - 4
NU2U shop, Griffith Hall 25991 Hwy 41 Treasure for Everyone. Fill a box for $5. Proceeds go to Greater Madawaska Seniors Housing Corp.

REGULAR EVENTS:

DENBIGH & VENNACHAR

FREE weekly "Play to Learn" playgroup at MAYO COMMUNITY CENTRE in Hermon Tuesdays 10:00 am to 12:00 pm. snack provided
Denbigh Diners:
Full Course Meal $7.00
Nancy Dafoe 613-333-5164

Northern Lights Seniors Euchre, Denbigh Community Hall, Hwy #28, Denbigh, Fridays @7:00 p.m. with 6 Games. Hope to see you there for some fun !

Denbigh Hall Exercise Group:
Monday classes at 10:00 am.
Thursday classes at 1:00 pm.

TOPS Tuesday at the Denbigh Hall
Basement @8:30am Contact Mary McKinnon 613-333-2791

Good Food Box, Buy a box of fresh fruits and vegetables for less than at the grocery store. Pay $6, $11, or $17 at the beginning of the month Pick up your box at the Health Centre in Denbigh on the 3rd Thursday of the month. Call 613-333-1333

DACRE REGULAR EVENTS:

Games Night, 2nd and 4th Fridays
Open to ideas. Contact Michael at dacacommunity@gmail.com

CLOYNE & NORTHBROOK REGULAR EVENTS:

Exercise Bootcamp at the Clar-Mill Hall in Plevna Tuesdays & Sundays 7:00 pm $5 per class. Bring indoor shoes, a water bottle and a mat.

The Cloyne Pioneer Museum & Archives: Hwy #41, across from the Cloyne post office
Open all summer from 10 to 4

SEND US YOUR EVENTS:
Lois and Mark Thomson
The Madawaska Highlander
3784 Matawatchan Rd. Griffith, ON,
K0J 2R0 info@reelimpact.tv
613-333-9399

Searching for the Lost Battalion

By William (Bill) McNaught and Doug Lovegrove

The 146th Battalion of the Canadian Expeditionary Forces

Doug Lovegrove holding a photo of one of the four companies and volunteers he and his wife Deborah are researching in the 146th Battalion.

During World War I, it became evident to the Allies (France, Britain and Russia) that the war would not be short but rather a fight to the finish. It would require an all-out effort to wear down the aggressive powers, Germany and Austria. More men for the trenches would be required from every part of the alliance. The 146th was one of the 260 numbered battalions raised in Canada, to replenish the declining operational troops in Europe.

In November 1915, Colonel Charles Adamson Low, a native of Kingston and a fourteen-year member of the Princess of Wales' Own Rifles, enlisted as a junior major in Lieutenant Colonel W. G. Ketcheson's 80th Battalion. In November 1915, he was authorized to raise the 146th Battalion from Frontenac County and neighbouring Lennox and Addington County. Colonel Low sought out a well-known athlete, who served as the President of the Frontenac Hockey League, William McFedridge 835001. He became the first recruit.

Soon the recruiters were combing the agricultural communities in all directions from Kingston for volunteers. Some young farmers, among them Charley Gregg, and John Ball, went to Plevna to form the Plevna Brigade. In early 1916, Colonel Low put the recruits on the Kingston and Pembroke Railway to Kingston. The farm boys were assured that they would be back home for spring planting. Instead, each was encouraged to sign attestation papers for overseas service. Companies were raised for the 146th Battalion with a total of 800 men from this area. This included 4 rifle companies, one machine gun company, headquarters personnel and a brass band.

After some initial training at Barriefield Barracks, east of Kingston, and further training at the Camp Valcartier in Quebec, the 146th Battalion sailed for England in Sept 26, 1916 from Halifax.

In order to replace the front-line losses, the British command depleted the ranks of the 146th Battalion in order to bring other battalions to full strength. Some of the infilled battalions were the 95th battalion and 12th Reserve Battalion , 2nd Brigade, 4th RCMR, 15th, 21st, 58th, 38th and 156th Battalion, the Canadian Army Pay Corps, 12th Machine Gun Company, PPCLI, Canadian Railway Troops, 3rd Machine Gun Co, 5th Trench Mortar, RCR to name a few.

When the Allies recognized the lengthy time requirements that victory would require, they realized the necessity of logistics--- railroad men to build the rail beds to supply the guns with shells, miners to create underground launching sites and explosions and follow-up forces to supply the fighting troops. World War I became a war of logistics.

Some of the members of the 146th Battalion fought at the great Canadian Victory at Vimy Ridge on April 9, 1917. But it was not as the 146th Battalion but as replacements in other Battalions. The 146th Battalion was dissolved on July 17, 1917. Its brief history has been lost over the years. Families knew that their family members had served but it was unclear what had happened.

The development of the modern Canadian Army has flashbacks to World War I, when the Canadian army stepped out of the British shadows to become an independent and strong fighting force in its own right.

In 2009, interest in the 146th Battalion was revived through the efforts of Doug Lovegrove and his wife, Deborah. They moved to Verona in 1992, became interested in the local history and re-discovered the lost 146th Battalion.

Doug and Deborah are veterans of the Canadian Armed Forces. He joined the military in 1967 as a radio technician. Doug reports that Camp Valcartier is now equipped with barracks whereas the 146th Battalion spent its training days in 1916 in tents. Doug retired after 25 years. He met his wife, Deborah, who also served in Canada's Armed Forces as a supply technician (which is logistics and warehousing) and a vehicle technician (which repairs and maintains vehicles,

Company A of the 146th Battalion, which we believe encompassed Cloyne and areas north in Frontenac and Lennox and Addington Counties and the 146th Battalion C.E.F. Brass Band.

some as old as WWll). Deborah is also retired after 31 years.

It is now ten years since Doug and Deborah became aware of the 146th Battalion and its deep roots in Frontenac and Lennox and Addington Counties. He began to uncover the story but much of it was hidden in the mists of time. Slowly, he has assembled many documents of the volunteers of the lost 146th Battalion. Some information has come from Ottawa but much has also come from local families whose family members volunteered in the Fall of 1915.

Doug and Deborah are looking for any documents, photographs, letters or badges relating to soldiers who served in the 146th Battalion. There is a display of the 146th Battalion at the South Frontenac Museum in Hartington with some information about the gallant volunteers who served in the 146th Battalion as well as a small memorial library.

If you have any information about the 146th Battalion and the men who served within it, please contact Doug and Deborah at their e-mail, the 146thbattalin@gmail.com.

It is an important story for Frontenac and Lennox and Addington Counties that should be preserved as a tribute to those "dear brave sons" who served their country so heroically.

Lessons from Bike Riding, Meditation and being Present

By Derek Roche

In my previous article from the May/June Highlander I mentioned that there are a variety of factors that influence our health and well-being, including meditation, diet, exercise and a connection to nature. In this article I would like to look more closely at Meditation. I am frequently asked, "Why meditate?" Over the years I have come up with a variety of answers, such as the scientifically verified physical health benefits, stress reduction and it's effects on consciousness. One of the most important benefits that comes from a regular meditation practice is the ability to step off the emotional "roller coaster" of life and become a quiet and impartial observer.

It is the ultimate empowerment to recognize how we react to the world around us, and that we have a choice in how we do so. If we think that the world "out there" is causing the suffering in our lives then we are choosing to be victims and relinquishing our inestimable power. Recently I came up with another realization while riding my bike.

I regularly ride my bike in the Madawaska Highlands. The land is marked by beautiful rolling hills, farms, rivers and forests. When I first began to ride this route a few years back I was somewhat overwhelmed by the terrain, the heat, the bugs, my heavy breathing and my burning legs as I pushed up the hills. Cycling is a lot like practicing meditation. They both become easier and more satisfying with regular practice. I have discovered that life itself becomes easier, happier and more relaxed as a result of my practice of meditation. This practice has also led me to make better lifestyle choices such as diet and exercise. Yet there is more.

How much are we missing by holding onto the past or worrying about the future?

Would you have noticed this cloud if you were racing off to an appointment?

Increasingly I see the world, events and people in a whole new way. While riding I realized that my daily trips through the highlands are a wonderful metaphor for life. Every time I head out I feel a slight trepidation, my mind busily tries to convince me that, perhaps I should cut the ride short, that I have too much to do and the day is too hot, the bugs too aggressive. This passes in the first ten minutes or so and I always enjoy and benefit from the fresh air and exercise. Over the years I have often tried to race around the circuit. Today I worked hard going up hills, but relaxed on the way down. I savored the sounds and smells. I noticed plants and animals, even small cottages I had not seen before, as they were at the bottom of a hill and I was usually going by at a "blurring speed". I wondered how much of life I had been missing by racing along, setting up false goals of success, (money and fame etc.) and simply not being present in the moment.

I wonder if, in today's fast paced world of constant stress, we disconnect with nature and our own spirits in order to survive. How much are we missing by holding onto the past or worrying about the future? How much of our time is spent distracted and not present? Would you have noticed this cloud if you were racing off to an appointment?

I am learning to slow down, be present and enjoy the miracle that is life on this planet. I have also learned that we do not need to travel in order to explore and learn, as the greatest and most beneficial exploration comes from going within. We have an entire universe of discovery awaiting us if we simply sit still, relax the body and calm the mind!

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

NUCLEAR WASTE DUMP ON THE OTTAWA RIVER

By Dr. Gordon Edwards

The Age of Nuclear Power is winding down

The Age of Nuclear Waste is just beginning

Ordinary demolition practices could spread radioactive dust far and wide and could contaminate drinking water, soil and food. Right: 1 of 128 100-tonne steam generators from Bruce reactors, enroute to be stored as radioactive waste.

Metal and concrete structural materials in the core, pipes, pumps, boilers, components of the primary cooling system, are permanently transformed into radioactive junk that can't safely be recycled and stay dangerous for 1000s of years. Contaminated materials contaminate other materials on contact, and newly contaminated materials contaminate other materials...

At Rolphton, Ontario, just 500 metres from the Ottawa River, sits a dangerously radioactive industrial edifice that extends several levels below the surface. It is the radioactive carcass of Canada's first electricity-producing nuclear reactor, the Nuclear Power Demonstration Plant (NPD), which operated from 1962 until 1987.

Canada's nuclear authorities have, in the past, promised that the final decommissioning of defunct nuclear reactors will involve carefully dismantling the structure and removing all radioactive material form the site, returning it to a non-radioactive "green field" status. Current practice at OPG is to wait 40 years after shutdown to allow the radioactivity to diminish somewhat, to make it less dangerous for the nuclear demolition crews to work.

But now, a private consortium of multinational corporations, Canadian Nuclear Laboratories (CNL), who receive over $500M/yr. in taxpayer money to manage this waste, is seeking permission from the Canadian Nuclear Safety Commission (CNSC) to abandon NDP as a radioactive mausoleum right beside the Ottawa River, upstream from the source of drinking water for millions of people. CNL proposes to dump radioactive materials into the sub-basement and flood it with cement. At an April meeting with stakeholders, CNL said it is "fast-tracking" the NPD project, hoping to get it approved and underway within the next several months.

According to the International Atomic Energy Agency, the proposed "entombment" of the NPD reactor is not recommended for any nuclear reactor except in extreme circumstances, where dismantling is virtually impossible because of a core meltdown or some other crippling damage to the reactor itself.

Canada's regulatory agency, CNSC, seems prepared to approve this project, having just granted CNL a 10-year operating licence to run the Chalk River Nuclear Laboratories just a few kilometres downstream from the NPD reactor. In fact, the CNSC Commissioners have never refused to grant a licence request for any major project, in their entire history (2000-2018).

We are facing a serious problem of "nuclear waste governance" in this country. Concerns about radioactive waste and environmental protection are falling through the cracks. There is a policy vacuum at the federal level when it comes to nuclear waste. The entire substance of Canada's current policy is conveyed in 147 words and 3 bullet points. www.nrcan.gc.ca/energy/uranium-nuclear/7725

The Canadian Coalition for Nuclear Responsibility (CCNR), in concert with many other organizations, is calling on the government to:

1. **Halt current plans to abandon radioactive wastes beside major water bodies**
2. **Initiate public consultations with Canadians on the subject of long-term management of radioactive wastes**
3. **Ensure that an independent science-based body operating under the auspices of the Minister of Environment be charged with conducting environmental assessments related to radioactive waste management.**

Now is the time for all citizens to protect the Ottawa River and future generations of Canadians from preventable radioactive pollution, to speak up loud and clear. Tell Justin Trudeau that the government must not abdicate responsibility to the Nuclear Establishment on projects having potential disastrous and irreversible environmental consequences. **Email, call, and write your MP and the Office of the Prime Minister, demanding they comply with the three CCNR goals**

When nuclear reactors were commissioned, the problem of what to do with the waste was a problem for the future. Now reactors are being decommissioned and we still don't have permanent ways to deal with nuclear waste. The only solution available now is to store nuclear waste in a way that it can be retrieved and recharacterized on a regular basis until a permanent solution is found – if there is one – in the future. If permanent abandonment above ground, beside the source of food and drinking water for millions turns out to be a mistake, there will be no way to fix it.

You can bury this beast, but at present, there is no way to eliminate it.

To contact the Prime Minister: pm.gc.ca/eng/connect

For more information consult www.ccnr.org

Dr. Edwards has been a consultant on nuclear issues for governmental and nongovernmental agencies for over 40 years. A gold medal winner in Mathematics and Physics from the University of Toronto, he directed a nation-wide Study of the Mathematical Sciences for the Science Council of Canada. He has given keynote addresses on nuclear matters at conferences in every province and territory of Canada, as well as in Stockholm, Hong Kong, Johannesburg, Madrid, Helsinki, and New York. He has been accepted as a nuclear expert in law courts in Canada and the USA.

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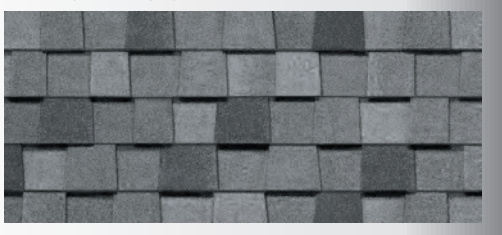

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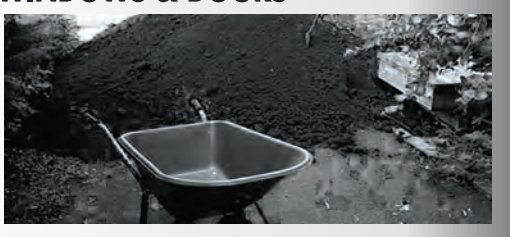

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Backyard Foraging is Free and Healthy

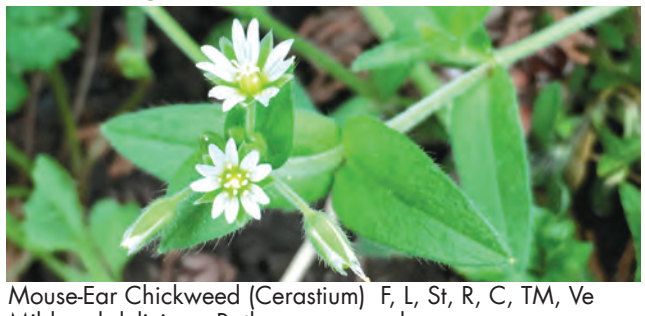
By Colleen Hulett

Poison Ivy can become an aggressive woody vine, often taking on the look of a tree, with limbs that extend out 6 to 8 feet from its "hitching post". Of 3800 plant species in Ontario, it is one of only 123 that can cause problems for humans.

Ox-eye Daisy (Leucanrhemum vulgare)
F, L, R, C, P, M, CL, TM
Flowers are bittersweet & leaves slightly spicy like arugula. Try a small amount in an omelette or salad to add oomph.

Key features according to Boutenko:

Flowers: F
Leaves: L
Stems: St
Seeds: Sd
Raw: R
Cooked: C
Smoothie/Juice: Sm
Vitamins: V
Minerals: M
Protein: P
Omega3: O3
Chlorophyll rich: CL
Traditional Medicinal: TM
Vegetable: Ve



Mouse-Ear Chickweed (Cerastium) F, L, St, R, C, TM, Ve
Mild and delicious. Both common and mouse-ear are on everyone's lawn and nutritional equals either raw or cooked. 'Common' chickweed is hairless and better raw. "Mouse-ear" is better cooked like spinach to remove hairs. Caryophyllaceae Family includes Stellarias and Cerastiums

Why are some of us afraid of gathering and eating wild plants? Okay, let's face it, why are most of us afraid of gathering and eating wild plants? When I try to nudge someone into trying a wild edible from the local woods, the biggest fear is usually 'ooh, what if it tastes bad or bitter?' or 'how do YOU know if it is not a poisonous look-alike!' or 'what if I eat this and die?!'.

The fear surrounding your backyard edibles is very disconcerting to me because poisonous plants in Ontario are relatively rare and easy to avoid. Don't get me wrong as these are very valid questions for beginning foragers. Death is very scary but bad or bitter taste? Have you heard of recipes? Spices? Maybe all you need to know is how bitters are extremely important liver cleansers and the liver in turn cleanses the rest of your organs. Bitter greens are your friends, baby. Embrace them. Spice them up if you must because your health depends on them.

Some of your backyard edible weeds are more nutritious than expensive supermarket vegetables. Fortunately, I wasn't born disliking bitters or with the 'fear gene' and have been eating and nibbling on backyard edibles since I was a pre-schooler. Like a lot of children, I sucked on lilac and bugloss flowers to get a hint of sweetness from them. I chewed on sour wood-sorrel and ate wild strawberries and blueberries every chance I got. Sure, I ate some bad stuff, but my tongue reacted immediately and made me spit it out before actually ingesting the offensive plant. Please, if you let me,

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1013 MacNabb
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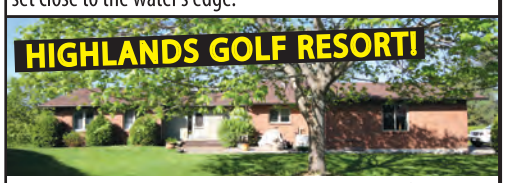
HIGHLANDS GOLF RETREAT!

254 Tatty Hill 1,085,000 MLS 1098650
95 Acre Estate close to the Highlands Golf and Calabogie Motorsports Track near Calabogie Lake. Beautiful, historic, peaceful, well manicured property. Open fields for farming potential and still lots of bush for the hunter and outdoor enthusiast. Come and take in the gated long private driveway that leads to your new retirement retreat.

CENTENNIAL LAKE HOME!

1046 Donald Trail 879,900 MLS 1104885
Stunning Lake Front home on the shore of Centennial Lake. You enter into a huge open concept living, dining, great room area. Post and Beam construction throughout. Large games room and master bedroom with gas fireplace and ensuite offer awesome views. Home has a southwest exposure and is set close to the water's edge.

HIGHLANDS GOLF RESORT!



90 Spindle Drift 399,900 MLS 1089074
Impressive Executive 5 bed. 4 bth. home w stunning lake views and golf course. Wrap around hedge for privacy. Large rooms! Finished basement w walkout. Attached garage and separate workshop. Interlock stone driveway leading up to both. This is a great property for retirement, recreation or rental income. This area has a large rental potential.

CENTENNIAL LAKE - REDUCED!

5015 Centennial Lake 599,000 MLS 1095808
If privacy is what you seek this home/cottage sits on a 2.1 acre peninsula with a gentle slope to the water. Home is a 2011 build with an open concept kitchen, living, dining area, 2 bedrooms, laundry and full bath on main floor. Completely finished basement with walkout has another bedroom, recroom, full bath utlitiy room and lots of storage.

WATERFRONT - REDUCED!

630 Long Point 469,900 MLS 1087807
Hurds Lake waterfront cottage/home or rental property with 72 acres! Enjoy the gorgeous waterfront or do a little hunting, fishing, hiking or make some trails for atv'ing. Nice gentle slop to the water with a sandy are on the shore and a deeper area for boats. Hurds Lake is a spring fed lake with no public access and less than an hour to Ottawa.

HIGHLANDS GOLF RESORT!

34 Morning Flight 389,900 MLS 1084448
This home is nestled into a 1.3 acre lot and built in 2007. This home offers lots of space with large rooms. Large open concept living, dining and kitchen area with 3 bedrooms on the main and a completely finished basement with walkout. Large windows for natural sunlight. Sitting on the Calabogie Highlands golf course this home will not disappoint.

CLOSE TO CALABOGIE!

5030 Calabogie Rd. 329,900 MLS 1106640
Open concept bungalow built in 2014. Three bedroom, two bathrooms with a finished basement. Carport and rear deck with basement walkout. Located close to all that Calabogie has to offer.

Purslane (Portulaca oleracea)
L, R, C, V, M, O3, Ve, Sm
Sour but pleasing. Thickens smoothies. Add to salads, sandwiches and stir-fries.

Wild Sweet Pea (Lathyrus latifoluus)
F, L, V, TM, Ve
Slightly sweet like pea sprouts. Eat only tender parts and add to salads or sautéed with Asian dishes.

Dame's Rocket (Hesper matronalis)
F, L, R, C, V
Try frying the flower buds in butter! Leaves add oomph to salad like arugula.

I can help you change your fear of wild food and help you become empowered to forage freely for your health. Free nutritious weeds will only cost you exercise and fresh air. How bad can that be? I truly hope this article dispels the myth that foraging is unwise and dangerous because this is far from the truth in our region and the rest of Canada.

Okay, so let me answer the questions about the fear of toxic look-alikes and possible poisonings. Below are some interesting facts you need to know. According to McGill University, there are roughly 5000 species of plants in Canada. This number also includes non-indigenous plants brought intentionally by settlers and some accidentally but doesn't include coniferous plants or fungi). How many of these plant species are toxic?

You can get a list of toxic plants from The Ontario Poison Centre. They list 123 toxic plants in Ontario and only 61 out of the 123 are so worrisome that if ingested you must call them immediately. According to the poison control centre poisonous (toxic) plants can produce reactions from minor discomfort to organ failure and sometimes even death.

They break toxic plants down into five categories: those plants that have toxic ingredients, like the alkaloids in nightshade, for example; plants that have allergens, like ragweed; those that cause dermatitis, like poison ivy; plants that cause internal poisoning, like foxglove; and plants that cause injury, like the thorns on a rose bush. As mentioned, they list 61 poisonous plants out of a possible 5000 plants species growing in Canada. I believe we have 3800 out of 5000 species living in Ontario. Therefore, that's roughly a potential 1.6% of serious toxic plants out of all the plants in our province. Furthermore, we know that plants have specific habitants they can survive in so in any given subarea, (i.e. northern Ontario, southern, central, etc.) there is only a handful of the 61 poisonous plants that you need to avoid in your immediate surroundings. There is no way all 61 live near you but knowing and studying all 61 is encouraged for any Ontario forager.

The question then is why are we so afraid of being poisoned? Knowing the handful of poisonous plants in your area is an easy undertaking and foolproof for one's safety. Safe foraging practices can be easily enjoyed with a little research or a good ID book. If you do not want to learn and study these plants, you can easily hire a guide to forage with you or train you in plant identification.

Foraging is a very important long forgotten practice to most Canadians. Foraging gets us out into Nature, gives us clean oxygen, exercise and improves our mental wellbeing almost instantly! Fear of a handful of recognizable toxic plants is silly in my opinion compared to the benefits of foraging for wild food. More importantly foraging will give us a nutrient dense and diverse diet our body depends on for a healthy immune system and function. With cash crops we have become stuck on a nutritiously limited diet that has been scientifically proven dangerous many times over.

What else is going on? Why did we give up the power to feed ourselves a diverse diet, especially wild greens? Colourful foods hold the key to our health, but green foods have proven to be the most important and an absent colour on many Canadian plates. When and why did we stop remembering the importance of eating flowers? Flowers? Yes, delicious flowers. 4000 plant species of the 5000 that live in Canada are flowering plants. Flowering plants are dependent on bugs,

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Lamb's Quarters (Chenopodium album)
F, L, St, Sd, R, C, V, M, P, O3, Sm, V
White or purple dust is edible and healthy. Plant tastes like spinach.

butterflies, bats and birds. Its no wonder flowers are very important to biodiversity and to our diet. Flowers in our diet give us unique phytochemical nutrients found in their different colours.

Imagine the time it would take to try to get all those essential colours in our daily diet with limited hybrid cash crops. Why not just sprinkle a handful of edible flowers in your salad? No need to live in the kitchen. Really, why the heck are we eating the same 20 or so plants over and over and over again anyway? Its seriously not healthy.

Get to know and study the poisonous plants in your area and shake your fears. Be empowered. Become a backyard forager. Study your local wild foods, google time honoured and delicious recipes. We don't have to invent the wheel here.

Share this information with a child. They will forever remember us for teaching them about our love for our backyard sanctuary, our love for our highlands and ultimately our love for this incredibly beautiful complex place we call Earth.

Incredibly Nutritious backyard 'Weeds' to get you started:

Lamb's Quarters, Dame's Rocket, Dandelions, Chickweed, Burdock, Stinging Nettle, Purslane, Common Mallow, Wild Mustard, Wild Lettuce, Oxeye Daisy, Pineappleweed and Shepperd's Purse.

Please start foraging slowly and in small amounts to get your taste buds and stomach used to wild plants.

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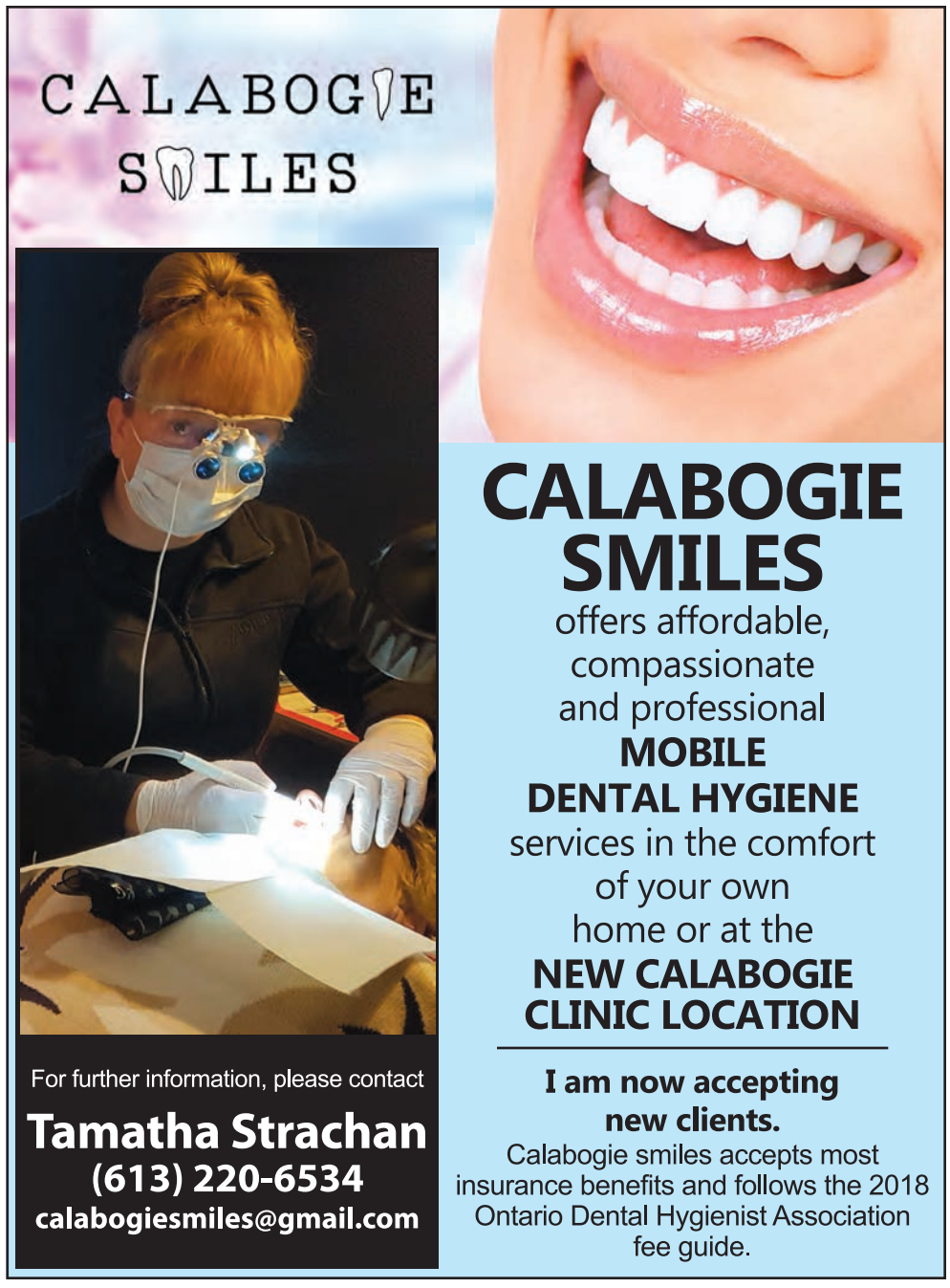


This column will seek to recognize historical individuals and locations of First Nation and Metis history in the Greater Ottawa Valley.

Ceremonial Pipe Carrier

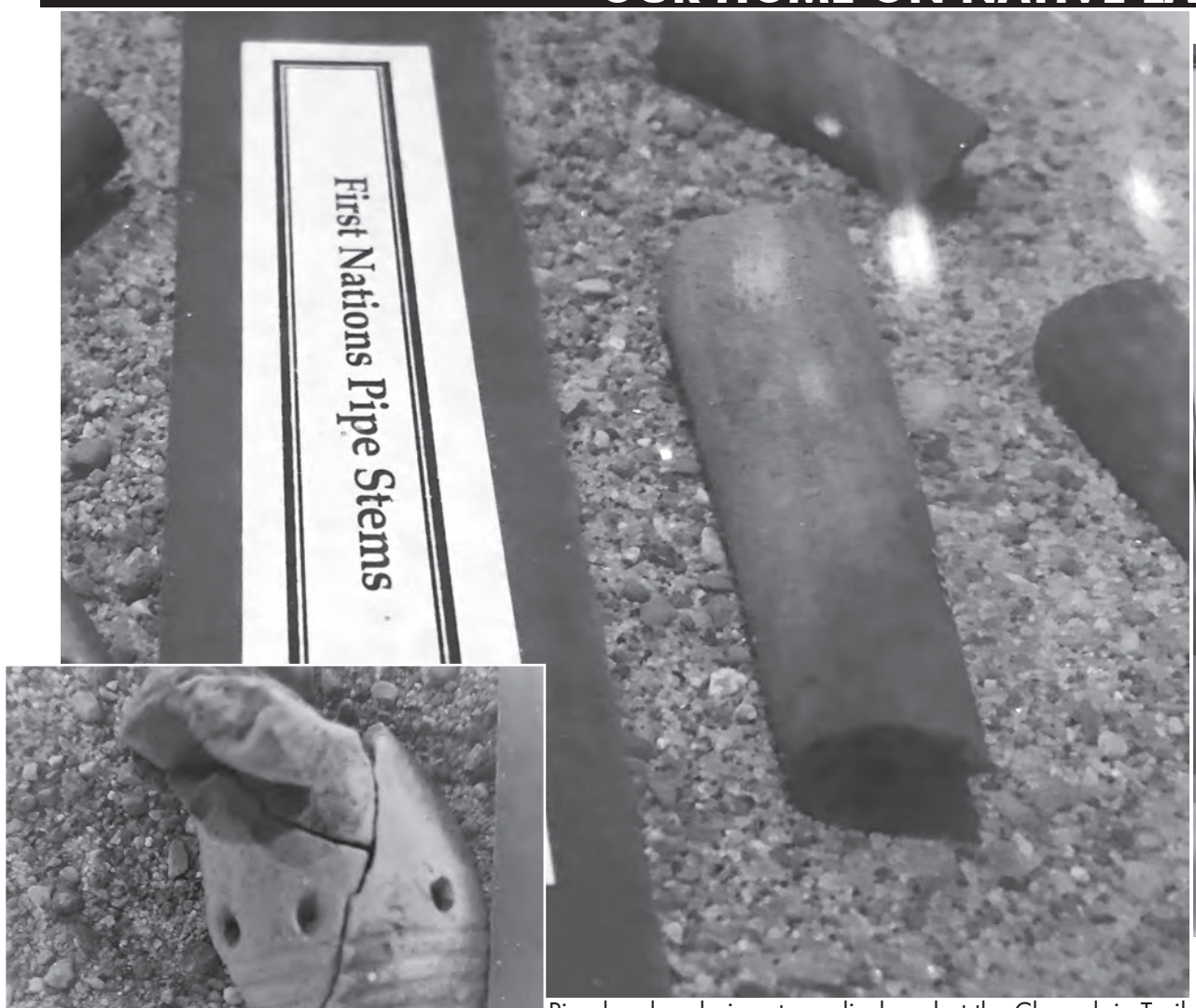
By Noreen Kruzich

85 year old Harold "Skip" Ross is a Pipe Carrier, which is an honour and a duty. Pipe Carriers take on a role as a messenger to the Creator.

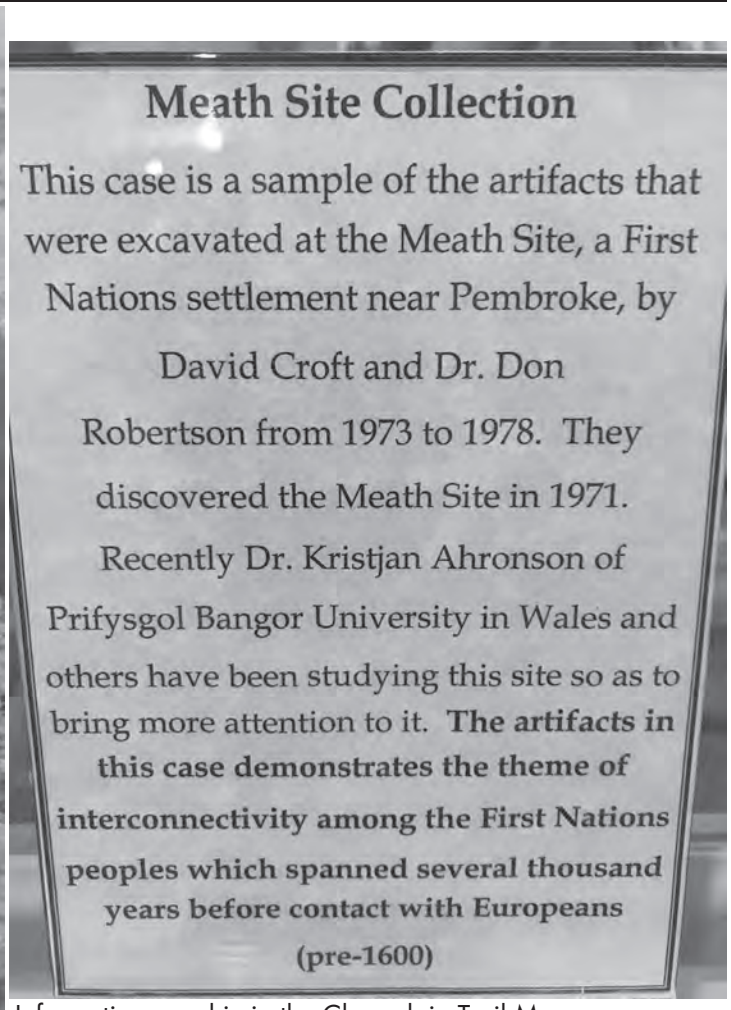
Ross carries his pipe in this sacred bundle, which includes a Golden Eagle feather, owl feather and a Bald Eagle feather among White Sage, tobacco, and other items with meaning to him.

Ceremonial pipes have been a part of the Algonkian culture for centuries. The Opawagan (pronounced without sounding the "o") is the word for pipe in the Anishinaabe Algonquin language. Europeans have referred to them as Peace Pipes or Calumet Pipes. The latter name may come from the French in the word chalumeau meaning reed or blow pipe, referring mainly to the stem of the pipe. The term peace pipe came about due to its use in the signing of Treaties.

There are two parts of the pipe- the stem and the bowl. The



Pipe bowl and pipe stems displayed at the Champlain Trail Museum in Pembroke, Ontario.



Information graphic in the Champlain Trail Museum.

bowl is made from Pipestone -a catlinite, brownish-red in colour and easily carved. Pipestone can be found in specific places throughout Northern North America. Traditionally, the stem would be made of Sumac.

The pipe is carried, that means a responsibility is also carried. For pipe carriers take on a role as a messenger using the pipe for good and the good of the people. Harold "Skip" Ross was handed the pipe ceremoniously about five years ago, he is now 85. "It means that if someone wants help you can never say no. What comes with it is a duty." Ross explains that what he does is ask the creator to help someone. "My message travels in the smoke. The smoke may disappear at a certain point, but the message doesn't stop with the smoke," he adds. A sign regarding an answer or acknowledgement he says might not be immediate, but one will show. He explains he is only the messenger, there is something bigger that transpires. So too, he smokes it for himself in meditation. Additionally, he uses it during the Change of Seasons Ceremony, honouring the transformation of the weather.

His ceremony always begins with smudging himself and the pipe. Ross explains he fills the pipe at the east direction and then moves to the south, west and north to further fill the bowl with tobacco while lighting it. Tobacco or asama (pronounced without the first vowel) is used, but other materials such as herbs, barks, and plant matter can be combined, which is called kinnikinnick.

Ross says he always carries a bundle with the pipe. His bundle represents the three nations of native peoples- the many First Nations, the Inuit and the Metis. Ross' sacred bundle includes a Golden Eagle feather, owl feather and a Bald Eagle feather among White Sage, tobacco, and other items with meaning to him.

He also likes to carry a story or two with him of various oral histories about the pipe. The Lakota tale of the White Buffalo Calf Woman, who brought the pipe to the people and instructed them in its symbolism and use, is one of his favorites. Ross believes his pipestone came from the territory of the Sioux, which extends from Minnesota to Montana and up into the plains region of Canada. The Lakota call their sacred pipe chanupa. The Lakota Sioux believe White Buffalo Calf Woman is from the star system of the Pleiades- the seven sisters. She met up with two men in the plains, one man it said had inappropriate thoughts while the other thought to honour her. It is said that the man who took her for her body, lost his and only his bones were left at the woman's feet after a cloud of white smoke vanished. She told the other man to tell his tribe what he had seen, and then she came to his people bestowing the pipe upon their Chief with instructions and teachings to use it for good purposes. It is sometimes referred to as the White Buffalo Calf pipe.

In Minnesota (Dakota Sioux territory) pipestone quarries can be found. The Minnesota Historical Society says that many of the pipes found in that area are plain-surfaced, right-angle, or elbow types, but as well pipes are found to be of a distinctive design and beautifully carved. The society relates that the nineteenth century native peoples had learned to melt metal and began ornamenting their pipes with lead inlays.

So, although pipes today are often decorated as well with items, Ross' pipe -- for now -- is without décor. "It's not my pipe, I will hand it over, before my passing. You always know what's happening." At that time, he says he plans to decorate it with eagle feathers and deer skin prior to bestowing it to another person.

Locally, the Champlain Trail Museum in Pembroke has a display of native pipe stems and a pipe bowl all found at the Meath Archaeological sites. The Meath sites are a collection of 10 locations in one area discovered in 1971, outside of Pembroke. The sites were excavated between 1973 and 1978. Museum Volunteer Courtney Cameron has worked on digitally cataloging the sites and has concentrated on the larger site for the last two years recording and examining pottery shards.

"All the pipe fragments were in one of the sites. Ten pipe fragments in total were recovered. Five of the fragments belonged to an Iroquoian ring pipe decorated with four incised lines below the lip, above a single row of encircling punctuates."

Cameron says the museum has yet to delve further into the pipe stems and bowl found, which they believe date back to pre-1600.

If you know someone who holds the sacred pipe, honour them, for they embrace much responsibility in this universe.

Noreen Kruzich is the author of The Ancestors are Arranging Things... a journey on the Algonkin Trail (Borealis Press/ Ottawa/2010). She specializes in First Nation/Metis genealogy and social history and has worked on the documentaries Colonization Road recently nominated for the Donald Britton Award at the Canadian Screen Awards and on Trick or Treaty winning the Prix Gemeaux for Best Research. She lives along the Madawaska River outside of Burnstown. Visit her site at www.noreenkruzich.com

Tiny Ticks Bring Trail Challenges

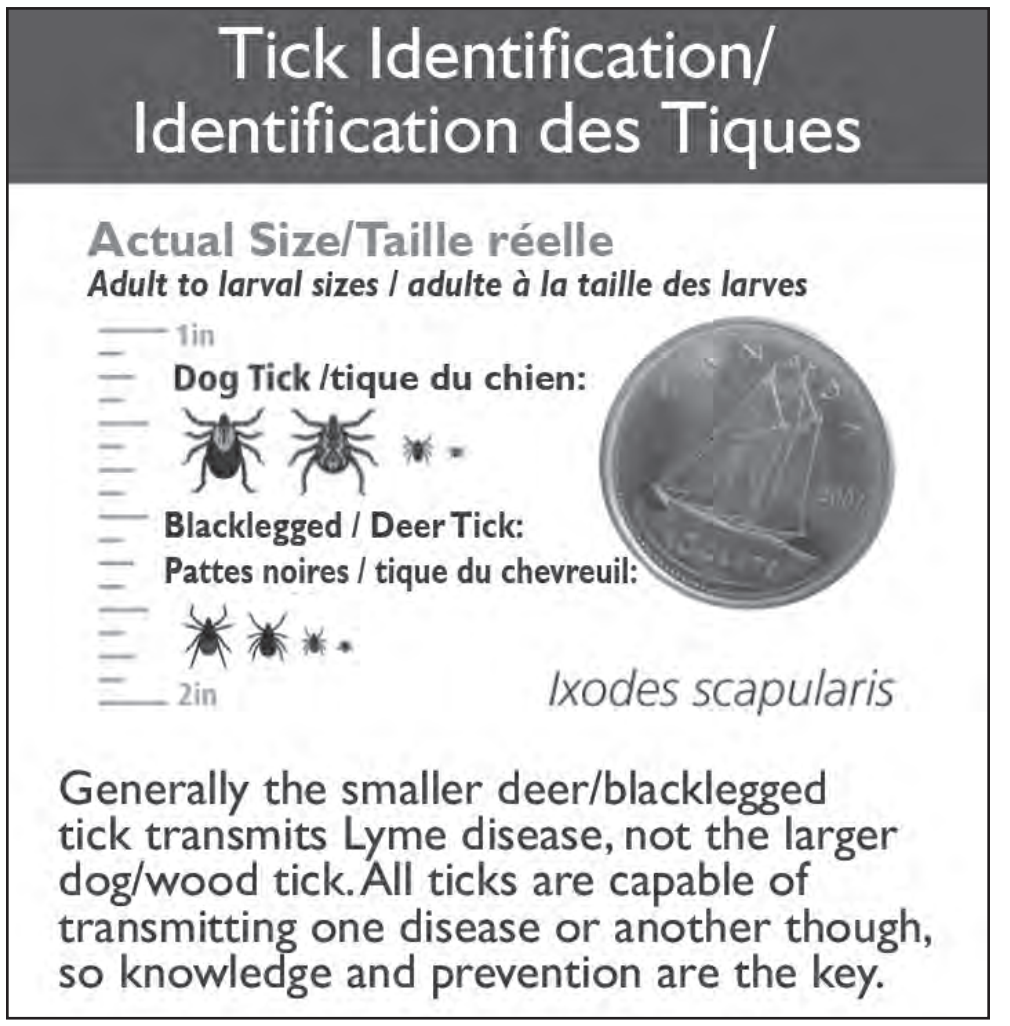
By Lesley Cassidy

Pesky mosquitos, deer flies and black flies are all part of spring and summer seasons in the Ottawa Valley. But what about ticks, the crawling eight-legged insect that is now found almost everywhere outside? With the prevalence of Lyme Disease, there is a good reason to be concerned about ticks.

In 2017, there were just under 200 confirmed cases of Lyme Disease diagnosed in Ottawa, which is a 127 percent increase compared to 2016. A 2018 provincial map published by Public Health Ontario identifies Ottawa, Perth, Leeds Grenville and a small section of Renfrew County as risk areas for Lyme Disease.

"We can't be casual anymore about Lyme", insists one woman who was bitten by a tick near Perth, Ontario several years ago and subsequently diagnosed with Lyme Disease. "It's about being habitually careful every time you go outdoors," she shares that now she has to make it a habit to always to wear bug spray, tuck her pants inside her socks and check her pets when she returns to the house.

Ticks used to be mainly found in tall grassy areas, but are now found in the garden, near decaying leaves, on brush and most outdoor environments. Long pants tucked into socks should be the new look for hikers this year.



Lyme Disease has been around since the mid-1970s, mainly south of the border in the eastern and western states. Ticks are related to the spider category of animal and feed on the blood of animals and humans. A life cycle of two years means they don't live very long, but if the ticks carry the bacteria Borrelia burgdorferi, they can infect humans and pets with Lyme Disease. Not all ticks carry the bacteria that causes Lyme Disease. Only two types of ticks in Canada can transmit the disease to humans, the black-legged tick and the western black-legged tick (only in British Columbia).

Ticks thrive in warmer weather. With shorter winters and enough warm days a year now to support the growth and lifecycle of ticks, they are moving north and establishing populations. They migrate into areas that are forested and attach themselves to migratory birds, deer, moose, mice and other animals to travel significant distances. Ticks can carry other diseases that affect humans, but Lyme Disease is the most commonly reported and known.

Ticks latch onto your body while you are outside or can transfer from a pet cat or dog onto your clothing or skin. Surprisingly, they don't jump or fly. These little eight-legged creatures attach themselves to the skin usually to the backs of knees, elbows, hairlines, under the arms, back of the neck, and behind the ears. Ticks used to be mainly found in tall grassy areas, but their landscape is changing, and they are now located in the garden, near decaying leaves, on brush and most outdoor environments.

Dr. Manisha Kulkarni is an assistant professor at the University of Ottawa – she studies infectious diseases and has received several grants to study ticks and their habitat in the Ottawa area. She is involved in field sampling, active surveillance and working on models that predict what landscape features attract ticks and predict where they will most likely be found. Dr. Kulkarni shares that the number of ticks found carrying the bacteria is quite variable. In certain places around Ottawa, the ticks do not have the bacteria, and in other areas, almost 40% of the ticks tested carry the bacteria that causes Lyme. It is hard to confirm a potential reliable estimate of rates of infections due to the varying numbers of ticks testing positive for the bacteria that causes Lyme Disease. She highlights that "surveillance is important to determine if the risk is changing and see if new locations are becoming suitable tick habitat".

Both the Public Health Agency of Canada and the Centre for Disease Control in the United States stipulate that the chance of getting Lyme Disease from an infected tick is relatively low if the tick is removed within 24 hours. The problem is - it's not easy to see ticks on your skin or know how long it has been attached if you do spot one.

One tell-tale sign that indicates Lyme Disease is the formation of a bulls-eye rash on the skin. This is usually in the form of a red spot, surrounded by a circle of normal skin colour and then surrounded again by another red circle of skin. These can be quite large.

Anna Mary Emon, a local trapper in Calabogie, knows what a bullseye looks like. In 2016, she felt a light tickling sensation on her back. The bullseye appeared on her skin shortly after and she sought treatment from her doctor. Unfortunately, the bullseye rash only appears 70% of the time, which is fortunate for those who observe it, however for those who don't experience it or can't spot it on their skin because of its location, this is where diagnosis and treatment can become challenging.

Diagnosing Lyme is extremely difficult. Many people are misdiagnosed with other illnesses because the symptoms can be attributed to other diseases such as Multiple Sclerosis (MS), rheumatoid arthritis or irritable bowel syndrome, among numerous others. According to the Canadian Lyme Disease Foundation, there are no commercially available blood culture tests that can detect the live Lyme bacteria available in Canada. The current standard two-tiered approach (screening and a blot test) measure a person's response to an infection, not the disease itself. Other signs that a person may have it include flu-like symptoms, fever, and swollen lymph nodes. These symptoms may occur within days or take several months to appear.

Another challenge with diagnosis and treatment is that medical personnel are not always knowledgeable about Lyme and its symptoms. They don't necessarily know which areas of the Province have the highest risk of transmission of

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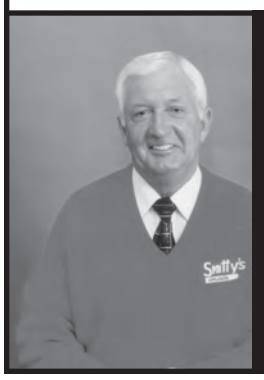
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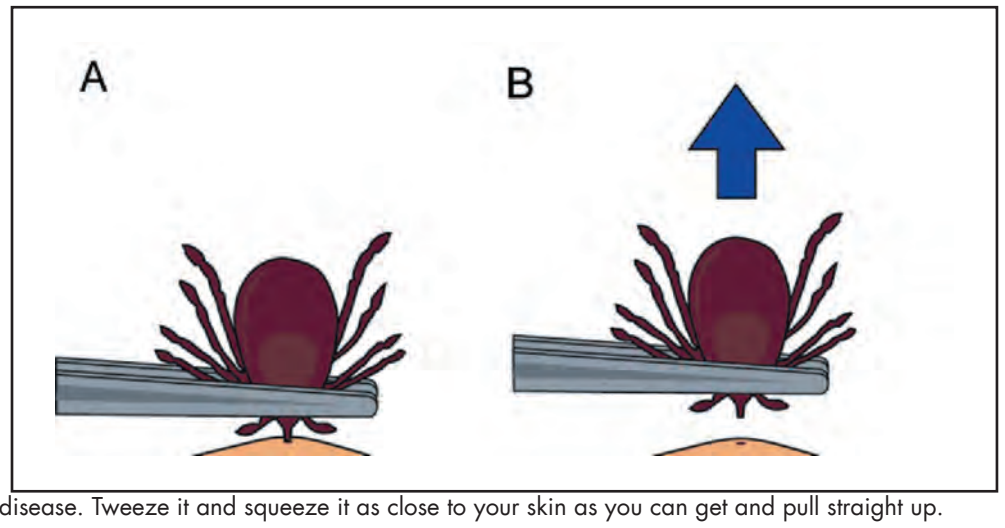


Do not burn a tick off. Heat will increase saliva output and increase your potential for getting a disease. Tweeze it and squeeze it as close to your skin as you can get and pull straight up.

the bacteria as Lyme has only been considered an emerging disease since 2009. Currently, antibiotics are the standard course of treatment for Lyme Disease. In many cases this treatment works to reduce and remove ill effects of the bacteria; however, some people require multiple rounds of antibiotics. There is a smaller group of people that experience long-term symptoms over many years that include tingling of the hands and feet, sleep disorders, bone and joint pain and rare, but more severe cardiac and neurological issues. Many in the community and some medical personnel, consider this to be "chronic" Lyme which unfortunately is not recognised as a medical illness in Canada.

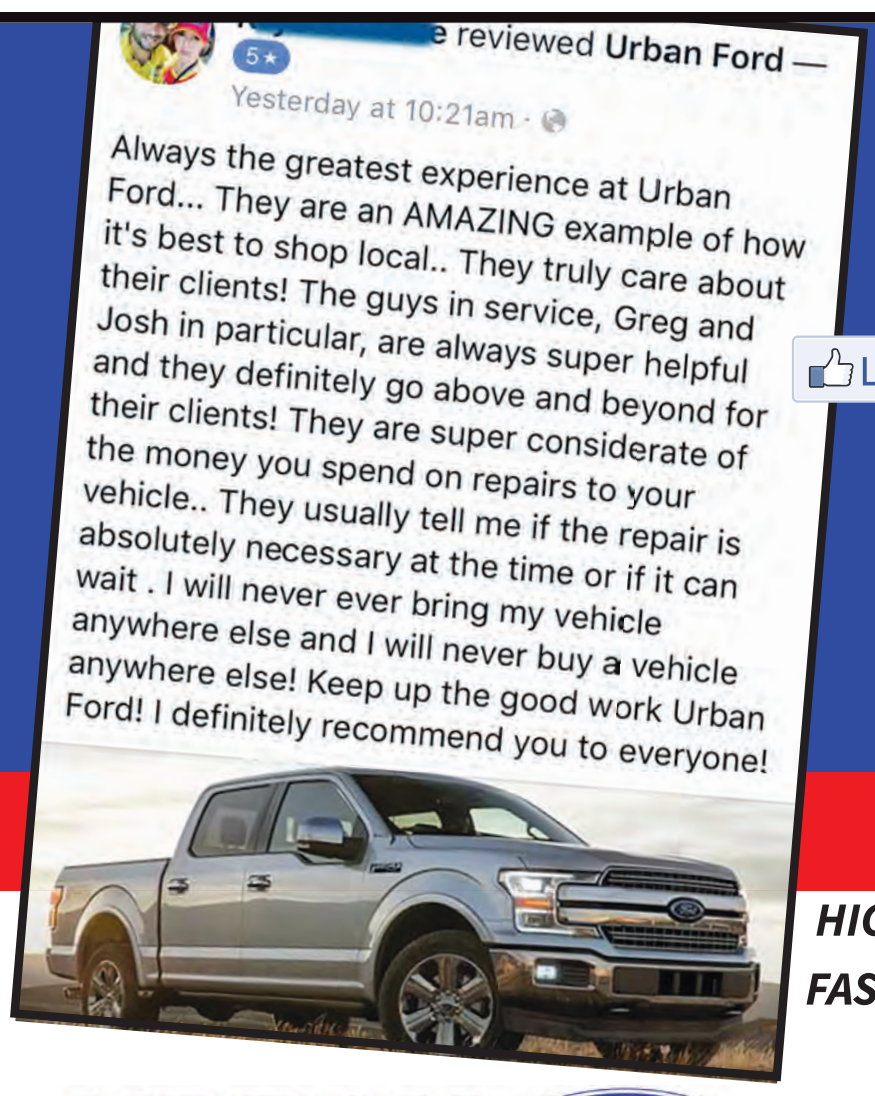
In Lanark County, Myrna Lee, the mother of a person living with Lyme disease, is the founder of the Lyme advocacy group "Lanark Fights Lyme" which has now expanded to "Ontario Fights Lyme". She is actively involved in supporting people find better treatment and advocating for more effective healthcare solutions. At her first information session in the Ottawa Valley on Lyme Disease in 2013, she expected a dozen people to attend. Instead, they had to close the door at 80 participants due to reaching the capacity of the room. Over 200 people have shown up at other sessions where she has presented on Lyme, its effects and treatment. She rightly wonders why we are not calling this an epidemic.

In response to pressure for action on the health issues Lyme is causing, in 2014, a Bill was passed by the House and the Senate that was put forward by the Green Party of Canada. It received support across all party lines, and from the Canadian Medical Association, the College of Family Physicians of Canada, and the Canadian Lyme Disease Foundation. Part of this Bill is to develop a framework for the education, prevention and treatment of the Disease. A conference in May 2016 launched this initiative and work has just started on an action plan which will focus on surveillance, education and awareness, and guidelines and best practices.

So, what do you do if you spot a tick on your skin? Dr. Kulkarni explains that you remove it promptly by using tweezers, pull the tick straight up, pulling all of it and see your doctor. Don't squeeze the stomach of the tick; the bacteria live there.

If you play or work outdoors, carry a pair of tweezers or a specific tick remover (drug stores and veterinarians usually sell them). And when you arrive home, do a tick check! This is one nasty disease that you don't want to experience.

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



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Old Buildings & the 2019 Calendar

By Marcella Neely

Glaeser's General Store is located in Denbigh. The store was first established in the early 1900s by Herman Glaeser and was owned and operated by descendants of the family as a central Denbigh location to stock up on 'everything'. The store was purchased and reopened in May 2014 by Peter and Karen Lips and is called 'Glaeser's Country Store'. Information sourced from: www.glaeserscs.com The young girl in the photo is Grace Glaeser (Kenny). She is the niece of the owner of the store, Adolf Glaeser. Photo taken around 1936. Part of the Peter and Mary Jane Turner Collection

For the last few months our 2019 Heritage Calendar Committee has been gathering photos and information about old businesses and buildings within our six municipalities for the 2019 calendar. What an interesting issue it is shaping up to be! Such excitement to reminisce with folks from times before us. Such fun it is to exchange and share our findings as we get reacquainted with our past.

Some of the buildings we discovered have been re-purposed and some no longer exist, but their legacy lives on. The vacant corner at Hwy 7 & 41 will always be known as the site of the well-known Kaladar Hotel with its historical stories of visitors, celebrations, rescues and fellowship. Across from it is the tiny gas bar/ice cream stand that has matured into what is now the modern Shell station and General store. Further along in Flinton we found out about a general store and hotel. The Orange Hall building in Harlowe still stands but is no longer in use. The General store in Fernleigh is now a private residence. The Northbrook hotel has been closed for a few years and the small general store across from the car wash is only a memory.

Flinton Store - September 1913 From the Alkenbrack album. The back inscription reads: 'Where Claude was born 1889. My father and uncle built this house while in partnership. This house is all grouted with mortar and the shingles were laid in mortar. The baby of the post is Douglas Alkenbrack taken September 1913. His father is holding him.'

Information from John and Elaine Bolton:

When my Mother moved to Flinton in 1939, this was Demore's store, having been sold to Mr. & Mrs. Joseph Demore previous to that. After Mr. Demore passed away, it continued to be operated by his wife and their son Gerald. When Gerald became ill (mid 1960's?) the store was closed and eventually the building was purchased by a Tweed businessma, Hazen Trites who converted it to apartments. On January 20, 1978 the building caught fire. The owner was trying to thaw frozen pipes with a blowtorch. John Bolton was fire chief at the time, and according to his fire diary, the flames were already licking up the front of the frame structure when the department arrived. There was a very strong wind blowing, and within 30 minutes the roof had collapsed. The tenants of the building escaped but nothing was saved.

Fernleigh Store - Unknown date. Owned by Bob Martin. Signage reads 'Imperial 3 Star Gasoline', Goodyear Tires, 'Salada Tea is Delicious', and 'Post Office'.

There were even more interesting discoveries in Northbrook, Fernleigh, Harlowe, Denbigh and Cloyne. There once was a Grist mill in Denbigh and residents gratefully praise the survival and resurgence of Glaeser's Country Store.

Much more is recorded in the pages of our 2019 Heritage Calendar, available at the Cloyne Pioneer Museum & Archives and at www.cloynepioneermuseum.ca.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link.

We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com

CDHS Archives can be reached at pioneer@mazinaw.on.ca

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People in Search

By Ernie Jukes of Camp J

The boundaries of Canada — and the provinces and territories within it — have shifted and changed throughout the country's history as have demographics.
(© KEN PILON/DREAMSTIME.COM) Historica Canada

This great land we call Canada has been a destination of travelers since pre-history. The early natives and later Inuit are descendants of early migrations of peoples moving over the Bering Strait land bridge that existed those many years ago in our North West. At least 10 centuries have elapsed since the first white immigrants discovered our new world. Many walked, many sailed but some both rowed and sailed here earlier than you may realize.

Among the first to land on our Eastern shores were the Norsemen, Herjolfsson and Ericksonn as their early sagas support. They came in many different times as early as 985 and continued building 16 villages, following the fish and wood from Newfoundland up the coast of Labrador which also has signs of early settlement predating Columbus by over five hundred years. It is said the Basques, perhaps in the 13th. Century, sailed up the St. Lawrence River and left their mark carved into a giant rock. Our eastern coast has been regularly frequented by Spanish, Portuguese, French and Cornish fishermen since early times. But get this …St. Brendan of Ireland may have come with a small flotilla even earlier. Today's Newfoundland was known as Brendan's Isle and Columbus evidently visited St. Brendan's Abbey in Ireland (Eire) to copy his maps for many of his future voyages. You may be interested in a local area map I just painted …in a yesterday setting. Plus a local land grant which you may see in my gallery on Frontenac Road.

When you consider that Canada still offers more waterways than any other country on the globe, it becomes easier to understand the deep penetration inland of explorers over the past thousand years. Supposed Viking artifacts have been found as far west toward the interior as Manitoba. "Viking" by the way is an occupational description, rather then a racial one, meaning "adventurer", which they surely proved to be. Other waves of European intrusion to the place called "Kanata" occurred during the 15th, and 16th. Centuries with some groups such as the French who were obviously intent on coming to stay and eventually settled right down to the Gulf of Mexico. Mississippi and Louisiana were settled by our French Canadians.

The voyage to Cape Breton, Labrador and Newfoundland in the summer of 1497 by John Cabot a Venetian in English Service, inspired a series of further explorations and laid the basis for future English claims to Canada and the rest of North America. However, it was Jacques Cartier, who finally took the bull by the horns, planting a large cross on the Gaspe shore in 1530 and "claimed" the whole land mass of North America for France, as was customary at that time. Then as they sailed upstream on the St. Lawrence River they selected suitable town sites and made many aboriginal friends.

It was not long before Champlain and Etienne Brule travelled our Madawaska Highlands in the Great Lakes and canoed our Madawaska River into Georgian Bay and the West. They wintered with the Hurons at Cahiague before the warring Iroquois virtually wiped them out.

Be aware that it was not entirely black robed French Catholic Jesuits and French exploration that led to the colonization of North America. Immigration was happening further north near Baffin Island. An Anglican clergyman, Robert Wolfall, officiated at our first Anglican Eucharist and according to some historians, North America's first Thanksgiving Service, at Kodlunarn Island on July 22, 1578. He was part of 400-man expedition commissioned by Queen Elizabeth 1 to find the North West Passage to the Orient. In a 15-ship convoy they picked their way north on a route, which would be followed by other explorers. It's leader Martin Frobisher, a Yorkshireman and Captain at the age of 30, made the first white contact with the Eastern Arctic Inuit. It was there that he established the first English colony in the New World. They built the first house, assay building and blacksmith shop, constructed a Ship's Trench and built boats there. It is now a UNESCO World Heritage Site. Interestingly the average American or Mexican have never heard of these great adventurers or much about Canada generally.

Almost half a century would pass before the English ship Mayflower stopped on Water St. in St. John's, Newfoundland for supplies on it's way to Plymouth Rock. Also, the first shipload of slaves arrived in Raleigh's Virginia to commence an appalling trade that continues to haunt us and our neighbours even to this day. Nothing resembling the US of A came along until much more blood was lost and their final signatures in 1769. Then there were their Indian wars and their Civil War. Guns were sadly becoming their identity. Up here we still use them primarily for hunting and winning International Wars, rather than for self-defence.

Back in England young Queen Elizabeth, "the colonizer", granted Sir Humphrey Gilbert, a half brother to Sir Walter Raleigh, a patent to build the second earliest English colony in North America …not far from St. John's, Newfoundland. Yep, Canada is so old… yet seemingly so new, and today we are still being discovered for many of those same reasons.

We are all immigrants to various degrees to this marvelous country of incredible size and wealth, with vast resources and scenic beauty second to none. Even though it remains sparsely populated, the ingenuity of man shines brightly here from sea to sea to sea.

The continued settlement of French-Canadians of course left us with a particularly rich history and naturally we have French names everywhere… from the Indian tribe Nez Percé found out west to Louisiana still in the south. Their creativity led to the first North American university, first hospital, first golf course, first Lacrosse league and first complete map of North America. Canadians love sports and much later we also invented Hockey, Baseball and Basketball… plus the Zipper, Telephone, Walkie Talkie, Paint roller, Velcro, Peanut Butter, Road Lines, IMAX, Garbage Bags, milk bags, and todays generous list goes on.

Considering our vastness and climate it is just short of astonishing how our peoples have developed divergent societies, individually distinct but blending a very large and broad mosaic, into what many other countries find a desirable nation, sharing common strengths, integrity, respect and freedom that are their very envy.

It may be very peculiar that our immense nation has been built with comparatively little of the bloodshed and civil unrest that others have thought necessary to reach their independence. "There is no other place quite like it" is confirmed by world travellers" many ending their search here. Evidently, we are among the healthiest, live among the longest, and simply are the happiest citizens in spite of some imperfections. While we do not wave our flag at every opportunity, the land of the Maple Leaf is a true land of freedom, opportunity and tolerance. A land that offers basic human rights to each and every citizen no matter their colour, religion, sex or political leanings.

'Ol Ern of Camp J

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

Special Kitties
By Antonia Chatson

In the early days, all cats who showed up at our door stayed in the barn and had to earn their keep as mousers... Then scrawny came along and made herself useful in the attic... She led a secretive life up there, but was the first to creak open the door to the house... Next was Annie, who took over Scrawny's job in the attic. She didn't mind sneaking downstairs... The door creaked open a little bit more...

Give me an animal any time over a human. Animals are forever grateful for anything you do for them. Most of the time, they are of an equable disposition and they do what God programmed them to do. With people, you can count on no predictable reaction to anything and very often they are guilty of pursuing their own hidden agendas, which may or may not be for the benefit of yourself or even of them. They never criticize you. They never condemn you, or question you. And what a joyous homecoming you get when you have been away for a while! If we could all treat each other the way our animals treat us, what a blessed world it would be!

I have always been intrigued with the results of letting animals into our lives. But even more touching is the fact that they let us into theirs! It might have something to do with the culinary aspects of life, but anyone who has loved an animal knows it goes much further than that.

My husband named a beautiful orange long haired cat Scrawny - because no matter how much we would feed her, she was always skinny. Beautiful, but skinny! She was one of six cats who arrived at our doorstep together, begging for entrance. Well, at that stage in our feline existence, all cats had to remain outside, so I took food down to the barn where I fed them all. They joined in the procession with our other furry friends and all six cats were well behaved, kind, considerate of our other furry friends and blessedly showed no sign of coming into heat. It seemed perfect but two weeks from the day of their arrival, they disappeared. I was greatly saddened for although they greatly added to our feeding roster, they were companionable and affectionate to have around. Never fear, within three weeks, all six of them were back for another two weeks, then away for two weeks, then back for two weeks until it got colder in the season and they stayed for good. One day my husband came in and said he thought he could solve the mystery. The man up the road from us was a hunter and he must have left and gone north to hunt. The cats' permanent stay coincided with the couple having sold their place and moved away.

Over the course of a few years, they all disappeared, probably being eaten by a fisher or coyote, all except Scrawny. She stayed with us for many years. Since at that stage no cats were allowed in the house, I would feed Scrawny treats out of a window. and she, knowing not to exacerbate a touchy situation, would sit on the window sill for hours, patiently awaiting her goodies. She somehow managed to climb up the side of the house and wiggle herself under the eaves into the walk-in attic above the kitchen. Maybe Scrawny got tired of waiting in the cold during the winter months or maybe she thought we would not have to go to so much trouble to provide her with the snacks if I just had to go up a few steps to do so. Anyway, once again, she showed great prudence and discretion, by never descending the steps to the kitchen, nor did she ever make a sound which would alert the master of the house to her presence. She did however earn her keep in the number of mice that she caught. No longer did we hear the patter of little feet running up and down the electrical wiring

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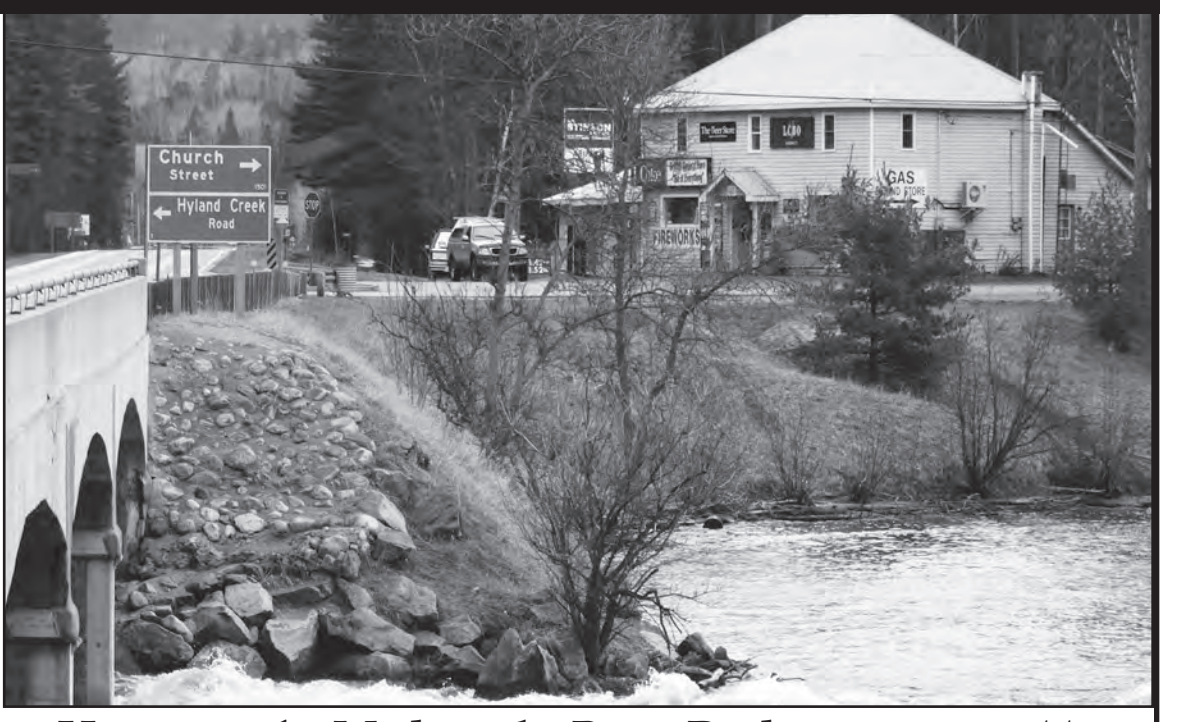

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...Then came Griselda, who we nursed back to health inside the house... She didn't stay inside after she felt better, but she felt quite at home there... Creak, Creak, Creak...

We rescued little Lily Montrose and couldn't resist her. The door and our hearts were now wide open and that is the story of how our farmhouse became a cathouse.

between the walls of the house. She lived a long and fruitful life, but after she died the mice moved in to stay. One winter I caught 85 mice in traps up in that attic.

The next winter, we moved Annie up into the attic. Annie was a tiny sickly orphan I found in the barn one morning and we had no idea who her mother was; Little Orphan Annie. Mother cats always knew when their kittens were sickly and in need of help. Sometimes they would haul the kitten by the nape of their neck and drop them at my feet. Sometimes, they would bring their kittens up the side of the house and deposit them on the kitchen window sill. Other times they would leave the sick kitten in the passageway in the barn where they knew I would see them and help them. I would put the kittens in a warmly padded box, give them minuscule doses of antibiotics that we gave to the cows and feed them warm milk with an eye dropper. After saving her life, Annie became my shadow, so I decided to try her out in the attic.

No cat was more discrete than she was, (barring Scrawny of course) making herself invisible when my husband was around. One time, when we were going to town, I looked for her to put her outside. I finally found her in an upstairs bedroom, sitting amidst a nest of teddy bears that were reclining on the pillow. She was sitting perfectly motionless hoping not to be noticed. And when she had her kittens in the house (oh, horrors) she kept them hidden for a week. I was finally led to their hiding place by following the sound of Annie's purring, under a quilt that was hanging over the side of a bed. As I write this, Annie is still with us, a respectable dowager, who still follows me around or sits on my lap when I am watching TV, but with less energy than she once had for she is now 13 years old. But she still rules the rest of the herd with an iron paw!

Griselda was a grey, long haired cat that appeared one cold January day. Nights were drawing in and she needed some place warm to hang out, but why she was up at the house, I do not know. Usually the cats piled on top of each other on top of the pump house roof. We kept a heater on at all times during the winter so that the pump would not freeze up. On this particular evening, we heard our Border Collie around the back of the house, yipping and barking. He picked something up from the ground and threw it up in the air. I went over to see what all the fun was and I found a wet little ball of grey fur, covered with ice, lying motionless on the snow. I rushed into the house with her, not knowing if she was still alive. My husband ran and opened the oven door, turned on the oven, then ran into the bathroom and got a big bath towel. After toweling her down regularly for several hours and feeding her warm milk with an eye dropper, we brought her back to life, but she was always stiff jointed after that. I got a box, lined it with a dry towel and put her in that for the night. Although she did not become a permanent resident in the house, she did assume visiting rights! In subsequent years, she continued to shower her gratitude upon us by presenting us with four kittens annually.

And then there was our precious Lily Montrose. Near the end of August, I took food down to the barn as usual, but when I entered the barn, I was met with a pitiful mewing and there was the tiniest kitten I have ever seen. Judging by its head that was fairly large, it must have at least been three months old, but when I picked it up the body was disproportionately small, and her bones were sticking out through her fine fur. No sign of Mother, but she had definitely left orders with the kitten. I fed the others, then picked Lily up and took her to the house. I called her Lily after the Lilliputians, who were a race of small people out of Gulliver's travels. The Montrose came from a marking above her eyes in the shape of an M. She was worn out from her ordeal in just trying to stay alive and she slept a great deal, but when she woke up, she would trot up to us on her tippy toes, as graceful as a ballerina. My husband made a box for her out of wooden slats where she could sleep at nights, for he was afraid that we might step on her. When we came home from town, Lily was put into her box, while the groceries were put away, in case she came into the kitchen unawares and a can might fall on her. When I was out working in the garden, I would put Lily and a couple other kittens in a bucket and take them out with me. I let them run around where I was working and collected them up when I was finished. I never let her out of the house on her own, but when I took her out, she would follow me out then back in like a dog. She had captured all of our hearts.

One day my husband's brother phoned to say that they had been renovating their house and had some stuff we might be able to use. There were pieces of lumber, some windows and a door. We put them in the veranda, leaning the door up against a bench. We had a good visit, then they left. We were cleaning up the tea things in the kitchen, when we heard a terrific bang, coming from the veranda. I rushed out to see what had happened. The door was lying on the floor, and three cats were sniffing around the sides of the door. That did not bode well. They must have been playing around the door and knocked it over. I bent over and picked it up - to see our beloved Lily lying sprawled out on the floor, lying in a pool of blood. I screamed and started to cry, then picked her up and held her close and brought her into the kitchen. She lay in my arms motionless for half an hour, then she sneezed, shook her head and looked up at me. She closed her eyes again and blood continued to trickle out of her nose. My daughter and I took turns holding her and patting her. My husband suggested that we put her in her bed in the box with paper towels on top of the bedding. For six days, she did not regain consciousness, but we fed her, and she drank the milk. We would pick her up and hold her and pat her for hours on end and we could see her paws kneading us like we were her Mammy. On day seven, she started to have difficulty breathing. We found that if we touched her or tried to make her more comfortable, this would put her in a great state of agitation, so we left her alone but watched her. Before we went to bed that night she was breathing erratically and slowly. With heavy hearts and many tears, we went to bed.

The next morning, first thing, I went to her box. She was gone. I went into the kitchen to tell my husband, but he was not there. In a few minutes he came into the kitchen carrying a Lilliputian coffin. We wrapped Lily in a hand towel, took her to the place where I buried my favorite cats, and we had a brief service for her.

I guess it is better to have loved and lost, than never to have loved at all.

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.

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Classic Theatre Festival News

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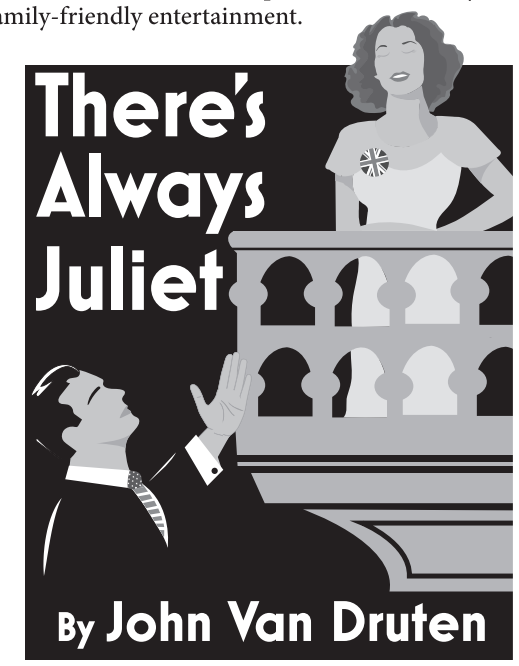
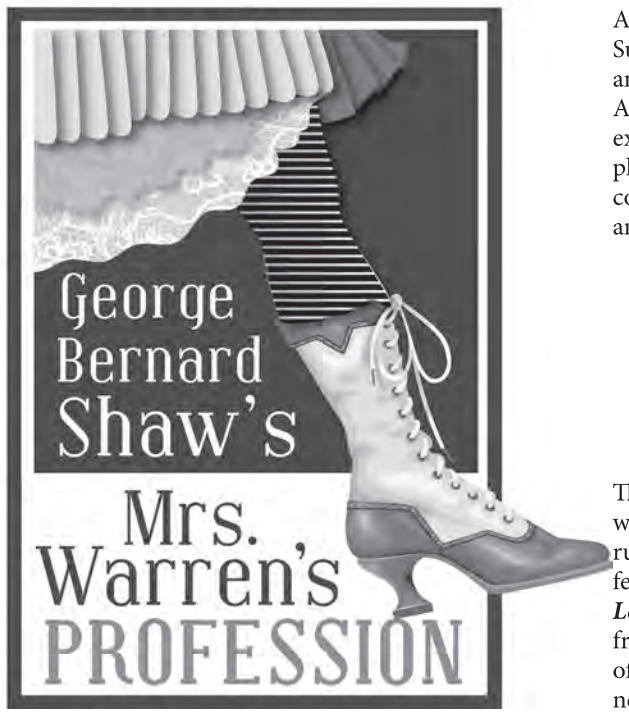
This summer, treat yourself to the most beloved plays of all time as Perth's professional summer theatre, the Classic Theatre Festival, stages hits from the golden age of Broadway and the London Stage. Whether it's a comedy or mystery that takes you down memory lane (like Turner Classic Movies or viewing *It's a Wonderful Life* every December), a historic walking play or ghost walk that brings to life the characters and stories of Perth's fabled past, or a delectable three-course meal combined with a classic comedy at the inaugural Classic Dinner Theatre, we offer 16 shows per week of memory-making, family-friendly entertainment.

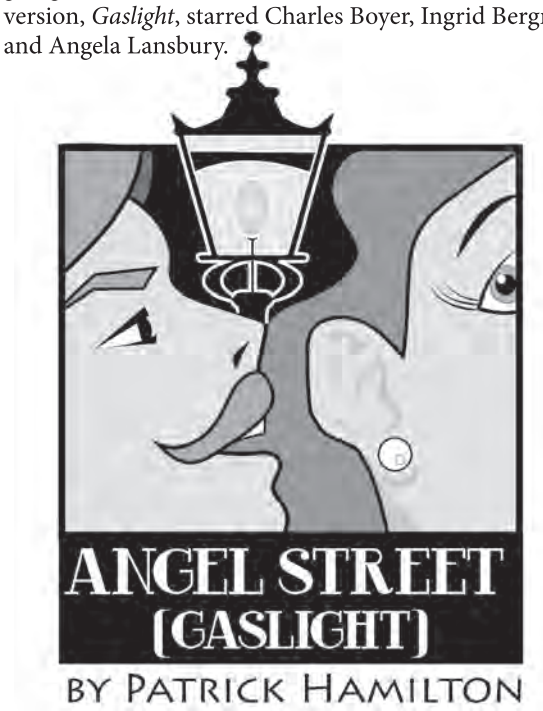


The Festival's air-conditioned, wheelchair accessible mainstage opens with ***There's Always Juliet*** (June 22 to July 15). Written by John Van Druten (*I Am a Camera, Bell, Book & Candle*), the play asks whether love at first sight truly exists. Sparks fly after a British woman meets an American man at a London tea party, but how far will things go in this charming, cross-border romantic comedy set in 1930s London, England? If you love the charming romantic comedies of the 30s and 40s (think Cary Grant, Jean Arthur, Jimmy Stewart and Carole Lombard), this one's for you.

It's followed by a warm, witty, engaging tale of conventional morality and unconventional lives, George Bernard Shaw's ***Mrs. Warren's Profession*** (July 20 to August 12). When Vivie Warren and her mother, Kitty, get together after Vivie's graduation from Cambridge, a classic mother-daughter conflict arises with questions about the source of Mrs. Warren's wealth. One of the most beloved plays of all time, it still speaks to daily life in the 21st century.



The Festival's annual mystery thriller, ***Angel Street (Gaslight)*** by Patrick Hamilton (August 17 to September 9) is a gripping psychological nailbiter about mind games and the nature of truth. When seeds of doubt invade your mind, how strong is the pull towards insanity? In this timeless classic, a worried wife wonders if she is going mad. What is real and what is illusion? A 1944 film version, *Gaslight*, starred Charles Boyer, Ingrid Bergman, and Angela Lansbury.



All mainstage shows run Tuesday to Sunday at 2 pm, with 8 pm shows every Wednesday and Saturday at 54 Beckwith Street East (free parking). A pre-show chat takes place 30 minutes before curtain, explaining the history and context of the play and the playwright. You can savour an ice cream sandwich and coffee at intermission as you browse thousands of loonie and toonie book titles at our popular book sale.

The annual ***Perth through the Ages*** walking plays return with brand-new stories for 2018. The morning story, running Wednesday to Sunday from 11 am to 12 noon, features a story set in Perth during World War II. ***The Lonely Ghosts Walk***, running Thursdays and Fridays from 7 to 8 pm, features a story this year about the ghosts of war brides who arrived in a strange new land, facing new delights and challenges in rural Ontario.

New this year is a special partnership with Michael's Table, a downtown Perth 5-star favourite featuring home cooking at its best. Every Tuesday from 5 to 7 pm (June 5 to August 28), diners at the **Classic Dinner Theatre** will enjoy the hilarious G.B. Shaw comedy about two couples confronted by an unconventional challenge – ***Overruled*** – along with a sumptuous three-course, home-cooked meal.

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UP THE LINE TO THE FRONT LINE

Across the Pacific
By Howard Popkie

When I was a child in Black Donald, Saturday nights there was a movie for 15 cents at the hall in town. It was mostly westerns with names of the States and in the USA where the covered wagons passed through. When I was on the troop ship crossing the Pacific, the ship was mostly filled with Americans. When I spoke to them they said they came from those states that were in the western movies. We passed the Philippian Islands and the voice on the ship's loudspeaker had a western drawl from Texas when he called us to come to dinner.

We moved through a school of flying fish and when they dumped the garbage out at the back of the ship, all the big albatross birds that crossed in the air beside the ship landed on the water to eat. Those big birds came with us all the way to Japan. One morning when I woke up and came on deck they were sitting in a harbor and the ship was covered with many little Japanese with a can of paint and a brush. The salt from the ocean that you could taste on your arm rusted the ship, so it got a paint job in Japan, where the cost of labour was much lower than in the USA.

We took an English ship to Korea and boarded an old coal powered train right out of those western movies I used to watch at Black Donald. It took us up to the Korean Front and the rest is written in the history books, like Ghost Town by Howard Popkie.

The year I spent in the Far East my hair was cut twice and I had my uniform pressed twice. The first time an old Korean man cut my hair with a pair of clippers that had two big wooden handles like lawn sheers. The first time I pressed my uniform I filled my mess tin with sand to turn it into a heavy iron. I heated it on a little stove that was like the bottom part of a Coleman lantern and it worked very well.

When I went to Tokyo Japan for a week's leave I was issued a new, pressed bush uniform so I would look good in the big city. I went to a barber there and got a haircut. The barber got out a straight razor to shave me and I knew I was too young to have any beard, but he shaved me anyway. The Japanese would do anything to make a dollar, so he would shave my face a little and feel away for any whiskers that he might have missed with the back of his hand and then shave a little more. I smiled and paid him. He bowed and took the money. That shave lasted a very long time.

EDITORIAL

As the dust settles on the Ontario provincial election, we can finally return to normal. A new government is in place with a new leader to guide them. The sky didn't fall. The Sun came up in the morning. We can all get on with our peaceful lives again. Elections are expensive, time-consuming, generally disruptive, and incredibly important.

Democracy can be messy at times, but in spite of differences in party politics, Canadians are all on the same side, trying to make our provinces, territories and our country the best they can be for everyone. We saw proof of that solidarity recently when all of the national and provincial leaders banded together to form a common front as President Trump tossed the first salvos in what is starting to look like a trade war between the US and our allies.

I say President Trump, because none of this disruptive action is going through United States Congress - The People's Branch of government. It's a trade war waged by one man in the name of national security.

Anyone who was worried that Doug Ford is Trump North can relax. Ford's newly formed Ontario Progressive Conservative Government is standing firmly beside our current Federal Liberal Government against US trade affronts. United we stand. As Ford stated, ""I'm ready to take our case to American political and business leaders, to protect that trade and protect those Ontario jobs". "Because everyone benefits when we reduce barriers to trade. Canada wins. The U.S. wins. And Ontario wins."

Foreign Affairs Minister Chrystia Freeland cleared up a lot of complex issues in an address she made in Washington on June 13 when receiving Foreign Policy's Diplomat of the Year Award. She demonstrates that we have to stand together to protect much more than our economy. The World Order Canada and its allies helped build following WWII is under threat. These are rules that, if obeyed, lead to continuing peace and prosperity for all, especially as more countries agree to them. When any leader or country breaks the rules the system collapses, democracy sputters, and authoritarian rule is allowed to rise. Yes, authoritarianism can happen, even in prosperous G8 (now G7) countries.

Please note, when Minister Freeland says "Liberal Democracy", she isn't talking about the Liberal Party. She is talking about Western Democracy, or Representative Democracy, which is our system of government where elections count.

Minister Freeland (excerpted):

"Two global conflicts and the Great Depression, all in the span of less than half a century, taught our parents and grandparents that national borders must be inviolate; that international trading relationships created not only prosperity but also peace; and that a true world community, one based on shared aspirations and standards, was not only desirable but essential to our very survival.

That deep yearning toward lasting peace led to the creation of international institutions that endure to this day—with the nations of Western Europe, together with their transatlantic allies, the United States and Canada, at their foundation

In each of these evolutions in how we humans organize ourselves, Canadians played pivotal roles."

"Now, we harboured no illusions that institutions such as the WTO or the International Monetary Fund or the World Bank or the United Nations were perfect. Or that our own democracies at home—with their sausage-making methods of legislating and governing—were without flaw.

But there was a broad consensus that the Atlantic economies, plus Japan, led an international system of rules that had allowed our peoples to thrive and would surely continue to do so."

"As I have argued, Canada believes strongly that this stable, predictable international order has been deeply in our national interest. And we believe it has helped foster peace and prosperity for our southern neighbours, too.

Yet it would be naive or hypocritical to claim before this House that all Americans today agree. Indeed, many of the voters in last year's presidential election cast their ballots, animated in part by a desire to shrug off the burden of world leadership. To say this is not controversial: it is simply a fact."

"And within the club of wealthy Western democracies, we're seeing homegrown anti-democratic movements on the rise. Whether comprising neo-Nazis, white supremacists, "incels," nativists or radical anti-globalists, such movements seek to undermine democracy from within.

Liberal democracy is also under assault from abroad. Authoritarian regimes are actively seeking to undermine us with sophisticated, well-financed propaganda and espionage operations. They seek to suborn smaller countries, those wavering between democracy and authoritarianism.

The idea that democracy could falter ,or be overturned in places where it had previously flourished, may seem outlandish. But other great civilizations have risen—and then fallen. It is hubris to think we will inevitably be different. Our prime minister likes to say, about our country, that Canada didn't happen by accident, and it won't continue without effort. The same can be said of democracy itself.

Let's set aside the malevolent actors for a moment. Why are our liberal democracies vulnerable at home? Here's why. Angry populism thrives where the middle class is hollowed out. Where people are losing ground and losing hope—even as those at the very top are doing better than ever.

When people feel their economic future is in jeopardy, when they believe their children have fewer opportunities than they had in their youth, that's when people are vulnerable to the demagogue who scapegoats the outsider, the other—whether an immigrant at home or a foreign actor.

The fact is, middle-class working families aren't wrong to feel left behind. Median wages have been stagnating; jobs are becoming more precarious, pensions uncertain; housing, childcare and education harder to afford.

These are the wrenching human consequences—the growing pains, if you will—of the great transformative forces of the past 40 years: the technology revolution and globalization. Of the two, technology is having the greatest impact. But even free-traders like me need to recognize that globalization has contributed as well."

"When it comes to trade, we need to introduce labour standards with real teeth, as Canada and the EU have done in our free trade agreement and as we [Canada, the United States and Mexico] are discussing as part of our ongoing modernization negotiations for NAFTA. It is long past time to bring the WTO up to date with the realities of 2018 and beyond. We need to seriously address non-tariff barriers to trade and forced technology transfers.

However, and overwhelmingly, the chief answer to the legitimate grievances of the middle class lies in domestic policy. The middle class and people working hard to join it need the security that comes from education in your youth, health care for your family, good jobs for your children, and dignity in your retirement. We need to think about what the jobs of the future for our citizens will be and ensure that those jobs will pay a living wage and that our people will have the skills to do them. Perhaps most importantly—and this is work that would benefit from international cooperation—we need to ensure that in a 21st century in which capital is global but social welfare is national, each of our countries has the durable tax base necessary to support the 99%.

But setting our own house in order is just one part of the struggle. The truth is that authoritarianism is on the march—and it is time for liberal democracy to fight back. To do that, we need to raise our game."

"Authoritarianism is also often justified as a more efficient way of getting things done. No messy contested elections, no wrenching shift from one short-termist governing party to another, no troublesome judicial oversight, no time-consuming public consultation. How much more effective, the apologists argue, for a paramount leader with a long-term vision, unlimited power and permanent tenure to rule.

We need to resist this corrosive nonsense. We need to summon Yeats' oft-cited "passionate intensity" in the fight for liberal democracy and the international rules-based order that supports it.

Remember those great words at Gettysburg: "government of the people, by the people, for the people, shall not perish from the Earth."

Preserving Lincoln's vision means striking back. It means resisting foreign efforts to hijack our democracies through cyber-meddling and propaganda. It means outshining the other models and encouraging those who are on the fence.

And it means governing with integrity. Facts matter. Truth matters. Competence and honesty, among elected leaders and in our public services, matter."

If you haven't already read some of Chrystia Freeland's speeches, or would like to read more, go to www.canada.ca and search Chrystia Freeland.

This knowledge pulled many of the seemingly random events together for me and I hope it does for you, too. It is a little bit scary, but it makes me feel more confident and hopeful that Canada is once again stepping up and showing itself to be a world leader for peace and prosperity.

A good way to start working better together as a unified country, is after the elections are over, we should not refer to the provincial or federal government as belonging to the Liberal, Conservative, or NDP government. After election our governments simply belong to us. It is OUR government. Let's guard it and our democracy very closely.

What to do if You are Lost in the Wilds Unprepared?

By David Arama

To start a fire with a battery, have both terminals touch the very fine steel wool and never store the two items together!

It only takes a small spark to set off hand sanitizer with over 60% alcohol in it. Make sure you don't get it on your clothing, or you could become the fire.

It takes time to find a good location and construct a shelter, so the sooner you admit you are lost, the more time you will have to find shelter. If you don't have a tarp, cover your lean-to with moss, if available, to waterproof it… a little. Make it cozy with a nice thick bed of anything you can find. A fire at the entrance will keep animals from visiting in the night.

Every year in Ontario, a few thousand outdoor enthusiasts become lost in the wilderness, and unlike popular television reality survival shows, a few actually perish. In my experiences being part of several reality survival series, we always had a backup paramedic and emergency survival crew at the ready to make sure that the talent and film crews came out alive. It was part of crisis management and insurance liability protocols. However, when an individual becomes lost or stranded, generally speaking, there's no backup crew, no survival gear, and typically a low level of skill and experience. Add to that poor health and unpredictable weather, and you have a potential recipe for disaster.

If you venture into the wilds, it's important to know what to do if you end up lost. Most of the victims of these ordeals don't know what to do. They typically panic, walk in circles, and end up exhausted, dehydrated, and hypothermic.

So, what should you do?

Survival Gameplan:

Based on research from Survival experts, thousands of lost persons, and search & rescue professionals, a lost individual should adhere to the survival gameplan. This plan makes it easier for searchers to locate you, minimizes further problems since it looks after your physiological and psychological needs, and really makes sense most of the time.

- Admit that you're lost
- STOP... sit, think, observe, and plan
- Stay put
- Build a shelter, build a fire, locate and purify water
- Make yourself visible, signal for help
- This game plan is based partially on the Rule of threes.

The rule of 3s:

You can survive **3 minutes** without oxygen or blood circulation, **3 hours** if you become hypothermic or have heat stroke, **3 days** without water, and **3 weeks** without food. Physical health is important, and this plus a medical issue can greatly impact the rule of threes.

Build a Fire:

A fire provides an excellent signal (searchers utilize FLIR infrared equipment that can detect your body heat, and a fire really shows up clearly). Fire provides warmth, security from animals, a way to boil and purify water, a way to smoke out insects, and also is spiritual and calming.

You need 3 things for basic fire: oxygen, fuel, and ignition. You need to adhere to three important steps in fire building: gather tinder, kindling, and fuel. For heat and coals, burn hardwoods like red oak, iron wood, sugar maple, and beech. For flames and to start a fire, burn softwood like pine, spruce, and hemlock. Avoid burning cedar since it sparks like crazy. And avoid poplar since it's full of water. Standing dead wood beats wood on the ground. Pine knots are filled with sap. And are great for starting a fire. My favourite tenders are birch bark, pine needles, dried grasses, fluff from milkweed and cattails, pine cones and pine or spruce sap, dried red oak leaves, and cedar bark.

For kindling, nothing beats dead spruce twigs. We gather a pile of them, crush them together, and call it a fire bomb. For fuel wood in a survival situation, we recommend long sticks and logs, that don't have to be sawed up unless you're bored and have a lot of time to waste. Simply feed logs into the fire a bit at a time.

Your survival kit should have storm proof matches, a butane lighter, a flint and magnesium striker, and preferably some fuel cubes. Hand sanitizer and maxi pads make a nice combo to start a quick emergency fire, as does super fine steel wool and batteries.

Construct a Shelter:

The reason you need a shelter is simply to look after conduction, convection, moisture, and insects. Keys to a good shelter include design, roof slope, thickness of walls and bedding, location under tree cover and not too low near water, plus building it up against a large rock or outcrop so that you can incorporate a fire inside. Avoid building on a trail, unless you like surprise wildlife visits.

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SURVIVOR GUY

Avoid building near widow maker trees that can fall on you. Avoid building next to tall trees that can be struck by lightning. Don't build out in an open area.

The most efficient short term survival shelter designs are A-Frames and Lean-Tos. Most lost person incidents take place late in the day, with maybe an hour of light left. There's no time to build a log cabin or a longhouse.

Look for a site that has abundant building materials and firewood. Place bedding down first, eg. I prefer whole logs and sticks, then evergreen boughs, and/or leaves. You can make a mattress by filling garbage bags with leaves and foliage. Then I construct the framing, and if you have a tarp or sheet of plastic, place over the frame, and then heap anything and everything (bark, leaves, boughs, debris). The thicker, the better. To keep bugs out, make a smoky smudge fire, using moss, punky rotting wood, and tree fungus.

It's great to pack a large knife or folding saw, some paratrooper cord, duct tape, a lightweight tarp, and solar blankets. Solar blankets are waterproof, and can be placed inside a shelter to reflect heat.

A very simple shelter can be made by slinging a rope across two sapling trees, and then lean a bunch of sticks up against the rope lean-to style! Sometimes a natural object can make it easier to build a shelter, eg. overturned or uprooted tree, caves, and a thick evergreen tree base, but make sure it isn't already occupied by animals first.

Signal for Help:

In addition to signal flares, signal whistles and horns, and signal mirrors, you should have a large fire or make a smoke signal tripod stuffed with birch bark and boughs. Remember, it's understood that the following mean you need help:

- S.O.S.
- HELP
- Mayday
- 3's of anything

Anything large, out of the ordinary, and orange colours, make good signals.

The best advice is don't get lost, plan trips carefully, and be prepared. After all, we are biodegradable.

Get our book at Amazon, Chapters and Indigo: "501 Essential Survival Skills for Home, Work, Outdoors, Travel, and Anywhere Disaster Strikes"

David Arama
wscsurvivalschool.com/.com

My book, "501 Survival Tips that Could Save your Life", is available at major bookstores and Amazon.com. ($21.95)

David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps.
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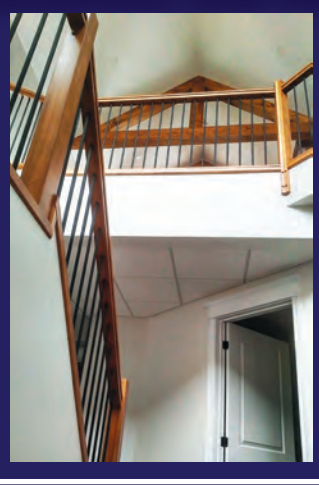

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