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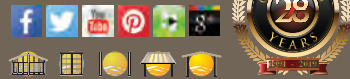
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THE MADAWASKA HIGHLANDER June - July, 2019 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY



# The Madawaska Highlander

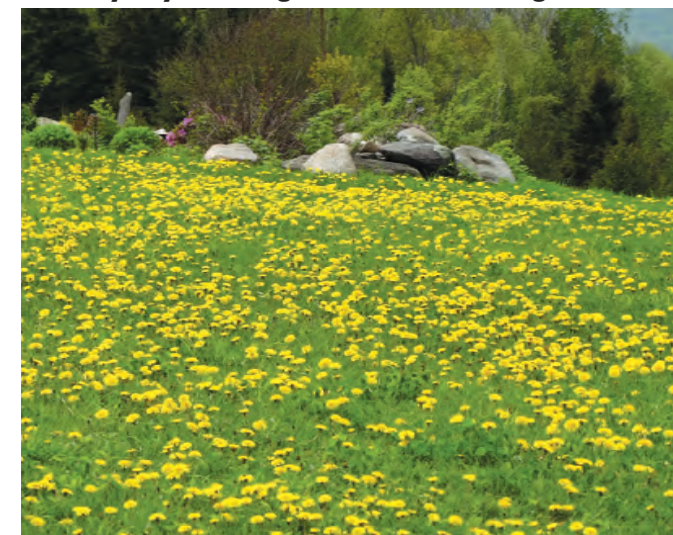
**June - July  
2019**

**FREE** Vol.17 Issue 2  
Next issue July 24, 2019

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

**Happy Solstice!** The beginning of Summer means the start of touring, festivals, water fun, outdoor markets, and lazy days reading the Madawaska Highlander

## Welcome!



How can anyone disrespect dandelions? They are food for bees, butterflies, and humans. Look 'em up. Every part is good for you! Grass cutting can wait.

...To Summer in the Highlands! With all those colourful blooms comes cottagers and visitors to join us for another season of Rest, Relaxation, & Recreation in these beautiful hills, valleys, and waterways.

Flowers and plants are on the minds of a number of our talented contributors this issue. Don't pull those weeds! Colleen finds food and medicine all over the place in Highlands Hiker. Noreen concurs that not all food comes from the farm, with The History of Indigenous Plants, in Our Home on Native Land. Not to be outdone or overdone, Susan explains why raw foods are alive with health benefits, in Wellness.

Speaking of plants, beneficial butterflies were raised then released at the GM Library and could be pollinating a garden near you. Bill McNaught gives us a glimpse of other wild things, wolves and raccoons, in an excerpt from his new book, "Vennachar Summers".

We learn how to make Homo Sapiens' essential wilderness-taming invention - fire, in Survivor Guy. Wild food, fire, and bug-repellant plants - We have all you need, except maybe a well-funded retirement, as Ernie laments in The View from Here. Let's get Fair!

But as we learn in Rural Vignettes, all in life isn't fair, at least that's what Boxer thought when Speedy entered his canine existence. Grrrr... Stories like that take you to another place, as when Pat Strong went back in time to the farm in her True Story "Little Horse Story". We hope our stories inspire you to start on tales, of trails, trials, and flights of imagination of your own and enter our Short Story Contest. See Page 21 for inspiration and get started!

The Cloyne Historical Society brings stories of the past with the Wickware Hotel. Bogie Beat gives us a peek at training at the Peaks for an historic climb. Pete gets Behind the Tunes with the origin of the Steel Guitar Hawaiian Style. And we look to the future, with New Ideas in Happy Trails. Oh! Check the ads and community news for great events, past and future, too! Enjoy!



Spring came in with a roar on Morrow Lake Creek. Photo by Marquis Julien

776 Mill Street, Calabogie Chris, Julie, or Kim 613-852-2789

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# The Madawaska Highlander

The Madawaska Highlander  
3784 Matawatchan Rd. Griffith ON  
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Editor and Advertising: Lois Thomson  
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Mailed to 4,300 homes, An additional  
2,300 available at retailers  
Connecting residents and visitors in  
parts of 4 counties in the Highlands.

**Next contribution deadline:  
July 12 for July 24 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

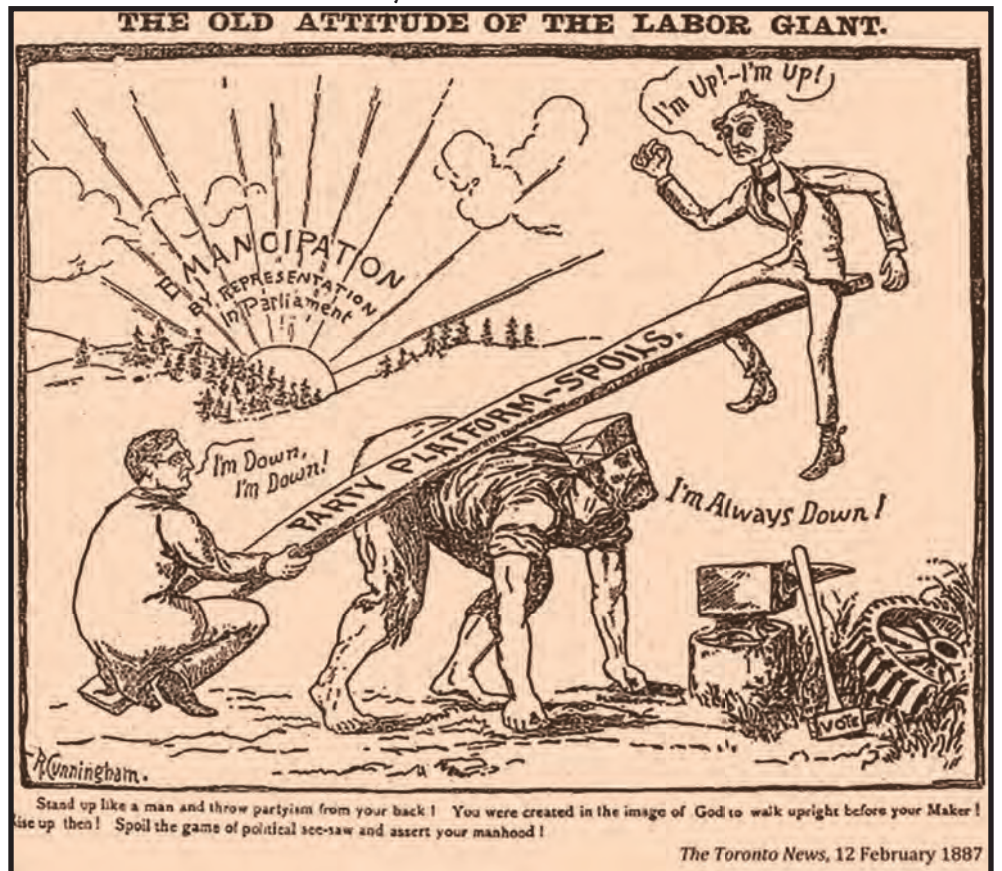
### Thank you everyone!

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  
Skippy Hale  
Antonia Chatson  
David Arama  
Angela Bright  
Sharon Shalla

Noreen Kruzich  
Lesley Cassidy  
Colleen Hulett  
John Neale  
Anne Dougherty  
Mary Ruth

Susan Veale  
Peter Chess  
Bill McNaught  
Pat Strong  
Lois Thomson



"Stand up like a man and throw partyism from your back! You were created in the image of God to walk upright before your Maker! Rise up then! Spoil the game of political see-saw and assert your manhood!" In the background we see "EMANCIPATION BY REPRESENTATION In Parliament" Sir John A. MacDonald's Conservative/Liberal-Conservative party is up at the moment, while Edward Blake's Liberals are down. -Toronto News, 12 Feb., 1887

## Matawatchan Hall



### 137th Annual Canada Day Celebration



**LIVE BANDS 12 - 4pm**  
Fantastic Local Musicians  
Featuring **The Tall Boyz**



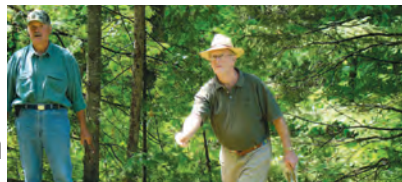
**HORSESHOES**

Tournament @ 1:30

**BBQ & BEER GARDEN**

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Petting Zoo, Tattoo Station,  
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**FIRE DEPARTMENT**  
Demonstration for all ages  
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**June 29, Noon - 5pm**

Matawatchan Hall, 1677 Frontenac Road

**RAIN OR SHINE - BRING A LAWNCHAIR**

Prizes & Ice Cream for kids courtesy Denbigh-Griffith Lions Club  
In Conjunction with the Greater Madawaska Fire Department



Denbigh-Griffith LIONS CLUB

## 12th Annual Classic Car SHOW & SHINE

**Saturday August 24, 10am - 2pm**

Griffith Hall, Hwy 41 Griffith

Rain date Sunday August 25

**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**



**By Anne Dougherty & John Neale**

Our late spring is still blooming into summer as Eastern Ontario continues to recover from our extra-long winter and spring flooding. Even the trilliums and black flies came a bit later this year as did the budding of trees and plants. As we write this column, Centennial Lake is covered with large patches of yellow pollen. The birds and bees are back, and the mosquitos seem extra numerous!

Some cottagers returning after winter were dismayed to learn the Ottawa Citizen and SUN no longer delivers to Griffith. It's too expensive to deliver, sigh.

On the May Long Weekend, we got out for a walk on Morrow Lake Road where we parked at the bridge over Morrow Lake Creek and walked downstream about 1km along the ATV track to the waterfalls for the first time. Check it out this summer.

Sadly, we lost another community member. Shirley Van Iderstine will be missed.

The Choir concert was well attended on May 11 at St. Andrew's United in Matawatchan conducted by Barbara "Doll" Creelman. All of the music performed had something to do with Colours of the Rainbow. The choir is now named the Village Voices. This is a secular choir with rehearsals once a week every Friday morning at 11:00 am at St. Andrews United. New members are always welcome.

On Monday May 13 Hilltop Tabernacle in Griffith played host to a Ladies Tea at noon with a special guest speaker Joanne Goodwin. She spoke about overcoming life challenges in the funniest way possible. A pop-up performance by four of the Village Voices including Debra Green on ukulele was enjoyed by all. Debra, a new addition to the G/M community created the ambience for the event and made her own special clotted cream, which was enjoyed with scones and jam. Elegant tea-cups were refilled with never-ending pots of fresh tea. Door prizes were given out as well. We were told that the community can look forward to more events like this in the future.

Due to our extremely unusual weather patterns many cottagers had to delay putting their docks and boats to after the long weekend, as the water levels were not up to normal on Centennial Lake until the last weekend in May. We wondered why water levels were so low when there



Derek and Sue should be very proud of all the work they have put into making Calvyn's such a beautiful spot to pop in for a meal beside the Madawaska River. Nice bar!



A good size crowd assembled for the Griffith Building Supply Grand Opening, which is the first BMR PRO in Ontario designed to meet the needs of both renovation and new building projects. L - R: Hugo Girard, BMR Group Ambassador, Brian Hunt, Mayor of Greater Madawaska, John Yakabuski, Minister of Natural Resources and Forestry, Pierre Nolet, Vice-president - business development (BMR Group), John Lacourse and Derek McGrimmon, co-owners of the store, Cheryl Gallant, Member of Parliament, Renfrew-Nipissing-Pembroke, Stephany Robinson, dealer relations - business development (BMR Group), Gilles Parenteau, business development advisor (BMR Group), Vic le Pic, mascot (BMR Group).



This choir has come a long way in a very short time under the direction of Barbara Creelman. The name "Village Voices" was revealed at this concert at the United Church on May 11. The theme was "Colours of the Rainbow" and included a wide variety of songs related to colours..



John Neale showing off his newly acquired painting at the Lions Daffodil Tea on May 18.



Nancy Green at her second to last appearance helping out at a Griffith & Matawatchan event. This time serving at the Ham Supper at the United Church on May 18. Always with a big smile! By now she will be nicely settled in BC. Fare thee well John and Nancy!



Morrow Creek Falls was a sight to see this Spring. In Summer you can hop across it on the water-rounded rocks was flooding on other parts of the Madawaska River.



Flooded park on the Madawaska at Hwy 41. This section was flooded out while levels were still low downriver.

Hugo Girard and the BMR Mascot, Vic le Pic, which is a woodpecker.

That same afternoon Nu2U was open, and from now to September their Wednesday afternoon (1 to 4) hours are operating as well. Please continue to donate items during regular hours and keep on shopping!



Pies of all kinds lined up on the tables as diners line up for the Annual Ham Supper at St. Andrew's United Church. You can bet there wasn't much pie left over.

The busy weekend continued at the Lions Hall in Griffith hosting its annual Daffodil Tea to raise money for Cancer Research. Beautifully decorated tables bore exquisite small desserts and delicious fancy sandwiches and members of the community who have survived Cancer poured tea.

Local musician Greg Roche graciously entertained with guitar and

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...continued from preceding page

vocals. The silent auction sold works of art by students of Reina Coulthart.

Immediately following the Tea the Lions Hall was used for an emergency meeting to discuss the state of emergency declared due to the flooding of local rivers.

The Lions also partially fund the Learn to Swim classes which will once again be held at the beach at Sniders Camp-ground. Check the Greater Madawaska website for dates and times.

May 18 also brought the Ham and Scallop Potato supper with lots of pies! The supper was put on by St. Andrew's United Church in Matawatchan. A silent auction sold off such items as a 1-hour boat ride, a beautiful hand-knitted shawl, and pies.

Saturday May 25th marked the day of the annual plant sale at the Matawatchan Hall. Mark Thomson and Tracy Hunchak made delicious soups and Victoria made wonderful assorted desserts. There were also bakers, crafts people, and other vendors among the plant sellers. The Hall was enveloped in black flies and mosquitos, so John's new bug repellent blend sold out quickly!

Regular Hall activities of aerobics, games nights, book lending and more can be checked out at [www.matawatchan.ca](http://www.matawatchan.ca). Saturday Socials begin on July 6 from 9 - 11 with Victoria's Sweet and Savory Crepes and continue with a variety of baking, along with artists and more.

Music abounds in Griffith Matawatchan and Denbigh. The TallBoyz are busy rehearsing and can't wait to try Calvyns soon-to-be-built stage. The Red Eye Mondays (formerly the Pickled Chickens) are rehearsing too and looking forward to playing at the opening of the Pioneer Museum in Cloyne on June 22 at 11am. Highway 41 is always perfecting their tunes, and solo artist Greg Roche happily entertains seniors out and around the area. His friendly performances are the highlight of many a resident who in their retirement years can't get out and about as they did before. Bravo Greg!

You will see a talented lineup of many of these musicians and more at the next big Matawatchan Hall event for Canada Day on Saturday June 29, noon - 5. Have fun rocking to amazing local musicians featuring the TallBoyz, check out the BBQ, Beer Garden, kids games, petting zoo



There was a packed house at the Griffith Hall for the Lions Club's Annual Daffodil Tea for Cancer Research.



Delicious fancy sandwiches and sweets of all kinds were complimented by tea poured from silver service sets.



Painting of Holy Rosary Church in Griffith by Reina Coulthart in the silent auction



Ladie's Tea with special guest speaker Joanne Goodwin. An amazing assortment of sweets was complimented by Debra Green's homemade clotted cream. You can't go anywhere in the area without great food and music. Debra Green led a popup sing-song with Juliette LeGal, Diane Jukes, and Carol Anne Kelly joining in.



There IS someone under that hat. Victoria MacMillan shows off her fine Plant Market spirit!



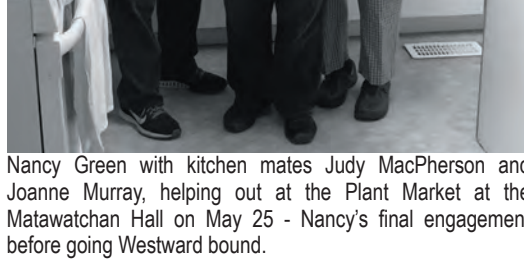
Nancy Green with kitchen mates Judy MacPherson and Joanne Murray, helping out at the Plant Market at the Matawatchan Hall on May 25 - Nancy's final engagement before going Westward bound.



John Neale with his Happy Goat Essential Oils and Wendy MacPharlane with her amazing crafts made by her friends in Mexico. Two of many vendors at the Matawatchan Hall Plant Sale on May 25.



with exotic animals, fire fighter activities, and lots of fun and games for all. Also on June 29, drop by the Giant & Huge Yard Sale at the NU 2 U Shop. Fill a box for \$5 from 10am - 4pm and support Seniors Housing.



Ontario hopes to entice some new fish-

ing converts by offering limited license-free fishing periods. The week of June 29 to July 7 is the last free fishing event of the season. Conservation limits of the catch still apply.

Griffith & Matawatchan Rec Committee kicks off summer programs with Fire Dept. Games & Demos July 4 at the Fire Hall. Free BBQ! Then Kid's Club starts July 9 with Ball at the Griffith Diamond on Tuesdays and Family Sports Nights at the Matawatchan Hall on Thursdays.

a fold-out stage for live music will soon be added to accommodate larger bands. Derek and Sue bought a pair of tickets to the Lions Club's upcoming Elvis and Roy Orbison Tribute night on June 22. They can't go but any customer who spends \$20.00 or more at Calvyns can get entered in a draw for those tickets! Great community spirit!

Summer should be well in place by the time you read this, so get out and enjoy our great outdoors.

The Fashion Show on June 15 was curated by Reina Coulthart and showcased local models including Lois and Helene Thomson as well as Jan Roche at the Griffith Hall. Funds raised are to be used for Seniors Housing.

If you haven't been into Calvyn's in Griffith for their delicious fish and chips or pizza lately you'll be pleasantly surprised to see the expanded outdoor bar section complete with a beautiful wide pine bark-edged bar top, sourced locally from Earl Thomson. Currently the outdoor patio has featured local talent and



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.

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2,100-page report is before the UN commission for review, to argue for control over a vast region of the Arctic sea floor. Russia and Denmark also submitted reports.

731 US land, sea, and air agents are being sent from the Canada-U.S. border to the U.S.-Mexico border, potentially slowing down Canada – US crossings.

Report suggests \$5.3 billion in crime proceeds was used to buy real estate in BC in 2018 and asks BC to increase data collection transparency in real estate transactions.

Since bringing in the foreign buyers tax GTA home sales dropped 16% in 2018, average price dropped 4.3%.

The Ontario government is no longer publishing statistics about its foreign buyers tax on residential real estate.

Ontario municipalities are objecting to Bill 108 that would change 13 acts including planning, development, environment, education, and heritage, will bring the return of the OMB, and reduce environmental and heritage rules to favour builders.

Ontario eliminating enhanced driver's licences that allow US entry without a passport on land and water. NEXUS, FAST and ePassport options can also be used for air travel and don't cost the province \$100,000 to administer.

Ontario raising speed limits on three highways to 110 km/h for pilot program to decrease congestion. 400-series highways can safely handle 120 km/hr traffic.

Toronto crackdown is triggering licence suspensions for decades-old traffic tickets, often suspending the licence weeks before notification arrives to the driver.

A driver at a McDonalds was using the McDonalds app when an officer issued him a warning about using a phone while behind the wheel, even in a drive-thru.

During their trip, a family of 10 found out their return Sunwing flight to Vancouver was cancelled. Sunwing offered: A refund, or a 9-day wait at the family's expense.

New air passenger rights land mid-July, more follow at Christmas. New rules related to luggage, communication, tarmac delays and denial of boarding start on July 15.

Ontario's new "Hats for Hides" collects hides from hunters in exchange for a hat or a crest, ensuring resources are not wasted and can be sold as goods. hatsforhides.com

Trudeau exonerates historic Cree Chief Poundmaker, saying Canadians need to learn the real story of Saskatchewan chief who was a peacemaker, not a criminal.

Ontario PCs Reverse Liberal Promise To Make Indigenous Courses Mandatory. The new curriculum for elective Indigenous courses will be in place in September.

Hackers guessed a woman's email password then diverted an email money transfer. The security question, "Who is my favourite Beatle?" has only 4 possible answers.

Rabid bat hiding in iPad case bites New Hampshire man. When asked how it got there, he replied, 'He probably knew my password.'

U.S. meteorologist snapped at viewers during live tornado warning after complaints that news bulletin interrupted airing of reality TV show "The Bachelorette."

After receiving 9-1-1 calls to complain about an Amber Alert. Toronto's Communications Centre issued another alert REMINDER: 9-1-1 is for EMERGENCIES ONLY.

More than 700 people in 22 U.S. states have gotten measles this year, with federal officials saying the resurgence is driven by misinformation about vaccines.

Washington State parents can no longer claim an exemption for children from receiving the measles, mumps and rubella vaccine before going to school or daycare.

US scientists detect highest atmospheric CO2 levels since records began in the late 1950s in Hawaii, measuring a daily baseline above 415 ppm for the first time.

Scientists discover China has been secretly emitting banned ozone-depleting gas. 40 to 60 per cent of the total global CFC-11 emissions originated from eastern China.

Chilean scientists: Chile's 12,000 sq km Southern Patagonia Ice Field has split and is likely to continue to fracture amid climate change

Ark Encounter theme park whose centerpiece is a giant replica of Noah's Ark, is suing its insurance carriers over rain-related damages on the property

Canada exported 44,800 tonnes of plastic waste in 2018, much of it to the US, often mixed with US waste and shipped to Asia. Less than 10 % of the plastics Canadian toss out are diverted from landfills, and not all of what is diverted is actually recycled.

Ontario hired Recycling and Plastic Waste Special Advisor to report on waste and litter, and ensure producers are responsible for plastic and packaging at end-of-life.

Ottawa announces plans to ban single-use plastics starting in 2021 at the earliest.

A Vancouver store printed plastic bags with embarrassing fake store names like "Into the Weird Adult Video Emporium" and "Avoid the shame. Bring a reusable bag."

Canada's clean-energy sector is growing faster than the economy as a whole and is rivalling some of the more well-known industries for jobs, a new report shows.

A consortium of scientists in Iceland have perfected a new way to store carbon as solid rock by injecting CO2 into porous basalt rock, where it mineralizes permanently.

Ford's new anti carbon pricing ads are exposing a hole in political advertising laws. Provinces are not factored in as federal election players, so have no spending limits.

Ford government sitting on \$1B in cap-and-trade money. Environmental commissioner says by law it can only be spent on reducing greenhouse gases

If men trade in the suits for light clothes and reduce the a/c, it would help climate change and, according to a study, make female workers more productive.

SpaceX launched 60 little satellites, the first of 1000s that founder Elon Musk plans to put in orbit for global internet coverage. They will dodge collisions autonomously.

Air Canada signed with Drone Delivery Canada to help market and sell drone delivery services to offer cost-effective solutions in non-traditional and remote markets.

NASA officially orders its first segment of a lunar space station "This time when we go to the Moon, we're actually going to stay."

Saab's pitch to build Gripen E fighter jet in Canada further ups the ante on the \$19-billion competition that will see the federal government purchase 88 new aircraft.

Monsanto's Roundup under siege as courts award more damages. Glyphosate has been blamed for health problems including cancer. Monsanto is owned by Bayer.

New guidelines from the American Heart Association state that daily doses of Aspirin could lead to major bleeding in the elderly. Most older adults should stop using.

The World Health Organization has unveiled new guidelines on reducing the risk of dementia, which include advising people to exercise regularly and quit smoking.

It's expected that, by 2042, cancer cases caused by obesity in Canada will triple.

10 former Ontario health ministers sent a joint letter to the government, imploring it to reverse millions of dollars in public health cuts they say put the province "at risk."

Canadian cattle farmers file complaint against the Beyond Meat vegan products brand made popular at A&W. If it's not meat it can't have meat on the label.

New product Kraft Heinz pre-mixed mayonnaise-ketchup "Mayochup" has 'unfortunate translation' in Cree It can be heard as "shit face."

Right whales return early to Atlantic Canada — with 7 babies in tow. Population of critically endangered species hovering around 400

Vancouver Aquarium suing city and park board for banning captive whales, dolphins, porpoises because attendance has dropped in the last two years

Trudeau announces 'digital charter,' tells social media companies to fight fake news or be fined.

Fewer people with poor eyesight are learning to read braille in North America, partly because audio books and voice technology are supplanting the written word.

Cursive is becoming "obsolete" vs keyboarding. Cursive can be done faster than printing, but slower than keyboarding and is not mandatory in Ontario schools.

Monarchists League concerned as government stops printing Queen's portrait for Canadians. Download only. The League is now only source of the lithographs for \$20.

31-year old Blue-collar worker moved into his late father's 620-hectare Penrose Estate in Cornwall England after DNA test proved he was aristocrat Charles Rogers' son.

2 hour queue to see Kate Middleton's stunning children's garden at the Chelsea Flower Show, featuring a shallow stream and treehouse. it was the only exhibit with a queue

The century old flower company FTD is filing for Chapter 11 bankruptcy protection following a rough Valentine's Day and is now "splitting up" the business into pieces.

Ottawa Valley accent named 'Canada's sexiest' According to the website Big 7 Travel, "Go to Calabogie or Renfrew and you might think you're hearing a Dublin Irish accent, but it's different. It's better."

B.C. Legislature proposes updated dress code, giving women the right to bare arms.

**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



Calabogie's own Musical Mayhem kept things lively at the grand opening of the Calabogie Summer Market on June 1.



Glenn Stanley of Calabogie Wild selling his t-shirts and mugs at the Calabogie Summer Market at our covered rink.



Janet Stanley with Starbright Curios at the Summer Market.



Councillor Perrier selling Calabogie Coffee with all funds returning to the Calabogie Summer Market.



Earla Horton of Shady Mile Farms. No market would be complete without locally harvested maple syrup.



Sunshine of The Broom Closet with unique hand made jewellery and more.



Diane Bambury of Kysako with crême sucre delectables.



Susan Allen of Artisan Originals with the World's Best tea towels and more.



Nancy Vessel, the Perennial lady and grandson Merrick helping out.



Stacie Ross & Mickie who is sporting one of her hand knitted outfits at the B Please booth



LtoR- Bonnie Bennett & Joyful Jewel at the Neem Booth at the Calabogie Summer Market selling products from Africa that help support a village there, which the kids below seem to appreciate.



Dayna Schaly's Tree House Art Studio is back this summer for kids and adults at Calabogie Lodge. Below are polymer sculptures by some of her 13-year old students.

After giving my usual weather report last edition, the weather turned cold and rainy, so I am being cautious. The sun is shining, and it is warm enough to hang my laundry out on the deck. This weather bodes well for our Calabogie Summer Market. We had our Grand Opening on June 1st. There were 50 some vendors of all kinds, farmers, makers and bakers of all kinds, both local and from around the Valley and Ottawa. Johnny Slack of the Slack Family Organic Farm took over from Janet and Glenn Stanley, and Susan Allen, who were instrumental in starting the market last year. He is the Market Manager and a veritable Whirling Dervish. I call him the idea man because he is just bursting with enthusiasm and new events to plan.

Opening Day was so exciting, and the atmosphere was blooming, pun intended. We had presentations from two Gardening authors and a children's planting workshop. Calabogie Lodge provided a place for a videographer who was much

in evidence throughout the morning. This is very well done with the musical background from Calabogie's own Musical Mayhem.

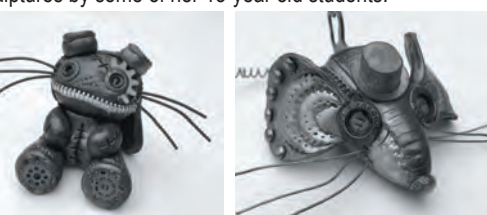
The second week had fewer vendors, but no less enthusiasm. Some of the folks included Nancy Vessel, the Perennial Lady ably assisted by her grandson Merrick. She sells perennials and other assorted items. Diane Bambury sells Kysako, a crême sucre which makes the most delicious fudge. The Neem Team sell several products which treat just about everything from pain, Malaria and ward off pesky insects such as mosquitoes promoted by a Missionary who gets it from Africa and supports a village there. Long Lane Farms are back with their veggies in season. The Slack Family Farm has plants of all kinds (tomato varieties, dahlias) and also sells Back Forty Artisan Cheese. Susan Allan sells scarves and other products some she weaves and silks which she dyes herself. There were lots of Maple syrup products at the Shady Mile Farm table. This business

has been in the family for generations. One popular booth is B Please operated by Stacie Ross and her wee dog Mickey. She crochets lovely coats and scarves for dogs as well as making home-made dog biscuits. Sunshine is an interesting artist who makes jewellery and pressed copper pieces as well as other interesting works. I will try to highlight different vendors each time, but I do have to tend to my own spot where I have cards, eclectic art, garden art and bird feeders.

The Fire Department just purchased a new Emergency truck which houses their breathing packs, other emergency equipment and even the Jaws of Life.

The village is hopping with fancy cars at the Track, the cottagers and other tourists now that the weather appears to be improving! There are several new businesses which I will be visiting and highlighting next edition, one being a new Day Care Centre... Yay!

Summer art weeks for second year at Calabogie lodge resort with Dayna Schaly. Dayna Schaly is a graduate from Ren-



frew's St Joseph's high school and is an art student attending The Ontario College of Art and Design University. She has been successful in creating her own works, as well as making drawings for commissions. Dayna has been teaching drawing classes as an assistant for three years, and in the past two has had private students, along with organizing her own children's classes and running summer art camps. This year there are 5 weeks of art camps which are capped at 6 students per week, Monday - Friday and the day runs from 10am - 3pm. These art weeks are for ages 8 - 16. Students get to explore drawing, painting and sculpture in different age groupings. Dayna has created an exciting visual art program and looks forwards to an awesome summer being creative with local students! In the past month Dayna has been volunteering in our local schools offering art demonstrations and workshops with Burnstown arts volunteer. For more information go to [www.treehouseartstudio.ca](http://www.treehouseartstudio.ca)

*This is your paper, send me announcements, babies, engagements, marriages, communit events. bogiebeat@gmail.com.*

[TreeHouseArtStudio.ca](http://TreeHouseArtStudio.ca)

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[www.iyacarson.com](http://www.iyacarson.com)  
[iyacarson@gmail.com](mailto:iyacarson@gmail.com)  
613-867-5631



In the main building of the Calabogie Lodge  
729 Mill street, Calabogie, ON

## Mount Waddington Climb 2018 - Part 2



Find out more about the Canadian Explorations Heritage Society at <https://canadianehsociety.ca>



Stuart's preferred training trail was the Lost Valley Loop at Calabogie Peaks. He started climbing it in modern gear with 60 pounds of kitty litter in his pack. That was tough, but the same trail with old-style gear, canvas, wood, burlap and heavy hobnail boots was exponentially tougher. Some of his fellow climbers were bettered, not so much by the climb as by blisters from those hobnail boots. How did the original party of one woman and five men do it while carrying their own heavy camera equipment?

The Canadian EH Society makes documentary films of their expeditions so that they can share the experience with people across Canada and the world. Their researchers and expedition members tour the country, giving presentations and film screenings to museums, schools and various societies and community organizations. The Mystery Mountain expedition film will be ready some time this summer. The next adventure is in the planning stages, The Peace River Expedition 1793. In 1793 The North West Company's Alexander Mackenzie began a remarkable journey of exploration from Fort Forks on the Peace River in Alberta through the Rocky Mountains to the Fraser River in British Columbia. From there, with the help of local indigenous peoples, MacKenzie and his party of nine men and one dog, travelled by land to Bella Coola, an inlet on the Pacific Ocean. Do you have what it takes to do that?

When Stuart Rickard and his group decided to recreate the 1926 Mount Waddington climb as closely as possible to the original climb by explorers Phyllis and Don Munday, there were plenty of preparations. They made their two three-man tents of Egyptian cotton, and sail cloth and oilskin tarps. Stuart learned how to use a sewing machine to make the down sleeping bags which weighed ten pounds. Their packs contained personal items as well as shared group equipment and supplies. The clothing was woolen and Stanfield's donated cotton long underwear, heavy wool socks, wool trousers, cotton knickers, wool vests and oil canvas Tin Jackets. They had to make their own hobnail boots. The organizer, Bryan Thompson prepared for two years, both mentally and physically. Stuart prepared for nine months. 1926 packaging was in burlap, butcher paper and cheese cloth. Food was in tins. All this needed to be carried in wooden back packs.

The Mundays scaled the North side, but the Thompson group took the South side. Over 40 - 50 years, the glacier had receded. They started off with 6 climbers including a film maker and two safety guys. Another cameraman was to be helicoptered in when they got to the glacier. By Day 3, two members turned back, one with the flu and with blistered feet! They were down to four climbers which meant equipment needed to be dispersed between two fewer climbers! The second film maker who was to be dropped at the glacier was unable to come since he was injured! They had a long hike to the mountain before they began their ascent and had to compress the schedule into 6 weeks. They did not make it to Peak since two of the strong climbers were out, so they took fewer rest days to Day 15. The original plan was to walk in and walk out. The film maker had a satellite phone which of course they did not have in 1926. Then they decided to walk 20 days and chopper out. They walked through the Rain

Forest and it rained for 3 days, then 22 days without rain, so there was a danger of fire. When they were on the glacier, one of the Safety guys injured his shoulder, so he was less helpful. Therefore, they needed to leave early and their water taxi was not ready, so they had to hike back to caches which they had left along the way. The chopper which was to pick them up had been deployed to the Fort Mac fires.

There is talk of trying again in 2020, taking a chopper in and completing the Alpine part. I do not know if Stuart will go. He had pictures of his wife and two daughters in his journal. His six year-old drew a picture in his journal. It got lonely being away from his family so long and when traveling under such extreme conditions, it was a struggle to maintain harmony within the group.

I will end by describing some of his prep work at the Peaks. After work as an electrical technician with OPG,

he would hike up and down twice for three hours with 60 pounds of kitty litter in his pack. Initially, he wore modern clothes and a light modern pack. By the end he was wearing the 1926 clothing and carrying his gear in the old-style wooden carrier. I admire folks who attempt feats out of their comfort zone. This short article cannot possibly convey the difficulties endured both by the earlier climbers and the modern reenactors. I had such enjoyable conversation with Stuart while he described the history of the Mundays' climbs and his own experience as a reenactor. This is just a small summary of the stories he told me.



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.

**Also check:**

[www.matawatchan.ca](http://www.matawatchan.ca)  
[www.greatermadawaska.com](http://www.greatermadawaska.com)  
[www.addingtonhighlands.ca](http://www.addingtonhighlands.ca)  
[www.northfrontenac.com](http://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

**Griffith Hilltop Tabernacle**

Sunday School 10 am, Sept. - June.  
 Morning Worship 11:00 a.m.  
 Office 613.762.7130  
[www.hilltopchurch.ca](http://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

**Denbigh St. Luke's United Church**

Sunday Worship and Sunday School 10:00 a.m.

**The New Apostolic Church**

Sunday School 9:00 a.m.  
 Sunday Worship 10:30 a.m.  
 Wednesdays 8:00 p.m.

**St. Paul's Lutheran Church**

Sunday School 9:00 a.m.  
 Sunday Worship 9:30 a.m.

**Schutt Emmanuel United, 8:30 a.m.**

**Burnstown**

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

**Calabogie**

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

**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.

**REGULAR EVENTS CALABOGIE:**

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

**Pickleball**, Mondays and Wednesdays 6:00 pm to 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 am

**Back Fitness and Stretch**

Mondays 3:45

**Mindfulness Meditation**

[calabogiemindfulnessmeditation.com](http://calabogiemindfulnessmeditation.com)

**Calabogie Seniors Dinner & Meeting**

Last Thursday - 5 pm Oct. to April at the Community Hall. May to Sept. Barnet Park Seniors 55+ welcome. 752-2853

**Renfrew South Women's Institute**

[www.rsdwi.ca](http://www.rsdwi.ca) CalabogieWI@gmail.com  
 Branch meetings held at Calabogie Community Hall 2nd Thursday 7:30  
 Contact: Sara MacKenzie, Pres. 613-432-3105  
 Guests and new members welcome!

**Calabogie Arts and Crafts**

Every 2<sup>nd</sup> Monday (If holiday, then 3<sup>rd</sup> Monday), 10:00 am - 1:00 pm, Community Hall, (\$15 per year), 752-1324

**Lion's Club Bingo** every Wednesday,

7:15 pm, Calabogie 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:**

**Calabogie United Church Strawberry Social June 22nd noon to 3:30** Light lunch & strawberry desserts

**Canada Day July 1**, Community Centre,

8 - 11 Breakfast, Bingo, open mic, bash tent, bouncy castle, dunk tank, BBQ, Beer tent... Activities all day long. Fireworks at 10pm. [greatermadawaska.com](http://greatermadawaska.com) for so much more!

**Calabogie Summer Day Camp at the Community Hall, 574 Mill St.**

**August 12 - 16 August 19 - 23, 9 - 4** Games, Adventures, Crafts and so much more! Boys and Girls 4 - 12 years of age. Registration forms at township office or [greatermadawaska.com](http://greatermadawaska.com) \$85

**Calabogie Summer Market Saturdays**

**9 - 1** at the Calabogie Rink, 574 Mill Street area growers, artists, artisans, makers and bakers 50+ vendors

**Showcase Paradise Saturday June 29, 9am - 6pm**, at the Calabogie Rink, 574 Mill Street

**GREATER MADAWASKA TWP.**

**Swimming Lessons July 8 - 19** Snider's Tent and Trailer Park, 217 Airds Lake Rd. Matawatchan

**July 22 - August 2** Barnet Park Beach, 5179 Calabogie Rd. Calabogie

**REGULAR EVENTS**

**GRIFFITH & MATAWATCHAN:**

**Matawatchan Hall Events, 1677 Frontenac Rd.: Check calendar at [matawatchan.ca](http://matawatchan.ca)**

**Aerobics and Cardio Dance** to suit all fitness levels at the Matawatchan Hall. \$5 Hall donation appreciated.

**Saturdays 9:30am - 10:30am until June 22, Tuesdays and Thursdays from June 25 check [matawatchan.ca](http://matawatchan.ca) for changes**

**Matawatchan Walking Club**

**Wednesdays April to Oct. 9 a.m**  
 Nov. to Apr. 10 am Start at the G'Day board mailboxes. Brigitte 613-318-8308

**Family Games & Sports Nights**, Thursdays @ 6:30 July 2 until Labour Day

Softball, Badminton, or board games on rainy days. Ice cream at the end.

**Matawatchan Book Exchange** at the Hall any time it's open, or contact a Board member. Sign out a book and return it later. No membership required.

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

**Bingo every second Tuesday at 7:30**

**TAI CHI at the Griffith Hall** 613-333-1423 Beginner's Class, Mondays @ 12:45 p.m. \$10, Holiday Mondays, class will be on Thursdays @ 9:00 a.m.

**Lions Fellowship Lunch** at Noon-Third Wednesday of the month at the Griffith Hall (not July & Aug). \$8 Everyone is welcome. Contact Mary McKinnon 613-333-2791

**Northern Lights Seniors** at the Griffith Hall Third Wednesday of the month at 1pm. (after Fellowship Lunch)

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

**Denbigh Griffith Lions dinner meetings** on the 2nd Wednesday and business meeting on the 4th Wednesdays at the Griffith Hall

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

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

**SPECIAL EVENTS**

**GRIFFITH & MATAWATCHAN:**

**A Tribute to Elvis & Roy Orbison Sat. June 22, 7 - Midnight** at Griffith Rec. Centre 25991 Hwy41, 613-333-1423. Dancing, 50/50 draw and Light Lunch. \$20, available from Lions. Presented by Denbigh/Griffith Lions. See ad page 2

**Matawatchan Canada Day Picnic**

**Saturday June 29 Noon - 5pm** at the Hall, 1677 Frontenac Rd. Live noon to 4. The TallBoys and various other fantastic local musicians. BBQ, Beer Garden, Kids Games, Petting Zoo, Fire Fighter display and shows, Heritage displays, Artists, Coffee Tea & Baked Goods in the Hall.

**NU2U yard sale - June 29, 10am-4pm**

fill a box for \$5.00 NU2U shop Griffith Community Hall - for GMSHC

**Saturday Socials at the Matawatchan Hall July 6 to August 31** (except July 27) 9am - 11am Food, Art, Music, Friends,

& Fun. July 6 -Victoria's Sweet & Savoury Crepes, July 13 - Art Fest for Seniors Housing, July 20 - Wendy's Mexican crafts, Aug 3 - Community Flea Market and Bake Sale

**The RedHill Valleys in Concert at the Matawatchan Hall, August 21**

Last year's Small Hall's headliners asked to return and play for us. Save the date!

**SUMMER PROGRAMS: Fire Department Games & Demos Thursday July 4**

6 - 8pm, 25991 Hwy 41 Griffith Fire Station. Games, Demonstration, Free BBQ for all ages. It's a kick off to the **KID's CLUB, Tuesdays, Ball** at the Griffith Ball Diamond, **Thursdays Family Sports Nights** at the Matawatchan Hall, Griffith & Matawatchan Recreation Sponsor

**REGULAR EVENTS DENBIGH & VENNACHAR: Coffee Time Friday mornings at Heritage Park from 8am-10am** Denbigh Recreation sponsor

**SPECIAL EVENTS DENBIGH & VENACHAR: Canada Day at Heritage Park, June 30.** 5 - 10:30pm, Kids games, horseshoes, BBQ, live music, fireworks at dusk. Denbigh Recreation sponsor

**FREE weekly "Play to Learn" play-group** at MAYO COMMUNITY CENTRE in Hermon, Tuesdays 10:00 am to 12:00 pm. snack provided

**Denbigh Diners meal Supported by Land O Lakes Community Service:** Full Course Meal \$8.00 Nancy Dafoe 613-333-5164

**Denbigh Recreation Euchre, Denbigh Community Hall, Hwy #28, Denbigh, Fridays @7:00 p.m.** Contact Bev 613-333-9852

**Land O Lands Community Service Exercise on Tues. at 9:30, Denbigh Hall basement after Wellness (not July and August)** Contact Mary McKinnon 613-333-2791

**DACRE REGULAR EVENTS: Games Night, 2nd and 4th Fridays** Open to ideas. Contact Michael at [dacacommunity@gmail.com](mailto:dacacommunity@gmail.com)

**CLOYNE & NORTHBROOK REGULAR EVENTS: Exercise Bootcamp at the Clar-Mill Hall Plevna Tuesdays & Sundays 7pm \$5**

**CLOYNE & NORTHBROOK SPECIAL EVENTS: Pioneer Museum Season Opening, Saturday June 22, 11a.m.** featuring the Red Eye Mondays band (formerly the Pickled Chickens band).

**EGANVILLE SPECIAL EVENTS: Karaoke & Dance Night, Saturday June 29, 8pm - 1am**, Eganville Legion, 57 Veterans Way. DJ Shanon, Bar, 50/50 draws. Proceeds to Training & Learning Centre

**FREE Pre-PSW/Healthcare Training, Training & Learning Centre.** Tuesdays and Thursdays starting July 2, 10 - 2:30. This is not a diploma course, but prep for college PSW program. 613-628-1720



By Angela Bright



Bill McNaught introduced Linda Corupe, seated. Bill McNaught's new book, "Vennachar Summers" will be printed soon. Meet Bill, see his display of photos, and buy his book at the Matawatchan Hall on June 26 between noon and 5 during the Canada Day Celebration. Read an excerpt from his new book on Page 12.



The Denbigh Library was packed for Linda Corupe's fascinating presentation about the Addington Settlement Road. Get the book online at [lindacorupe.com](http://lindacorupe.com)

\*The Denbigh Recreation Committee invites you to celebrate Canada Day at Heritage Park on Sunday, June 30th. The fun starts at 5pm with games for the kids, and a horseshoe pit so you can play a game with your neighbours. The Canteen will open at 6pm, serving up hamburgers, sausages, hotdogs, drinks, and chips. Come and enjoy our talented local musicians on the stage from 6 to 8pm. Around 7pm the flag will be raised, with festive cupcakes to enjoy. Then at dusk is the fireworks show. There will be donation cans placed around businesses in Denbigh to help pay for the fireworks. Rec members will also be going around that evening with donation cans. Also, be sure to dress in your best red & white attire, it could win you \$25!!

\*The TD Summer Reading Program for ages 3 to 12, will run at the Denbigh Library on Tuesdays from July 9th to August 27th, from 6-7pm with stories, crafts, games and a snack. There is a sign up sheet at the library for parents and caregivers to register their children.

\*The Denbigh Library Annual Summer Book Sale will take place on Saturday, July 13th, 9am to noon. You can pick up a bag of books for just \$2!

\*More news to share from the library! You now have the opportunity to borrow nature passes! There is a Quinte Conservation Area parking pass (covers 14 conservation areas) and a Summer Park Pass (covers all provincial parks for parking). Both passes come with a nature backpack that includes the pass, binoculars, first aid kit, tick removal tool and information sheets. The passes can be signed out for 2 days. The library is also home to a Seed Library, so stop by and get some free seeds! And last but not least, there are now adult puzzles that you can sign out. For information contact the library at 613 333 1426.

\*On April 24 Linda Corupe, author of a very well researched book "The Hard Road Ahead, the Addington Colonization Road of Early Ontario" shared stories and pictures with a packed group at the Denbigh Library. Order books on-

line at [lindacorupe.com](http://lindacorupe.com)

\*New non-fiction on the Denbigh Library shelves: Diabetes: Head to Toe, Eating to Beat type 2 Diabetes, Milk Soaps, Readers Digest: Home Hacks, The Man Who made Things out of Trees, Undo it! Lifestyle Changes can Reverse Most Chronic Diseases. New DVDs: Oceans 8, Chesapeake Shores: Season 3, Wild Kratts: Wild Winter Creatures, Lego: Aquaman- Rage of Atlantis. The library is open Mondays 4-6pm; Tuesdays 10am-2pm; Wednesday 3-6pm; Thursday noon to 6pm; Saturday 9am to noon.

\*The Cloyne & District Historical Society will open the Cloyne Pioneer Museum & Archives for the season on Saturday, June 22nd. The museum is open daily during July and August from 10am to 4pm.

\*Elvis is coming! The Denbigh-Griffith Lions Club presents John Cigan as Elvis Presley and Doug Mackenzie as Roy Orbison on Saturday, June 22nd at the Lions Hall. Doors open at 7pm, performance starts at 8pm through to

12am. Tickets are \$20 each and available from Lions members. There will be a bar, 50/50 draw and light lunch at 11pm. Call for tickets 613-333-1932 or 613-333-1984.

\*A reminder that Denbigh Diners takes a break during July & August; will start up again in September.

\*Land O'Lakes Community Services - Homemaking Program is available to Seniors for a low hourly rate. Washing floors, vacuuming, bathrooms, meal prep, changing bedding, etc. LOLCS also has a new Foot Care Program available in our area. If you or someone you know is in need of foot care, please call Lori Cuddy at LOLCS, 613 336 8934 x229, or toll free at 1 877 679 6636.

\*Denbigh Recreation welcomes you to Coffee Time every Friday morning at Heritage Park from 8am-10am, for breakfast and a fresh baked Treat of the Day. Please drop in, we would love to see you!

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## Butterfly Party at Greater Madawaska Public Library

By Sharon Shalla



One of our beautiful butterflies, part of the Butterfly Project introduced by our Children's Programmer, Krystal Moran. What an experience for the children!

What better way to welcome the warmer temperatures than with a butterfly release party! It was the conclusion to a very special butterfly project we've had going on at the library. In mid May our Children's Programmer, Krystal Moran, began the library's butterfly project. It involved monitoring the development of a butterfly. We closely and eagerly watched 8 caterpillars cocoon and hatch into beautiful butterflies. They were released at our storytime program on June 6th much to the delight of adults and children. It was a great experience. Thanks Krystal!

We are looking forward to attending Paradise Showcase under the roof of the rink in Calabogie on June 29th from 9 a.m. to 6 p.m. I am very pleased to announce that local author, Anne Kathleen McLaughlin, will be joining us at our display with some of her books for sale. Anne Kathleen, author of *A Place Called Morning*, has been telling stories since she was a child. A member

of the community of the Grey Sisters of Pembroke, Ontario, since her late teens, she taught school for several years in the province, then worked in communications in the print and electronic media in and around Thunder Bay, Ontario. Other books written by Anne Kathleen include: *Called to Egypt on the Back of the Wind*, and *Planted in the Sky: A Woman's Journey*.

In regards to the Interlibrary Loan Service suspension, our library is still in suspended status. Currently, the interlibrary loan program is available to order books from the libraries that have decided to participate, but they are doing so by coming up with the funds to pay for the Canada Post shipping. There are still quite a few libraries, such as ours, that have not resumed borrowing or lending through the program. With budgets already passed by the time the Provincial government cut the Southern Ontario Library Service (SOLS) budget, it has been

quite a challenge for libraries to come up with the funds to pay for shipping now that there is no longer the SOLS courier service. If and when we resume, we will announce it through Social Media, within the library, on our website, and in the Highlander. We greatly appreciate your understanding and patience as we deal with this situation. I strongly encourage you to contact our local MPP, John Yakabuski, and/or Michael Tibollo, Minister of Tourism, Culture and Sport, to let them know how important the interlibrary loan service is to Ontario libraries, especially small and rural libraries that don't have the big book budgets, nor the shelf space to hold large collections. Contact info is as follows:

MPP John Yakabuski, Minister of Natural Resources, The Victoria Center, Unit 6, 84 Isabella St. Pembroke, ON K8A 5S5. 613-735-6627 john.yakabusko@pc.ola.org

Michael Tibollo, Minister of Tourism, Culture and Sport, Hearst Block 9th Floor, 900 Bay St. Toronto, ON M7A 2A1, 416-314-1400 michael.tibollo@pc.ola.org

And speaking of books, our Book Club will continue to meet throughout the summer. The group meets the last Wednesday of the month at 12:30 p.m. at the library. It is a casual get-together to discuss and share your thoughts on books, and occasionally discuss the same book that each member has read. If you would like to know more about the Book Club or join, please feel free to call, message or drop into the library.

Last, but certainly not least, we welcome new patrons. Membership is free at our library if you live in Greater Madawaska Township or pay taxes to the township. Please bring a piece of identification with your current township address on it such as driver's license, utility bill, or a tax receipt. We are located in St. Joseph's Calabogie School right beside Most Precious Blood Church. We have our own entrance and signage is posted at the door.

Happy Summer everyone! Check out this link to our catalogue for a full listing of what we hold in our collection <https://greatermadawaska.insignails.com/Library/Home>

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

Tamatha Strachan makes



*Calabogie Smiles*



Calabogie Smiles brings affordable, compassionate and professional dental hygiene services to the comfort of your home or at our clinic's location in Calabogie, ON.

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Contact Tamatha Strachan, RDH, through email, phone, or social media for bookings and inquiries.

calabogiesmiles@gmail.com 613-220-6534



@calabogiesmiles

This year we partnered with St. Joseph's Calabogie School to run the Forest of Reading program. The children read books from the nominees and then voted on their favourite one.

The provincial winners in the Forest of Reading Program are:

- Blue Spruce Award Winner: Barnaby Never Forgets by Pierre Collet-Derby
- Silver Birch Non-Fiction Award Winner: Carey Price: How a First Nations Kid Became a Superstar Goaltender by Catherine Rondina
- Silver Birch Fiction Award Winner: Chase by Linwood Barclay
- Silver Birch Express Award Winner: Meet Viola Desmond by Elizabeth McLeod and Mike Deas

Guess what! St. Joseph's Calabogie School kindergarten students helped to make Barnaby Never Forgets a provincial winner as it was the book they voted for the most when they cast their ballots for their favourite book on voting day, April 30th. Congratulations!



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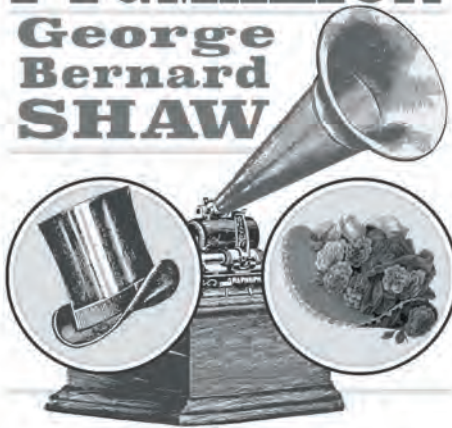
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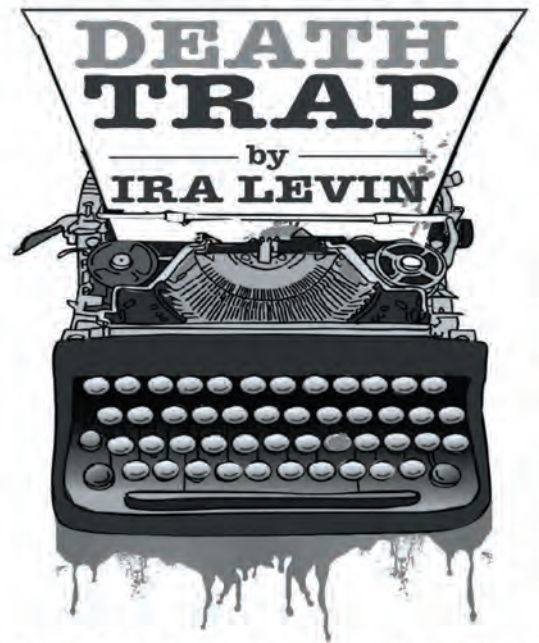
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## Vennachar Summers - Chapter 35, Uncle George and the Raccoons

By Herbert L. McNaught

Excerpt from a book by Herb's son Bill McNaught...

Uncle George was fearless when annoyed. Once, we were told that he was going back along the lane past his barns and pig yard into the small field where he kept his calves. Looking closely at the log fence, he was horrified to see two or three wolves feasting on one of the calves that they had killed. Without hesitation, Uncle George climbed over the fence and, waving his arms and yelling as loudly as he could, he fairly galloped toward the wolves. This startled the predators, who immediately took off at top speed across the field, cleared the fence to the other side and disappeared into the bush. Upon examination, Uncle George told us that the carcass was so badly torn apart that there was nothing left to do but to dig a hole and bury it, deep enough that the wolves would not find it, if they returned. He went to the shed and returned to complete the burial in the corner of the field. When we asked, "Weren't you afraid, Uncle George?", he replied that he never thought of fear but would have put the boots to the wolves if he could have gotten close enough to do so.

One autumn a few years later, our family was visiting Uncle Herb and Aunt Grace. Uncle Herb suggested that after the evening chores were done, and it was getting dark, we walk up to Uncle George's farm to scare the raccoons, which were coming to his corn field nightly for a feast of corn. We were all



game, so Dad, RJ, our younger brother Earle, Uncle Herb and his son, John, left the house, walking down the lane to the road and continued to Uncle George's home. There they asked Uncle George to accompany them back to his corn field to scare the critters. Away they went and soon arrived at the fence that surrounded the corn field. But what about James and me?

James and I concocted an adventure. We got some old white sheets from Aunt Grace and stayed behind the group. We ran along the path that led to the south pasture, which was inside the fence along the road. We bypassed Uncle George's farmhouse and, going directly to the corn field, we got down on the ground behind the stalks of corn, and donned the sheets. When the others arrived and climbed the fence to see the raccoons, we hoped to stand up, extend

our arms, let out some ghostly moans and give them a good scare. But alas the scare came to us! As soon as Uncle Herb spotted us, he yelled out, "My God, there are two ghosts in the corn field!" Immediately he and Uncle George stooped down and picked up some clumps of earth, which they heaved in our direction. Fearing we might get hit, James and I hurriedly threw off the sheets, yelling out our identities for all to hear.

Uncle Herb admitted he had been a little scared at the sight of the ghosts and Uncle George nodded as well. But in hindsight, we realized that Uncle Herb had noticed that James and I were missing right from the start and had a good idea what we were planning. But he decided to surprise us instead of us fooling him. We had a good laugh, but we never saw a raccoon that night.

## Vennachar Summers



By Herbert L. McNaught

When Herbert and his brothers, RJ, James and Earle spent summer months at the Ball Farm in Vennachar from 1924 to 1934, Vennachar was a thriving village surrounded by farms. "The Lads" observed their Grandmother, aunts and uncles as they wrestled a living and an independent life from those rocky acres. Along with their adventures, they learned about handling hardships while finding pleasures in family relationships.

**Bill will have a display of photos and plenty of stories at the Matawatchan Canada Day Picnic on Saturday June 29th at the Matawatchan Hall, 1677 Frontenac Rd. from noon until 5:00 p.m.**

He will be selling copies of "Vennachar Summers" at a special Canada Day price.

## OUR HOME ON NATIVE LAND

### Plants in Indigenous History

By Noreen Kruzich

Plants have long been used for the creation of functional items, medicinal application, edible consumption and ceremonial acts. In fact, the Anishinabe people of this area and elsewhere believe in the offering of a particular plant in order to harvest any plant.

"We use **Sacred Tobacco** before harvesting as an offering to both Mother Earth and the Spirit of the animal or plant for that gift of energy. This exchange of energies is a private, personal ceremony, between you, Mother Earth, and the Creator," says Karen Bisson, a Metis and the owner and operator of Turtle Lodge Trading Post, a home-based, Indigenous-minded mail-order company out of Clayton, Ontario. Bisson has been offering organic herbs and trade art goods since 2006. "I was taught that Tobacco is Creator's medicine, and while all other medicines are for us, Tobacco is only for the Creator. That's why we offer Tobacco before requesting or after we have received a gift or a teaching. **All gifts pass through Tobacco.**"

Europeans recognized its power when language barriers were problematic and were aware of its symbolic gesture and meaning. Gifts of tobacco were extended by explorers, such as Lewis and Clark, to convey the expedition's message when coming into various tribes' territories. Captain Meriwether Lewis and Lieutenant William Clark, traveled by foot, on horseback, and by canoe into the west, not only to find the Northwest passage, but to observe weather, animals, native peoples and plants. Lewis built up a botanical collection preserving leaves, stems, flowers, fruit and roots.

Plants were perhaps first depicted in the early days of cartography, when mapmakers were faced with huge areas

of "unknown lands", and had to somehow fill in the blank spaces. The less familiar the country, the more blank spaces there were to be filled and the greater the need to convey its characteristics. The solution of the mapmakers was to fill the gaps in their masterpieces with drawings of plants, animals and Indigenous peoples, going beyond strict mapmaking to provide an impression of the region's geography.

In his 1612 map of New France, Samuel de Champlain incorporated a variety of the region's plants and animals, together with scenes of Native life. So too, maps created by Indigenous peoples for the Hudson Bay Company also showed the terrain and its contents.

Indigenous women in the fur trade era provided the necessary links to the First Nation tribes and much needed knowledge of the land, the flora and fauna. These women provided the knowledge of which plants could be eaten, held the knowledge of the medicinal properties of the plants, and their functional uses, such as tanning hides. These were the mothers of a new nation—the Metis.

**Edible:** To the HBC men arriving in Rupert's Land, plant foods were a familiar part of the daily diet just as they were to the Cree and other First Nation families. A variety of wild berries were among an extensive list of edibles. **Juniper berries** were used as a spice for meat. In the waterways, Cattail roots and wild rice were harvested. Young leaves of the common **Dandelion** were eaten raw or cooked by tribes such as the Iroquois, Ojibwa, Algonkin, and Potawatomi. The flower was also eaten raw or cooked. As a young girl, my mother would send my sister and I out annually into the lawn and fields for Dandelion flowers. It was

a traditional seasonal food as much as the consumption of **Morel mushrooms** were. Bisson says, "**Growing up, Nettle sprouts were always a highly anticipated annual delicious and nutritious veggie,**" at her family's table.

Among plants used in the Hudson Bay Lowlands, Europeans noted how the **roots of large tamarack trees** were peeled and added to the cook pot. Indigenous tribes introduced **rock tripe** to explorers, missionaries, and voyageurs. This lichen grows freely on rocky surfaces in the subarctic. It was gathered from rocks, washed, broken into small pieces and boiled in soups or broths, with foods such as fish, fish roe, or caribou blood. **Some Maples have edible inner bark** that was formerly eaten fresh or dried, or powdered and used as a thickener in soups or as an ingredient in breads.

**Labrador Tea**, also called Hudson's Bay or Indian tea, is a shrub, which grows up to two-metres high in wet, acidic soil throughout much of northern Canada and in peat bogs to the south. It has also gained the name Trapper's tea. The leaves and flowers of the plant, fresh or dried can be used to brew a tea and is rich in Vitamin C. One heaping teaspoon per person makes for a good cup. vitamin C was good to have in your diet, especially out in the wilderness. Bisson notes that one particular evergreen coniferous tree, **Cedar**, was crucial for its vitamin C content, during long winter months when fruits and vegetables were scarce. Explorer Jacques Cartier's crew was said to be cured of scurvy in the 1500's by the Iroquoian tribe of Eastern Canada, who it is believed gave them White Cedar tea.

First Nations also traded large quantities of **maple sugar** to the fur trading posts. As well as providing sap for syrup. "Sinzinbuckwud", is an Algonquian word for the golden sap, mean-

ing drawn from the wood. The First Nations people set up camps around Maple groves in the spring. Oral history handed down through native peoples indicates that their ancestors drank the sap or made maple sugar versus boiling it down to syrup, due to the fact that there was no easy way to store syrup. It is said that they would cut off a limb of a tree and allow the sap to drip from the tree into a container or choose to dig up a root and cut it off to place into a container. They would also notch trees with axes or other tools.

Henry Lickers, a Mohawk from Akwesasne First Nation, says native peoples didn't always use a tomahawk or axe to cut into the tree to allow the sap to run, "They would use flint to bore a hole and (tap in) a sumac spigot to direct the sap's flow. Sumac," says Lickers, "was preferred because of its soft interior which could be removed in order to allow sap to run through it."

Lickers says his ancestors and other native peoples in the region would boil sap by creating a bucket out of birch bark, drying it and then would place a bucket full of sap into an ember fire. The contents, he says, would stop the bucket from catching on fire. "They would boil the sap to sugar," Lickers states, "The sides of the bucket could be collapsed to store their sugar."

Lickers explains another method used to boil the sap, "In traveling, they would use basalt rocks." Basalt is a volcanic rock formed from cooled lava. Heated Basalt rock was immersed into the sap for evaporating the water, as this type of rock would not fall apart. A carved-out container of birch bark, Basswood or Butternut could be used in this process. The result was a sweet water drink verses syrup. However, some people dispute this method, feeling the brew could be poisoned by placing rocks into the sap.



It's doubtful that early explorers would have considered a lichen that resembles a piece of cow stomach to be food without help from Indigenous guides.



To the Anishinabe, Sweetgrass is the sacred hair of Mother Earth



You can see long wooden (Sumac) spiles in the trees and birch baskets on the ground in this painting set in Minnesota. It's only a little different from "gathering" today. When they were done there would be little trace of human activity left behind. Indian Sugar Camp by S. Eastman, 1853. Newberry Library, Chicago

"Culture is tied to the environment." Lickers stresses that his people look at the concept of responsibility when considering the land. It is my conviction through speaking with many First Nation's elders and through my research that **the ancestors understood it was the land that shaped them, not the reverse.**

The ancestors of the Ottawa Valley stepped out onto the land respecting the many gifts it offered. Anthropologist, Researcher and Author of Indigenous history, Gordon M. Day quoted one Algonkin, "Our country was a big garden. It grew twelve months of the year, and we just reached out and took what we needed. We didn't plant, and we didn't waste."

**Medicinal:** At times, a plant could be harvested for not only consumption, but stored for its medicinal uses as well. It is said that Ancestors would take long **sprigs of Nettle** and swat an affected joint pain, stinging themselves with the plant's prickly needles. Nettle causes the body to manufacture chemicals that have anti-inflammatory and pain reducing powers. As well, Cedar baths are great for aches, arthritis and dry skin.

**Plantain** brought by Europeans in the 1600's, spread so rapidly that the native peoples called it white man's foot. It was used frequently by First Nations for its many uses. I personally have learned to use it for a toothache. The leaf can be crumpled up and applied to tooth area by biting down on it. Bisson says its also good for insect and bee stings.

Since it's that time of year when we fight off the black flies, the mosqui-

toes, and soon the deer flies, plant remedies for warding them off and for bites seems a good focus. Bisson says **Cedar as well as Sage and wild Mint make for a good insect repellent.** "I recall my Aunt grabbing handfuls of leaves, crushing them to release the scent, and tucking them under her hat and into her breast pocket to ward off mosquitos."

Bisson not only rattled off a long list of plants with medicinal properties, but it seems an even longer list of what each individual plant can help cure! **Do take all precautions to know you are using the correct plant and using it correctly.** There are many look-alikes and sometimes parts of a plant can have a different effect, while others parts are usable.

**Functional Woods:** were of prime importance as fuels, and as major components of utilitarian items: buildings, dugout canoes, boxes, and implements like paddles, digging sticks, spear shafts, bows, arrows, and snowshoe frames. Sheets of bark, especially birch, were made into containers and canoes. Bark was also used to cover roofs and line storage pits.

**Fibrous tissues from stems, roots and leaves** such as Nettle, Dogbane, Milkweed, Spruce roots, Ironwood bark, and various grasses served for twine, rope and weaving materials for baskets, mats and clothing. Resin from coniferous trees, such as Spruce and Pine was used as glue and waterproofing. Plants provided dyes and pigments, scents, absorbent materials, abrasives, linings and wrappings, toys recreational items, personal adornment and clothing.

**Bloodroot and Golden Thread were used to make dyes and pigments.** The wood of the Juniper was used for bows with sinew backing and were called Quick bows. Nettle and Dogbane fibers were made into strong cordage for bow strings or fishing lines. **Cattail leaves** were woven into mats and tarps, while the stalks were used for hand-drills for fire-making. Cattail seed fluff was great for insulation, or absorbent padding and for tinder. **Mosses and Cattail fluff provided absorbent materials.** Plants such as Horsetail were great abrasives. **Horse-tail**, due to its silicon content makes for a good scrubber, it is slightly gritty. It was used by Indigenous peoples to scrub dishes. Sweetgrass and Cedar were harvested for making baskets. Cedar boughs were used for bedding and floor mats. Cedar was easy to carve and could be used to produce canoe paddles and other tools.

**Ceremonial:** Cedar, Sweetgrass and Sage historically have also played a large part in providing a conduit for spiritual ceremony. Smudging by burning the Sage plant to create a smoke-bath is an ancient spiritual ritual. Smudging it is believed can help one to see clearly, listen intently, speak in a good way, and think in a good way. Sage, when used as smudge produces a smoke which can kill most of the existing bacteria in the air. "It purifies and creates a cleansing smoke bath," says Bisson, who points out that White Sage is preferable for smudging. "One can purify the body, aura energy or space or personal articles."

Bisson tells me Sage has a long history across many cultures, able to

drive out evil spirits, negative thoughts and emotions, and to keep negative entities away from areas where ceremony is taking place. **Sage is also placed around sacred objects to keep them safe from negative influences.** Bisson adds that Cedar is thought to be a protective element as well. "It has become a great symbol of wisdom, purification and resilience during the harshest of seasons."

**Sweetgrass medicine** when carried and/or smudged with is used to help ease communication and assist with speaking the truth, both to others and to oneself. Traditionally it has been used as a ceremonial smudge. To the Anishinabe, Sweetgrass is the sacred hair of Mother Earth. The act of braiding hair can be a bonding experience between two people, and similarly braiding Sweetgrass can be a bonding experience with Mother Earth. The three sections of the braid represent the body, mind and soul. When these are in harmony with each other, our lives are usually in balance.

"I was taught that a single blade of Sweetgrass is not very strong, but when several blades are braided together, it becomes strong and durable, capable of great things. This is likened to a person being on their own versus the strength and ability of a community coming together for a purpose," states Bisson, who provides both loose and braided Sweetgrass through the Turtle Lodge Trading Post, where as owner, she underscores that all of the medicines are handled with great respect for the spiritual process.

*Plants can reveal to us many teachings besides being edible, medicinal, functional and providing a conduit for our spiritual inspiration and ceremony.*

You can find Turtle Lodge Trading Post at [www.turtlelodgetradingpost.ca](http://www.turtlelodgetradingpost.ca)



Noreen Kruzich specializes in First Nation and Metis genealogy/ social history. She is the author of The Ancestors are Arranging Things (Borealis Press/ Ottawa/2010) and is working on a second book. She was the history researcher for award winning documentaries, Colonization Road and Trick or Treaty. Her indigenous roots come from the Mohawk and Montauk of N.Y. and the Powhatan of Virginia.



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**Stinging Nettles: Herbalist's Choice Medicinal**

By Colleen Hulett



All three plants, dock (*Rumex crispus*) LEFT, nettle (*Urtica dioica*) CENTER, and plantain (*Plantago major*) RIGHT, have distinctive leaf identifiers. The curly dock leaves are lance-shaped and coarse to the touch. They have a distinctive wavy edge. Nettle leaves are oval to heart-shaped, deeply toothed with a bottom centre vein full of needle-like hairs that sting to the touch. The plantain leaves are a broad-oval shape with a stem that when pulled off show several stringy fibers dangling from it. It is usually found on lawns and pathways. All three plants usually hang out together.

Witnessing the first green plants emerge in spring is very exciting for us North-Easterners. These guys certainly make us happy to see them after all the snow melts. Imagining how quickly they respond and grow to the initial tilting of the earth towards the sun is astonishing proof of how healthy and strong they are in the plant world. Did you know that many of the first greens on the block, like dandelions, chickweed and nettles, for example, actually give the gift of physical and mental vitality to us if we consume them? Coincidence? I think not. Have you not noticed your cravings for greens in-

crease with the Earth's tilt towards the sun? Long winters take a toll on our physical and mental health and our cravings for greens is a cry for help. These emerging miracle plants are just Mother Nature doing her thing at the right time as usual. Collecting Spring greens is very important to foragers because they have experienced the vitality kick greens give them. As I've preached many times, there is nothing comparable to eating freshly picked live plants.

With the exception of foods picked in the morning and sold at a fresh farmer's market, most produce we consume from supermarkets are

'dead'. Tasty for sure, but with little vitality, especially if they weren't sun-ripened BEFORE being picked and shipped to us North-Easterners. They have not been sun-kissed and therefore are not naturally energized. I believe those who depend on imported 'dead' produce eat less veggies because their bodies simply do not crave them. We need food to live so avoiding sun-kissed veggies allows those old ancient survival genes to be triggered and these genes crave sugar, salt and fat for a quick survival fix. We all know what happens when we forgo veggies for sugar, salt and fat... we lose our vitality and get on the road

to ill health. Greens are alkalizing to our bodies and disease cannot live or thrive in an alkaline PH-balanced body. Not eating enough greens and alkalizing foods makes us acidic, as does negative thought, stress and anger. In my past experience as a health food store manager and supplements consultant for many years, I have seen miracles happen with customers simply adding green food supplements to their diet. Also, If we eat enough greens all those many common nagging acidic ailments like itches, headaches, cramps, etc. disappear in the first week!

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# HIGHLANDS HIKER



Stinging Nettles are seen as a nuisance with their spikey hairs. Have you been pulling out these nutritious "weeds"?

Okay as you read this, I know what you are thinking... Spring has sprung already so what greens can I forage during the summer? Well I'm happy to tell you that spring greens grow all summer too, but we need to eat the tender new young leaves only.

There is a superstar plant out there you can forage all summer. A plant that is a universal favourite of most herbalists because when they are in doubt of a specific remedy to help a client, they at least know this superstar plant will come to the rescue and be helpful in any situation. That plant is Stinging Nettle or *Urtica Dioica* for you Latin lovers. Its medicinal uses are plentiful because of its alkalizing effects and the fact that it is a multi-vitamin and multi-mineral plant you can consume daily as a steamed vegetable, tonic tea, or vinegar. Steamed nettles taste just like spinach and are yummy by the way. They are excellent as a replacement to basil in Pesto.

Yes, Stinging Nettle does have a negative reputation due to its formic acid, histamine and acetylcholine mix delivered through its fine hairs. Formic acid is the same ingredient found in bee stings and ant bites that cause blisters and a temporary burning sensation on our skin. The burning can last up to 24 hours in some. The good news is that the ability to sting is neutralized when you dry, steam, boil or blend the nettle leaves in a smoothie. Gloves and pants need to be worn when harvesting Nettles to avoid the sting. Perhaps you or your child has in the past run through a field and mysteriously got stung all over from something, forming blisters? Yeah, that be Nettle. Thankfully herbs that soothe the burning are always close at hand. Herb leaves like dock and plantain are usually living right next to Nettles. Chew these leaves to a pulp and spit them out and spread it on the affected burning area for instant

**Simple Nettle Tea Tonic:**

1 teaspoon of dried nettle to every cup of water. Simmer in freshly boiled water for 20 minutes.

For tonic purposes its best to drink three cups daily so make a three day batch (2 ¼ litres) and consume within three days.



soothing relief. By the way, dock and plantain leaf poultices are excellent for bee stings and other bites too.

The nutritional content and medicinal uses of Stinging Nettles are

plentiful. According to my Herbalist teacher, Rosemary Gladstar, this extremely nourishing, strengthening and versatile herb has been used since antiquity for food, cordage, fab-

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Stinging Nettles are considered noxious weeds or invasive species in some provinces, so do your part and eat 'em.

ric, dyes and medicine. Its use covers many ailments of the urinary tract, liver, digestive tract, reproductive and respiratory system. She stresses that nettles are deeply nourishing and revitalizing due to their highly digestible form of vitamins and minerals that are excellent for nourishing the body from vitamin deficient ailments and after any lengthy illness or prolonged stress. As a daily tonic tea, nettles are excellent for our whole body's physical and chemical functions and to strengthen our vitality. No need to spend \$50 monthly

on green supplements or buy 'dead' spinach and kale for your morning smoothie. Simply find your nearest reliable perennial patch of nettles and harvest them. They will appear in the same spot every year. They are probably hanging in your yard right now.

It is an invasive plant so one must eat it to control it in the yard. How interesting is that force of Nature? Very interesting! Please leave them in your yard, according to the Herbal Academy, they are good companion plants for increasing the flavour of other plants, reducing bug

infestations, and they make a good mulch and compost. Nettles are trying their hardest for you to let them stay, so be nice.

Nettles are perennial and like full sun and slightly damp soil. They like to hang around creeks and running water and nitrogen rich soils. Their stems are square and the nodes have two leaves that are opposite from each other. The leaves are toothed and long oval shaped. The leaves and stalk are covered in tiny stinging hairs. I believe it's burn is the perfect way to get our attention as this plant is entirely green with no colourful flowers or showy features. Without the burn we would overlook this plant for sure. With all it's wonderful properties it definitely needs our attention.

As a food or medicinal tea, we harvest only the tops of the plant just before it flowers. The roots and seeds are not eaten but are used medicinally. Today, the roots are found in most formulas for the male prostate gland. Nettle leaf tea or tincture can be readily bought in any health food store but that's just silly as it's freely available to all of us to forage. Nettles contain: protein, calcium, magnesium, iron, selenium, zinc, potassium, boron, vitamins A, B, C, E and K, bioflavonoids, antioxidants, essential fatty acids, and chlorophyll.

Nettles have been used for hundreds of years for anemia, mus-

cle cramps, eczema, gout and arthritis. Now get out there and pick some for dinner as your vegetable tonight. Don't forget to teach a child to recognize this stinging wonder and how to quickly soothe the sting with dock or plantain so they don't come home crying and covered in blisters and freaking you out. Instead you can grab your scissors and basket and run over and harvest the Nettles for dinner.

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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 Twitter: Highlands Hiker @calabogiehiker





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**Mallory Lake** Reprinted from the Historical Society's Fall 2003 Newsletter

By Mary Ruth



Wickware Hotel. Date unknown. Note the wooden wagon on the right hand side

The Wickware house was owned, run and, I believe, built by Alpheus Philip Wickware who was born in Mallorytown, May 9, 1840 the second of ten children born to Libeous Philip Wickware and his wife Catherine Mallory. They were married May 25, 1837 in Mallorytown, Ontario.

Alpheus Wickware came to Cloyne probably in the 1860's. As the logging and mining businesses in the area and to the north were flourishing, a hotel in Cloyne for overnight stay was desperately needed. Alpheus met and married Marg Spencer in Cloyne and together they ran the busy, bustling Wickware House. The eight children, all from his first marriage to Mary Spencer, a wonderful wife and mother, were ALL born in the Wickware House: Annie E., Philip Almont, Essie Blanche, Liena May, Cool Burgess, Charles Iner, Mary I., Elburn E. Alpheus' wife, Mary Spencer died either during the birth of Elburn (1878) or shortly afterwards. Our grandfather Burt was so distressed by the loss of his wonderful mother that he was sent to stay with relatives in New York State.

The Canadian Wickwares were United Empire Loyalists who had emigrated from the United States. Other relatives had remained and/or returned to the U.S. mostly to Michigan and New York.

Four or five of Alpheus' brothers had received land grants from the Canadian government for large tracts of land around the north end of Mazinaw and MacAvoy Lakes. Wickware Lake, N.E. of Mazinaw is still marked on existing maps (Ora Wickware showed me the surveyed maps of these properties granted to Libeous Wickware, Philip and William etc.

These, plus letters, were all with the Wickware Family Bible that was in Ora's possession, but unfortunately have disappeared.

With a large family and a booming hotel business, rooms, meals, bar, livery stable and barn (as described by Grandfather Burt, who returned) Alpheus (circa 1879) needed a wife and helpmate. He married Isabella Roy and later Margaretta Hench, both of whom, I believe, also died – and no wonder! Alpheus Wickware died in Cloyne and was buried in Dempsey's Cemetery in 1905.

The Wickware House was later taken over and run by Harry and Lime Levere and later by Harry's sister Belle Cole and her husband Clayton Cole. They later moved to Buffalo where Glenna attended High School and Nursing School, at which time the Wickware House was run by Grandma Cole, Clayton's mother. It was no longer very busy as a hotel and was used as a private residence and bed and break-fast type of business. Later it was sold to Alf Edwards who owned it when it burned to the ground in the winter of 1965 or 66.

It was a magnificent old building on a beautiful property. The wooden "Wickware House" sign hung out on the front lawn and the metal, blacksmithed letters hung on the south wall of the building. After finding the individual letters in the grass, after the fire, Alf Edwards gave them to me, and they are among my most cherished possessions – WICKWARE HOUSE

I will not forget the shock and sadness on hearing that the Wickware House had burned to the ground. We Wickwares all have a strong sense of connection to that wonderful old building that is no more,



Wickware House. Based on the car in the foreground (1950s Chev or Pontiac) this photo is likely c.1950s.

except for the driveway and the old steps across the front of the building, where I sometimes still sit, think, recall and often weep.

Because of the Wickware House and many more reasons and connections, Wickwares have strong ties to Cloyne. Many of us have been drawn back to this wonderful area that we love and feel a part of.

Part of the Sandi Wickware Collection

**Pioneer Museum Season Opening, Saturday June 22, 11a.m. featuring the Red Eye Mondays band (formerly the Pickled Chickens band).**

**The 2020 Heritage calendar will be available at the opening and in the museum all summer.**

**The "Schoolhouses that are no More" are featured.**



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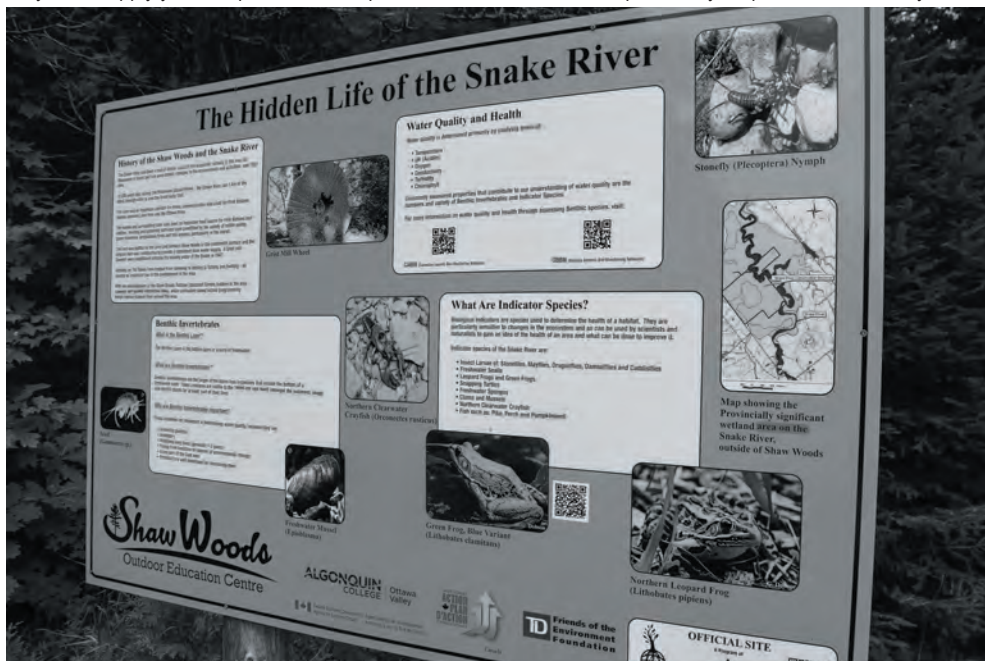
*The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link. We invite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

## Trails and Trends: New Ideas Worth Trying?

By Lesley Cassidy



May trails supply you with printed trail maps. An alternative is to take a photo on your phone to take with you.



We are now seeing much more than directional maps. We are seeing informational maps, like the one immediately above, for Shaw Woods. You will note the QR codes - those black and white boxes with the lines in them. They can be "read" by your phone and will lead to websites with much more information.

A week-long ATV festival in the Ottawa Valley? Being able to download information to your phone about the birds or deer found in the field in front of you? The right to hike anywhere, even on private property? Sound impossible?

These are just a few of the trends that are changing how trails are managed across the country and in some cases, how other countries manage their trails.

Canada has over 112,000 kilometres of trails. Managing all these structures built onto the landscape is not an easy feat and depending on the type of recreational activity, and who owns the land, trails may be administered by the Province, Territory, Federal Government, private landowner or business, non-profit organization, individuals or advisory committees. But the one element that all trail managers have in common is that once the route is constructed, there is a significant amount of work that continues so that users can enjoy the benefits of recreational activities for decades to come. Just ask Professor John Marsh, a retired educator at Trent University in Peterborough who has spent his life studying outdoor recreation, tourism, nature conservation and heritage. He founded the Trail Studies Unit and is actively involved in many trail management decisions across Ontario, through his volunteer and consulting work. He also

sits on several committees including a provincial advisory committee on trails. Speaking with him one afternoon a few weeks ago, we chatted about trails and some of the exciting trends.

### Sign, Sign everywhere a Sign?

Fifteen years ago, exploring a new trail could be difficult. Without signs, locating the trailhead, let alone navigating new and unfamiliar terrain presented a challenge. And confirming parking information for trailers if you snowmobiled or rode horses, was nearly impossible. Many networks were known only to the local users.

Signage is one area that has improved significantly. And it is no longer referred to as merely signage, it is part of wayfinding - which is generally defined as how people navigate through their environment and includes all the visual and verbal clues that we use to move towards a destination. Wayfinding elements may consist of signs, digital maps, brochures, tourism information, landmarks, paper maps, place names etc.

As an example, the online map for the Renfrew County ATV network details fuel stops, hazards, photos and much more that help the user develop a deeper understanding of their planned experience. Some foot and cycling paths in the Township of Greater Madawaska are marked by paint swatches on trees that are colour-coded and link to

a larger map at the parking lot trailhead. Have you snapped a photo with your cell phone of the map at the trailhead? It is one of the many visual cues that now help users navigate the area. Trail design and building have improved significantly. Currently, there are documented standards, manuals and practices based on decades of experience developed by Parks Canada, the Ontario Trails Council and community groups. These manuals and standards highlight the physical aspects of construction including slope, layout, material, how to clear the corridor, drainage, surfaces, hazards and as well on the issues of safety, liability, insurance, etc. Building a safe trail that will last for decades takes careful consideration up front. As Professor Marsh states "if you do it right in the first place, you will save money in the long run".

### People are the Key

People are the critical ingredient in trail management - we are ultimately the stewards and protectors of the pathways. Professor Marsh highlighted that there is a trend towards people forming communities to take care of trail networks. When like-minded individuals come together and volunteer, this builds pride in the management of the route and leads to longevity of the resource. There are groups in the Ottawa Valley, including the Bonnechere River Watershed Project, Friends of Algonquin Park, Muskrat Watershed Council, and Shabomoka Legpower Pathfinders in Cloyne, to name a few who advocate and are actively involved in the maintenance and management of waterways or trails.

Near Peterborough, Ontario, there is a rail trail that has sections maintained by different groups who each are responsible for approximately a 10-kilometre section. These individuals pick up garbage, install signs, and report information back to the municipality about downed trees or other issues. These types of activities help support and ensure the path remains open and accessible, and also brings people together, developing a sense of community and camaraderie.

### Technology is the Magic Word

Technology can be annoying to many in the great outdoors. But handheld devices, including cell phones, are changing the outdoor experience. As an example, the Ontario Federation of Snowmobile Clubs (OFSC) has developed a mapping tool that snowmobilers download to their phones to find out information about the snow condition of the route.

Various online apps can assist people if they are lost or need information about their location including GPS essentials, Cairn and the Red Cross provides a first aid application that shares detailed instructions and videos on specific treatment to be used in emergency situations. As well, cyclists can plan and personalise routes using a web app such as MapMyRide.com.

Unconventional and innovative approaches are replacing interpretative panels that share information about birds, wildlife and the trail system. This is a significant change, as signs in the past were the only way information was communicated in the great outdoors on the actual path. Now, some places have adopted a mobile nature guide which can be accessed by cell phone and allows users to understand more about the wildlife, insects, topology and history of the area they are visiting. A Park in Toronto tested a pilot two years ago with much success and positive feedback. Expect to see this unique technology used elsewhere in Ontario soon.

**These are just a few of the trends that are changing trails for the better. But how do other countries manage their trails?**

Professor Marsh highlighted a popular approach in Europe but not found consistently across Canada is the ability to arrange a complete self-guided trip on a trail. This includes transfers for baggage each day, establishing accommodation for multiple nights, receiving maps and renting equipment all by using one tour company or by one phone call. The self-guided option means that your luggage is transported each day to the next hotel and town and you are provided with the hiking, motorcycling, or cycling maps. If the route does not end near the hotel, many times a shuttle or uber type service is available to drop you off in town at the hotel with your luggage waiting there if you are hiking.

In the Ottawa Valley, we have all the unique ingredients: magnificent landscape and pathways, hotels and inns, charming pubs and restaurants, various outdoor recreation opportunities from ATV'ing to hiking, but we rarely combine these into one service that offers self-guided trips. In Europe, there are numerous options for guided or self-guided tours customized for the individual and these are very popular. Another interesting approach to trail management is the concept of "right to roam". In several Nordic and European Countries, this is enshrined in law or policies. As an example, in Norway, Finland, and Sweden there is the "Right of Public Access" or "Everyman's Right" which gives people the right to hike, walk, cycle, ski and camp over all lands except within a certain number of metres of a public residence, gardens, or property that is farmed. You can mostly roam free in nature. There are specific rules depending on where you are. Scotland is another country where natural landscapes are seen as open to being enjoyed and a shared responsibility of everyone, private land or not.

In Canada, snowmobiling groups are the best example of working with private landowners to access private property. Professor Marsh feels this needs to continue so that there "are more trails across private land and user agreements" which he believes provide

# HAPPY TRAILS



The best trails provide users with an experience full of historical and geological information along the way.

badly needed links between networks and connects communities and tourism opportunities.

Another trend is the hosting of trail festivals. As an example, Britain has numerous walking and hiking trail festivals that are anywhere from one weekend to one week long that include presentations, hikes, meals and music. And these festivals attract people from all over the world. Snowmobilers and ATV riders, particularly in the United States have numerous festival options including one ATV festival that attracts upwards of 7,000 ATV riders to New Hampshire yearly. There are a few short weekends and one day events in Ontario but with the Ottawa Valley home to so many motorized and non-motorized recreation activities, a trail festival might be an option to showcase everything there is to enjoy.

**Would these concepts work in Canada? I'm not sure, but it is something to think about. Enjoy your summer and get outside on one of the Ottawa Valley Trails. See you out there!**



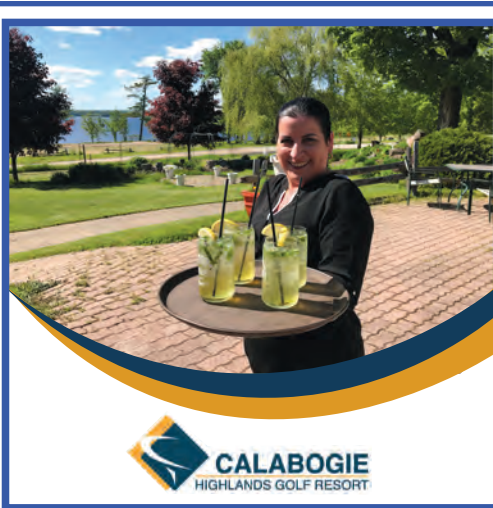
Lesley Cassidy has been cottaging near Calabogie for over 40 years. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite passtimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley is married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



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## Let's Get Fair!

By Ernie Jukes of Camp J

Many of my readers may think this old scribe is getting too serious in his latter years. Compared to my travel, historical or mystery articles it is admittedly quite different. But stay with me to the end and let me know what you think. Like many of us, you may agree that we have been thinking and just talking about "Overdue Future Financial Planning" for way too long.

It seems this article applies to governmental planning, both federal and provincial, but also affects many corporate unions, then companies of all sizes and certainly all the individuals that make up employers and employees. Consider the planning of most everyone's financial future. Where are we now and where will we be financially, in say 3 to 5 years? What are we doing to protect ourselves and our family during our retirement many years down the road?

It's a different world quite suddenly. And one which will continue to change, affecting us all. Yep, every reader!

We all recall someone saying the rich get rich, well that's true as we have more millionaires than ever before in our nation's history. And the poor certainly are getting poorer. In one of the richest countries on this planet it should simply not be happening. But it appears to be due to the fact that virtually every government from coast to coast to coast has made it a voting promise over the many years that I have been around, of leaving more in our pockets. But for many of us, probably most, it just unfortunately is not happening! Our top 20% own about 70% of our total wealth and the bottom 20% of households own less than 1% ...Lets get fair!

## EDITORIAL

For a long time in North America we had consensus governments. They were effective systems of social order and government structure. According to Canadian Geographica's publication, "Indigenous Government", "The system was spiritually endowed as a Great Law that was a key to the strength of the people, their collective identity and their unity, while at the same time maintaining the dignity, integrity and personal identity of the individual." True consultation was the key to understanding for good governance with less conflict.

Robbie Robertson's illustrated book, "Hiawatha and the Peacemaker", tells how warring tribes in what is now Northern New York and parts of Ontario and Quebec, made peace in the 1400s. The Six Nations went from killing one another to working democratically. The Great Law of Peace is likely the oldest participatory democracy on Earth and included men, women and children. The Great Law and voting system even influenced the development of the United States of America's constitution. Really?

If that's what democracy is supposed to look like, then why are our politics so nasty today? Why do we all feel we are waging political warfare among ourselves and that our votes don't matter?

The difference has to do with party politics. There is no mention of parties in our constitution. It's a con-



Search online for "Seniors and Poverty - Canada's Next Crisis" and you will find a document from HOOPP (Healthcare of Ontario Pension Plan). It reads, "Without action to address gaps in the retirement income system and strengthen access to pensions, Canada faces a bleak future, with more seniors living in poverty and unable to climb out. Such a scenario will have profound consequences for the ongoing economic and social wellbeing of Canadians."

First of all, we are living longer than ever before, plus facing historically low interest rates, and the disappearance of defined benefit pension plans. Current regulations governing RRSPs and RRIFs are no longer working. This discourages many older Ontarians and Canadians from continuing to work. Our oldest seniors are obviously at risk of running out of savings as virtually every commodity jumps in cost almost monthly. What's the solution? Lets all think about it.

Corporate employees in various size firms both in city or country, work for decades, often only to have their pensions cut if their company goes bankrupt. Our country is at risk of becoming an international laggard when it comes to pension protection. It is time our federal and provincial governments did more, not just casually talk about it. It is time we protected pensioners in bankruptcy, with pension guarantees in all provinces.

struct based on old English class systems (Lords vs Labour), who banded behind a chosen leader to further their own objectives, not caring about the other class. Leaders' voices trump all others. Votes are "whipped" so power stays with the party and not the voter. There is nothing wrong with candidates sharing ideals and standing together, but big parties become countries unto themselves whose purpose is to win against the other side.

But can we live without parties? We can and we do. Nunavut has no political parties. People vote for someone to represent them and when the government is formed the members vote for a leader. How civilized is that? The same system takes place in Northern Labrador. All but a few municipalities in Canada have no political party system, so members can put their constituents first, without thinking about party needs.

This debate is not new, but parties are getting stronger. Provincial parties and International forces are attempting to influence the federal election, not caring about the good of the people, just of the party and their own interests. If we let this happen, we will all lose.

Jody Wilson-Raybould and Jane Philpott took a bold move to stand up to political parties by running as Independents. Independents in power would mean an end to this political war and bring democracy and civility back again.

Every Ontarian and Canadian deserves to live out their life with dignity, respect and comfortable peace of mind, no matter their age or health or wherever they live, in city, town or boonies. Resident safety in long term care should be available to all, not just the rich or those that can afford hotel-like Retirement Homes. Most senior homes are simply beyond most seniors!

Did you know, that one quarter of single seniors live in poverty? We do know that providing secure comfortable housing is the key to reducing the number of seniors living in poverty. They have helped this country grow. They have paid billions of dollars in taxes. It is time now to come to their aid.

Affordable housing is too often presented as a millennial issue, but in fact just isn't so. Homelessness among seniors is on the rise across Canada. Those who are housed beyond family, and on modest fixed incomes struggle with affordability. If we are capable of

coming up with one of the best National Health Care Systems in the whole world then we should be able to solve these lingering financial problems amongst various segments of our society, no matter where we live in this great country.

And you can help be a catalyst. It is time to help build everyone's future. Right now! It is more important than Big Oil, Electric cars or Climate change. Would you like to be part of sharing our wealth? Well, then simply phone, email or drop into your favourite politician's office and discuss these points with them. It's called the Power of the People. We can harness this power to leverage our know-how and gain technology that can help make change. Together we can deliver a "future proof" strategy for a brighter financial tomorrow for more Canucks. Sadly, at this time, 60% of Canadians can not afford retirement.

Yes, suddenly it's a different country...a different world, which no one could see coming. Its called Getting Fair...

Let's Do It!



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

## TRUE STORY

### A Little Horse Story

By Pat Strong, Edited by Lois Thomson

Pat Strong, Sydney, and Adam Snider. Pulled by Austin and Torrin on the Matawatchan Road



It was June first and a beautiful spring day when Adam Snider and his daughters Lainie and Sydney stopped by with their cart pulled by two beautiful small Norwegian Fjord Horses, Austin and Torrin, and invited me to come for a buggy ride. Wow! It was a great day that reminded me about my life on the farm so many years ago.

I went to live with my grandparents in Wanless Manitoba from the time I was six until I was fourteen. Grandmother Harriet was Cree and Grandpa Wycksted was Belgian, "From the Old Country", as we used to say - so proud! Grandpa was a trapper, taught by his Cree father-in-law, but when the Second World War broke out the government seized all guns from foreigners. Grandpa had to go back to farming, which was the

only other trade he knew.

I had a happy life living on that farm, feeding chickens, pigs, and cows, and gardening. By the age of ten winters I had my own pony. Grandpa hitched it up and I drove "Peggy" to school two miles away, with the help of neighbouring older children. I still keep in touch with those neighbouring five girls who live all across Canada now. We are all looking forward to a Wanless Homecoming Celebration this August and I am also looking forward to my own family reunion with my siblings of five sisters and one brother and their families in Cranberry Portage in Northern Manitoba.

Thank you for the ride Adam! It stirred up some wonderful memories. Have a great summer everyone! I know I will.

## Why Raw Food is so Good for You

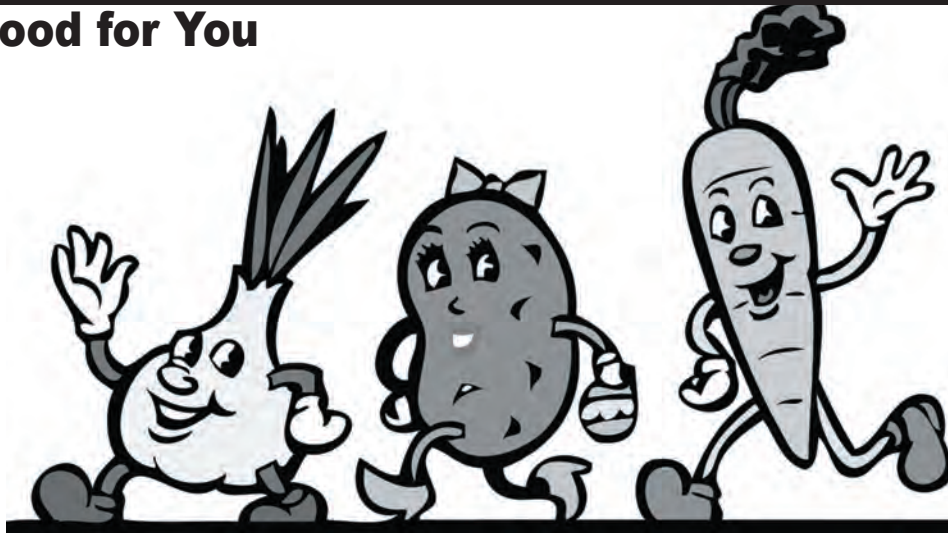
By Susan Veale, BSc. Kin.

For This year, Spring has been an absent season, but soon it will find us, and we will be able to enjoy fruits and vegetables from local producers and our garden. There are so many health benefits for eating local food, especially when it is organic. There are also many ways to prepare it, but the best way to enjoy the bounty from the land is raw. Harvest it, wash it and eat it...it's that simple!

### Why should we eat raw food?

Mother Nature has very cleverly added a substance inside every protein molecule called an "enzyme." Much like electricity where an electrical force is required to light up a light bulb, an enzyme is the life force inside the protein molecule needed to perform certain activities. Enzymes are part of all animal and plant life. All living organisms are an organized, integrated succession of enzyme reactions. Without enzymes, you would not be here. There are more than 2,000 identified enzymes, and many scientists believe there are between 50,000 and 70,000 in the human body, each with a specific function.

Inside every piece of raw food, there is an enzyme doing a specific job, however, when foods are cooked at high temperatures, above 129 F, the enzymes are destroyed and no longer able to perform a unique function. Although the protein



Not all foods are safe when eaten raw, but most raw foods that can be eaten safely come with enzymes to help you digest and get nutrition out of your foods. When a food's enzymes are altered during the cooking process, more enzymes are required from your body to digest it. When you can't eat raw, enzyme supplements are a good idea.

molecule is still present, it loses its life force.

As humans, we inherit an enzyme reserve at birth; however, this number tends to decrease as we age and by eating an enzyme-deficient diet. So, eating a consistent diet of primarily cooked foods – baked, roasted, stewed or fried, processed foods, microwaved foods, and foods that are canned or pasteurized, we are eating a diet void of enzymes. The more cooked food we eat, the more we use up our inherited stores of enzymes. As enzymes decrease, so does our health and longevity.

Enzymes are not just for digestion; they are in every tissue of the body. Enzymes

are, necessary for healthy immune function, muscle building and within our blood system. We lose enzymes daily through our natural elimination processes such as sweat, urine, fecal matter, salivary and intestinal secretions.

Nature has placed enzymes in food to help cellular processes so that our stored enzymes are not overly depleted. When eating cooked foods, our digestive system has to produce all the enzymes, and this adds stress to the digestive organs. To meet the demand, the body calls on the reserve from all organs and tissues. This repetitive action causes a metabolic deficiency, and systemic symptoms may occur.

Although eating a completely raw diet

would be in our best interest, this would be impossible in our modern time stretched world; however, choosing to eat as many fruits and vegetables raw would preserve our enzyme supply and ensure the life force of our inherited enzymes in the cells stays intact.

When we cannot eat raw, there are exogenous enzymes available (those taken from an outside source) that will replace the destroyed food enzymes, thus, aiding ourselves to have healthy tissue for a long time. These packaged enzymes are readily available at health centers and are available as single or multiple enzymes to target particular cells.

So as we age, keep it simple, choose raw when possible and supplement when you eat cooked foods!

Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre in Calabogie ON. Her "by appointment" private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more: [www.calabogiemindfulnessmeditation.com](http://www.calabogiemindfulnessmeditation.com) [www.wellnessnaturalhealthcentre.com](http://www.wellnessnaturalhealthcentre.com)



## MADAWASKA HIGHLANDER SHORT STORY CONTEST 2019

By Lois Thomson

### Categories and Prizes:

Adult Fiction – one prize of \$250

Adult Non-Fiction – one prize of \$250

Youth Fiction or Non-Fiction (please specify subcategory) – one prize of \$50

1st Runners-up "Down Independence Boulevard and Other Stories", by Ken Puddicombe.

2nd Runners-up: "Perfect Execution: and Other Short Stories" by Michael Joll

3rd Runners-up: "Persons of Interest" by Michael Joll, publication pending

### Judges:

Michael Joll, author and President of the Brampton Writers' Guild

Kenneth Puddicombe, author

Garry Ferguson, writer, editor, former Madawaska Highlander contributor

Diane Bickers, Stakeholder Relations, Ontario Shared Services at Ontario Ministry of Government and Consumer Services, writer and enthusiastic reader

Roger Neil PhD, author and former associate editor of the Canadian Journal of Education

Dr. Max Buxton, physician, writer

**Entries:** No charge to enter. One entry per person. Open to the general public including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 20, 2019. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

### Stories must be:

Primarily in English. Original. Never published before. 1200 words maximum not including the title. Should not include your name or identifying information. Should only include category and title

### Sending Stories:

Enter any time before September 20, 2019.

Email your story as an attachment to [info@reelimpact.tv](mailto:info@reelimpact.tv)

Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email

Go to [www.madawaskahighlander](http://www.madawaskahighlander) for complete rules and to enter

### Why Write? Why Enter?

There is nothing like a deadline and the prospect of a prize to turn your "some day" into "get 'er done!" The closing date of the short story contest in September might seem like a long way off now, but the more time you have to work on your story, the more time you will have to make those little changes that make it better.

About a year ago I worked on my "Ghost Prison" story for a national contest. I had never done that before, but having a deadline forced me to actually write the story. I had six months to work on it and declared it finished six or seven different times before I finally sent it in to be judged, just before the contest closed. I'm glad I started it early. After I sent it in there was only one word I wanted to change. It didn't win, but I feel wonderful that I finally wrote the story. Still, even that didn't mean much until I had space in the paper to print it. I got even more gratification after I posted it on the Burwash Memories Facebook site.

Now is the time to set pen to paper or fingers to keyboard and write that story you've been thinking about.

Are you a little afraid of getting your Ps and Qs mixed up, or dotting your Ts and crossing your Is? Well, here's a suggestion; Don't worry about the mechanics of writing. (Does that semi-colon belong in the sentence I just wrote?) Concentrate instead on telling the story first, then check the grammar. Ask a friend or your old English teacher to help you get your commas in the right places.

That is a bit how Pat Strong's "Little Horse Story" on the opposite page became a reality. She had an experience that took her to another time and place and wanted to share it. I did a little bit of fine tuning and Pat's wonderful story is now in print. Pat didn't do it for the contest and we won't make revisions of any kind to stories we receive for the contest, but the process is the same. Write your story and have someone else proofread it and keep polishing until it gleams. The point isn't just about winning, it's about getting those stories out there while improving your writing skills. The more you write, the better you will be at it. It's a great feeling to see your story in print and an even greater feeling when people appreciate reading it.

Every writer has a different approach to writing, but the most important thing is to start. Some writers like to make outlines. Some, like Margaret Atwood, hand-writes her books from start to finish. Author, John Irving, said he always starts with the last sentence when writing his books, and that he has never changed the last sentence after he settles on it. Find a way that works for you and do it.

Did something extraordinary happen to you or someone you know? Have you been thinking about creating believable characters and putting them in "unbelievable" situations? Whatever it is, we all have stories in us. It's time to get them out and share them.

A story doesn't exist until somebody reads it.

**"Boxer" Rebellion - Part 2**

By Antonia Chatson

Another shopping day in Bancroft!! You would think we would learn that when we went up there, we just might not be returning alone! This time, our first visit was to a fruit stand just outside the town. As my husband turned into the driveway, we noticed a dog, the spittin' image of Boxer tied to a large tree to the left-hand side of the driveway. He was on a short leash and it looked as if he had been there for some time as the ground was bare within the radius of his leash. He was peacefully sleeping in a ball, oblivious of the heart-wrenching sign nailed to the tree above his head, "Please take me, I need a good home". With all of our eyes left, we stared in disbelief at Boxer's twin. My husband parked the truck and sat in it as my daughter and I disembarked and went into a nearby tent to make our purchases. We kept looking back at the dog and we noticed that a man had come over, untied the dog and had taken him for a walk behind the kiosk where jams, jellies and maple syrup were sold, and payments were made for purchases.

What we did not notice was that my husband had left the truck and followed the man and the dog. He told us later that he had a talk with the owner, who told him that he was a transport driver and that he had to leave the dog alone for days on end at his home. He felt it was not fair to the dog, who was only a few years old, and needed exercise and companionship. My husband also noticed him talking to a lady whom my husband recognized as the mother of the two cute little girls from whom we

had obtained Boxer. He then knew there must be some connection and that it was highly likely that this dog was Boxer's brother. He also asked the man what his name was and he told him "Speedy" for he said, he could run like the wind. All of this information we only found out later from my husband.

For the moment, my daughter and I made our purchases, returned to the truck and we all watched as the man brought Speedy back to his tree and retied him. We said nothing but drove out of the parking lot. As we passed by Speedy, he gave us a pleading look. I thought for sure that my husband would stop, but he didn't, and I started to cry. I bawled the whole way back into town, where our next stop was the IGA. A fateful attraction!! I controlled myself enough to go in and do our shopping. We were all three of us very subdued, but none of us said anything, not as we took our groceries out to the truck or even as we got into the truck. We all stared straight ahead for a minute or so, then without a word, my husband started up the truck, drove out of the IGA parking lot and turned left onto the highway that would take us back to the fruit stand. Tears of relief streamed down my face. We drove back into the driveway beside Speedy, who looked up quizzically at us. My husband got out and went to one of the Mennonite ladies who was running the kiosk and explained to her that we wanted to take the dog. She immediately went and got the owner and he came out to the dog. He untied him and gave the leash to my husband. My



Speedy jumped into the truck, ready to take on a new life in the country... But he wasn't expecting Boxer's Rebellion.

husband offered to make a payment for him, but the man assured him that he was just glad that he would be going to a good home. My husband told him, we lived on a farm and that Speedy could look forward to a wonderful life ahead of him.

My husband thanked the man, then brought Speedy over to the passenger's door of the truck. We thought that he might have acted strange or be unwilling to get into a strange vehicle with strange people, but he just padded along and hopped onto the floor of the cab. It was as if he had registered the change of ownership and was more than happy to oblige. My husband got into the truck, started it up and off we went, Speedy sitting on the floor, but craning his neck to

see out the window. After a few minutes he gained enough courage to put his front paws on my lap where he could get a better view. But my that was uncomfortable! Very soon he had climbed onto my lap, plunked down and looked out the window again. But this time, he had to lower his head to see outside, a position which he also found rather uncomfortable. Soon he wiggled his bum between my daughter and myself which he felt was at a perfect level for viewing the surrounding scenery. But now, short of getting out of the truck and running along behind, I had no room to sit. Speedy was rather a large dog. So, guess what? I ended up on the floor on the way home and the dog thoroughly enjoyed his ride home in my place on the seat of the truck.



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We knew how much Boxer had been missing and mourning Rusty. As I said, because they looked identical, we were sure that they were brothers. So, we were anticipating a joyful meeting between the two of them. As soon as we arrived home, we let Speedy out of the truck and I removed myself from my cramped position on the floor. Speedy was looking around and sniffing as my husband went to the back door of the house and let Boxer out. The three of us waited with anticipation at what should have been a joyous meet and greet. We were totally unprepared for what happened next.

Boxer seemed to know that another canine was on his turf and didn't bother to stop and ask questions. He shot out of the door and hurled himself at Speedy, who, with tail between his legs, high-tailed it down the road. Thank heavens that Boxer was about 20 pounds heavier than Speedy and thank heavens that Speedy lived up to his name. It was clear to see who would win this race. My daughter and I stood horrified and rooted to the ground, while my husband quickly jumped into the truck and drove off down the road after them. During what seemed like ages, first Boxer returned home, panting heavily. We quickly put him back into the house. Ten minutes later the truck drove into the driveway and sitting up beside my husband, was Speedy. We both heaved a sigh of relief. I had visions of the poor fellow running afraid and wild through the bush, wondering what he had done to have deserved such a fate. My husband told us that Speedy had run down the road for a mile, then ducked into the ditch where

he cowered, afraid of his adversary, but needing to catch his breath. My husband stopped the truck by the side of the road and went and picked Speedy up in his arms and put him into the cab of the truck. He was amazed Speedy would let him do that. This time, he got out of the truck a little more fearfully and looking around for the bully that had it in for him. We took him for a short walk so he could relieve himself, then we took him into the front of the house and kept both of them separated.

For several weeks, we kept them apart, taking one, then the other for a walk or leaving one or the other outside for a while. Each would always sniff the other's presence and we thought that they might eventually get used to each other. We certainly hoped so, for the present arrangement was becoming rather cumbersome. Our next experimental stage was to put each dog on a leash and walk them together. That worked only when they were not within range of each other. Too close, and they would growl - at least Boxer would. After several weeks of this arrangement, we let Speedy off the leash but kept Boxer on, as he seemed to be the most aggressive. Speedy seemed to take things in his stride.

Eventually we were able to leave both of them off the leash, but there was always an uneasy peace. One morning we had taken them out with us to check the cattle. One of them made a wrong move and they began to fight. The cattle in the field near to them, who had been grazing peacefully, turned to view the show. One, two, three at a time, all came over to view the proceedings until the fighting dogs

were surrounded by a circle of curious cows and calves. Not to be outdone, soon the cattle began to fight amongst themselves, which so scared Speedy and Boxer that they left off their quarrel and turned tail and fled.

Little did we know that this was just a prelude to "WWII - the big one" as Archie Bunker would say.

There was only one way to describe Speedy - he was a gentleman. If a door was opened, he would immediately sit and wait for the opener to go through first. If I gave him his supper, again he would sit down and wait for permission to eat. And if the tailgate was down on the truck he would wait until he was asked before he would jump up preparatory for his ride. At 9:00 every night he would get up from his nap and sit up on the couch in the kitchen. He would look longingly at me, paw the air and shake his head. This would be my invitation for a "love in". I would sit on the couch beside him with my arm around him and we would snuggle for a while. This was a necessary prelude to his night time slumbers, after of course, his peanut butter sandwich. There was only one area in which Speedy lost his cool and that was during the winter after a snow storm. My husband discovered quite by accident that Speedy loved to have shovelfuls of snow thrown at him. And the more snow the better. He would jump up and throw himself into the oncoming blizzard, barking his head off. This sounds rather cruel but Speedy just lived for the next storm.

And this was the only area in which he lost his cool - until one fateful night. It was in the fall so darkness had fallen early and both Boxer and Speedy were outside. Apparently, Speedy had said something to Boxer, at which he took umbrage. All of a sudden, we heard the most awful dog fight in progress. My husband and I tore out to try and diffuse the situation, which we did but only after both dogs had had their final say. Speedy, being the gentler and less aggressive of the two, I quickly got him inside the house and my husband hauled Boxer into the verandah where we left him to cool off. After all that excitement, Speedy lay down and slept and when I checked Boxer, he too was out for the count.

But next morning when I went into the verandah to let Boxer out, I was appalled to see when he looked up at me, something hanging down the side of his face. When I approached him, I could see a triangle of skin, each side being about 6" in length, hanging from just below his

left eye. The skin was held by the bottom side of the triangle and one side of the triangle was torn from below the eye, and then across parallel to the lower part of the eye, and the third side torn down at a 90-degree angle from the tear under the eye. I don't know why he did not complain about the pain. Maybe he was in shock. I immediately called the vet and we took Boxer there right away where he stayed for several days after a major stitching up. When we brought him home, he was greeted by a concerned Speedy, who after offering his condolences, retired to his couch, and with a great sigh, and a nod of his head, drifted into the land of Nod. Although he did not verbalize his feelings, I am sure he was thinking, "I've had enough of your bullying Boxer. And if you really want to fight, I'll show you how it's done". After that "big one" there were no further confrontations between the dogs. Boxer would always stop just short of being antagonist towards Speedy. And I fancy that Speedy's step was just a little lighter when he pranced around Boxer and shot a wink in my direction!

Even though both of them have moved on, I can still hear them yipping and barking when my husband starts up the tractor and can still see them jumping up and down as if they were on springs.



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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# Steel Guitar - Hawaiian Style

By Peter Chess



Joseph Kekukuupenaokamehamehakanaiapuni Ohana shortened his middle name and dropped his family name before touring in the USA.



This statue is in Laie Hawaii where Joseph Kekuku grew up, honouring him as the father of the modern steel guitar. People sit beside him on the half-log to pose for photos.

Before there was a player piano, or a windup Victrola, an electric record player, a radio, a television or a computer, if you wanted to hear music, you had to be within earshot of the music maker, live and in person, or play it yourself. North American popular music as we know it today, came with waves of immigrants to the New World, the majority from the British Isles, mainland Europe and to a lesser, but not unimportant degree, Africa. An anomaly to this east to west migration of music took place in the 1800's and its influence has only recently been acknowledged by musical historians. I am speaking of Hawaiian music.

As unlikely as it seems today, Hawaiian music took North America by storm in the first decades of the 20th century, so that by 1916, Hawaiian records outsold every other genre of music. Although its popularity has waned considerably, there are long lasting influences that have been incorporated into the sonic stew of 20th

century popular music. The story begins in 1793.

In that year, the British sea captain and explorer, James Cook, gifted to Kamehameha, the reigning king of the Hawaiian Islands, 5 head of cattle, including a bull. To honor this gift, the king forbade any harm be done to the cattle and they were to have free reign of the land. Any infractions would be dealt with in a severe manner. By 1830 there were so many cows on the island they were wreaking havoc in the fields, destroying crops and by and large had become an aggravating nuisance. The king, in his wisdom, requested from the Spanish governor of Mexico, that he be allowed to bring in 200 Mexican cowboys, vaqueros, to corral the cattle and teach the islanders the basics of ranching. Among these vaqueros were some who carried with them their guitars and the music of their homeland.

Over the course of the next 70 years, Hawaiian musicians had mas-



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Here are a few of the many numbers in the Victor Record catalog:

- 17701 { Kilima Waltz (Guitar Duo)  
Pale K. Loo and David Kaili of the Irene West Royal Hawaiians
- 17702 { Hawaiian Waltz Medley (Guitar Duo)  
Pale K. Loo and David Kaili of the Irene West Royal Hawaiians
- 17707 { Hilo-Hawaiian March  
Wailana Waltz  
Irene West Royal Hawaiians  
Irene West Royal Hawaiians
- 65308 { Aloha oei  
Kua Home-Native Plantation Song  
Hawaiian Quintet  
S. M. Kalawe with Quintet  
Toots Paka Hawaiian Troupe

Victor Talking Machine Company ad introducing the "new fascinating Hawaiian music", one of the first styles of modern music available to those who could afford a Victor machine and records. This helped make Hawaiian music popular in wealthy white households some time after it was introduced at the Chicago World's Fair in 1915

tered playing in the Spanish style and more importantly, had adapted the guitar to better suit their native music of songs and chants, previously accompanied by rudimentary percussion instruments. The first major change was to detune the strings to an open key, which better suited the melodies of native songs and allowed the rhythm to be played on the bass strings and the melody picked on the higher strings. This was known as slack tuning. The next important change came in 1891, quite by accident, with reverberations that indelibly changed the course of 20th century popular music.

In 1891, while living at a boarding school, Joseph Kekuku, a 17-year old native student whose family had been converted to Mormonism, was walking down the railroad tracks on the Big Island when he spotted an errant railway spike on the ground. He picked it up, put it in his pocket and went on his way. A few hours later, while playing his guitar in his dorm room, he remembered the spike he

had found. He was already a very competent player. This was helped in part by the fact that this particular Mormon faction allowed the natives to continue their traditions, recognizing that this leniency made it much easier to convert the so-called heathens.

Joseph applied the spike to the strings and slid it up the neck as he strummed and discovered a new sound. He continued to fiddle with this and began to work it into his existing repertoire of native music. Holding the guitar in his lap, it was easier to play with the slide horizontally. His roommates got into it and within a short span, a year or two, this style was being played throughout the islands. Meanwhile, with the aid of his shop teacher, they refined the slide into a polished metal cylinder and enhanced the action by raising the strings with a metal half-tube applied to the nut at the end of the fingerboard. This prevents any interference on the frets and gives a cleaner, longer sustaining note. While the



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The U.S. got its first taste of Hawaiian music at the Kilauea Volcano panorama at Chicago's World's Columbian Exposition in 1893, but it didn't become popular until after the 1915 San Francisco Worlds Fair and Victrolas were common in wealthy homes.



Kekuku's Hawaiian Quintet toured "black" venues all over the US, giving lessons for extra money. His steel Hawaiian style influenced artists like Jimmie Rodgers (left), Tampa Red (right), and Blind Lemon Jefferson (top), crossing the white-black music divide.



exact details are lost to history, the results are not. These modifications to the Spanish guitar were so radical that the guitar had now evolved into an indigenous Hawaiian instrument known as steel guitar, slide guitar, or just Hawaiian style.

The idyllic life and native culture of the islands, always at risk from various missionary groups and international businessmen, was about to be shattered. In 1893, a small army of militia, mostly Americans, surrounded the palace and demanded the queen step down. This first step to the annexation of Hawaii by the Americans was completely unexpected, throwing the populace into a frantic state of confusion and fear. In short order, the foreigners began to curtail many native traditions, key parts to the island culture. Speaking a native tongue, dancing hula, even surfing, were banned, with varying degrees of success. As a result, many natives began fleeing the islands. Among the diaspora were singers, musicians, actors and other artists. These refugees believed that by travelling they could continue to perform their native traditions, now banned at home. They were also fearful of what their fate might become under American rule, as there was some knowledge of native Americans being incarcerated on reserves. In 1904, Joseph Kekuku left home for the mainland, guitar in

hand, to make a name for himself. He travelled up and down the west coast, playing to a receptive audience. In Seattle, where he briefly settled, he is touted in a local paper as "the world's greatest guitar soloist". He also began giving lessons to anyone interested. A movement of all things Hawaiian began to take shape in the American psyche. It had an exotic allure that was being spread across the continent as troupes of dancers, orchestras and even a Broadway play, moved from town to town.

In 1915, the World's Fair was held in San Francisco. The fair drew an incredible 19 million people, many of whom got their first live exposure to all things Hawaiian. That pushed the craze over the top and the demand for Hawaiian music was nothing short of sensational. Thousands of North Americans began emulating the Hawaiian guitar style of playing, sheet music was gobbled up, and record sales went through the roof. The craze eventually reached the segregated states of the southern U.S.

Being non-white, hence "coloured", the traveling Hawaiians could only find lodgings in boarding houses shared by African Americans, Native Americans, and immigrant performers. It was under these circumstances that Hawaiian music crossed paths with African music and its newer off-

spring, the blues.

The music of the south was very basically either white or black and the burgeoning recording industry categorized it along racial lines, which was a good fit for a segregated society. More adventurous white musicians, playing country or traditional Appalachian style music also began incorporating slide guitar into their music, along with black blues players.

Jimmie Rodgers, "the man who started it all" according to the Country Music Hall of fame, worked for many years on the railroad, hence his nickname, "The Singing Brakeman". He was exposed through his travels to African American work songs, American roots music and blues players from a young age. At his most popular, he played with Hawaiian musicians and even recorded with steel guitar players although they got no recognition on any liner notes.

Black bluesmen adopted the lap steel method as well, fashioning slides out of whatever was at hand, sometimes a knife, or a carriage bolt and most famously, the top of a bottle, which came to be known as "bottleneck slide". The earliest recorded examples of this can be found on records by Son House, who in a 1960 interview claimed that his first exposure to slide guitar came from native Hawaiians.

Tampa Red, Robert Johnson and Blind Lemon Jefferson are also included in this group of early bluesmen who mastered the techniques of the Hawaiians and gave voice to a music that became the very foundation of what my young brother and I experienced through the magic of radio in a Canadian border town around 1955. This was the beginning of what was later called "Rock and Roll".

Country music was also affected by the principles of the slide guitar and eventually it was refined into what is now known as the "Pedal Steel", a much more technically sophisticated instrument but directly descended from the original form. You could call Joseph Kekuku the unsung hero of modern popular music and not be too far off the mark.

...stay tuned



Peter Chess immigrated to Canada from Leeds, England at the age of 9 weeks. The family settled into a converted barracks at the local airport near St. Catharines for a couple of years before moving into a wartime house.

After serving in the Canadian Army Signal Corps, Peter restored antique furniture in St. Catharines, which is where he met his wife Gitte, her daughters Sheri and Belinda. They now live in Matawatchan and have two granddaughters, Emma and Natalie. Peter is a member of The Red Eye Monday Band, formerly called The Pickled Chickens String Bband.

## SURVIVOR GUY

### Fire Starting for Survival and Camping

By David Arama



#### Why is Fire Important?

Whether you find yourself in a life-threatening outdoor survival situation, or in an urban disaster, fire is one of the key components required for a successful outcome. Fire gives you warmth, security, fends off animals and insects, can be used to boil water for purification and cooking, and is important in search and rescue, since searchers frequently employ "FLIR" (heat detecting equipment) to locate lost persons.

Also, in my opinion, a campfire is integral to any fun camping experience. Many camping memories include singing songs and roasting marshmallows by the flickering flames of the campfire.

My first experience starting a campfire was like for a lot of folks, I had no idea what I was doing, so I poured camp fuel over the logs and lit it with a lighter. Not a good idea! It's extremely dangerous, and the fire goes out every time. Now, I offer Survival and Disaster Prep training courses and camps, where Fire Starting is always a staple.

#### Tools to Start a Fire

##### My favourite tools for fire starting:

- Stormproof brand matches
- Butane lighter
- Adjustable quality BBQ lighter
- Flint or Ferro rod
- Magnesium block
- +Steel wool and batteries, cotton balls soaked in petroleum jelly, tampons soaked in hand sanitizer, and store-bought fuel cubes.

Stormproof matches will light even in pouring rain and a gale force wind. My favourite flint rods are the Strikeforce and Firesteel brands. The benefit of a Ferro Rod Flint is that it can be used thousands of times, will work even when soaking wet, and they are safe to use when lighting a BBQ and Lantern. The downside for fire-starting is that you need to have good tinder or artificial fuel materials.

*TIP: make a fire Tinder bag using dryer lint, wax, and pine sap.*

*All outdoors recreationists should know how to start a good fire.*



Heat rises, so put kindling underneath the fuelwood. Fire needs oxygen, so don't pack it down. This teepee fire uses mostly kindling and funnels heat straight up. This makes it a good cooking fire. Heavier fuelwood can be added later to make a longer-lasting fire.

**Kindling** is the fine dead coniferous twigs. My favourite is spruce twigs.

**Fuelwood** is thumb size to large pieces of dead, dried wood. I prefer standing wood versus wood found on the ground.

*TIP: crunch a bunch of spruce twigs into a bundle, and fill with birch bark. We call this a "firebomb".*

#### Fuel - Hardwoods vs Softwoods:

For heat and coals, and woodstove or fireplace use, burn Hardwoods, eg. Ironwood, Red Oak, Sugar Maple. They give off more heat since the wood cells are densely packed. For flame and a campfire, burn Softwoods like pine. Avoid green wood. And avoid poplar and cedar. Poplar is full of water, and cedar gives off a zillion sparks.

*TIP: in soggy wet conditions, I make a fuzz stick, and combine with inner birch bark (made of oil). Also, I use a pocket knife to remove the outer bark of branches, and get at dry wood.*

#### Building a Campfire:

There are many ways to build a campfire, but my favourite design is the Teepee, followed by the Log Cabin. The teepee is very efficient and focuses the intensity and oxygen of the fire. For fun, I build the log cabin, and start the fire from the top.

*TIP: for a large fire, build several small fires, and connect with logs.*

**Feeding Logs versus Sawing:** When camping, I use my favourite saw, the Boreal Agawa Canyon collapsible bucksaw. However, the historical way to utilize logs is to feed them into the fire or burn them in half.

#### Tinder, Kindling, and Fuelwood:

To start and build a good fire, you need to have tinder, kindling, and fuelwood. The key to understand fire is "ignition point temperature". A pine needle can be lit by an errant spark from a lawn mower, whereas a hardwood log requires thousands of degrees to ignite.

#### Tinder is made of fine materials including:

- white birch bark
- pine needles
- fluffy stuff from cattails and milkweeds
- dried grasses
- fuzz stick and shavings from Softwoods, eg pine
- pine cones
- pine and spruce sap
- cedar bark for smoldering

*TIP: people used to transport fire, using Smudge materials like fine cedar bark and tree fungus. Some call this an "Apache Match".*

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Check with your local Township Office regarding where fire pits are allowed.



#### Fire Bans and Regulations:

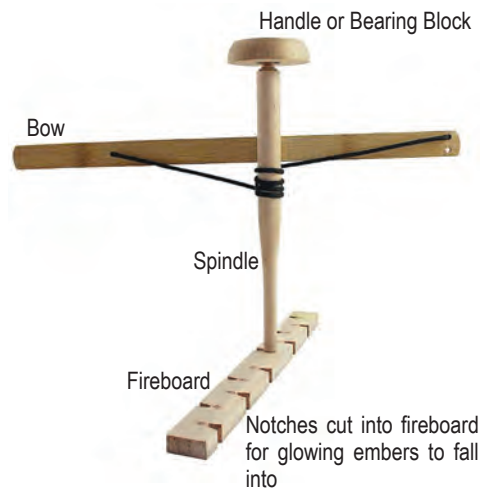
The Fort MacMurray fire was apparently caused by careless campers. Last year, during a serious and severe drought, we witnessed many illegal fires. One guy decided that during a fire ban, it was the perfect time to do a leaf and brush burn. Another guy started a grass fire when he decided to use his lawnmower on a parched lawn.

Township fire departments and municipal offices post fire conditions and bans. They can issue fines of \$5,000 to \$10,000, and you can be held liable for all costs, including fire suppression and property damages.

#### Fire Safety. Many Forest Fires are caused by careless campers. Here are some basic fire safety rules:

- never leave a fire unattended
- always use a sanctioned fire pit, that is lined with firebrick etc.
- if building a fire in the wilds, never build it on the forest floor, always dig down to the mineral soil layer where there's no roots, or on top of rock
- careful with bonfires on windy days, and under an evergreen tree canopy
- never use an aerosol spray can, or gasoline fuel to ignite a fire
- hair is extremely flammable
- never wear sandals or crocs when cooking and boiling over an open fire
- fleece and poly clothing is highly flammable
- keep flammable liquids and propane/butane tanks well away from the campfire area.
- never bring fire inside a tent, or pans of coals, or candles, etc, for heating, unless you have a properly vented hot tent with woodstove and stove pipes
- have a bucket of water or sand ready
- always ensure that the fire is completely extinguished, by feeling around for missed coals and hot spots with a stick and your hands
- abide by any fire bans or be extra cautious if high to extreme fire danger

To start a fire, consider the Fire Triangle: oxygen + fuel + ignition. If you remove one component, you extinguish the fire. Don't pack the fire materials or firewood too densely.



#### Fire by Friction - Flint & Steel Historical Methods:

Native Americans utilized several methods of fire by friction, including the fire bowdrill, hand drill, plough drill, and pump drill. The easiest is the bowdrill, and it's always a crowd pleaser at tradeshows and camps. It is not something to depend on if you're lost in the wilds since it takes tons of skill and luck (finding the right woods, stormy weather). It can take hours or even days to get a firebow to work, and most lost persons are lost late in the day, typically with less than an hour before nightfall.

The voyageurs and pioneers used flint and steel to start their fires. That included a high carbon steel striker that fits in your palm, a flint rock or silicate containing igneous or metamorphic rock, and some charred cloth to strike the spark into, to get an ember glowing, and some jute twine to blow the ember into a flame.

#### Smoky Smudge Fires to Keep Insects Down:

When the bugs are bad, make a Smudge fire using tree fungus, thick moss, and punky rotting wood.

*TIP: make a Smudge can for the campsite, by simply taking a coffee or juice can, poke a bunch of holes into it add a wire handle, Place a few coals inside to start, and then some punky wood*

#### Cooking Tips:

I reuse old fridge steel trays, and old washing machine drums. For wood cooking, my favourite stoves are the "Biolite and Kelly Kettle"

*And remember, a flint might add some spark to your life!*

Go to [madawaskahighlander.ca](http://madawaskahighlander.ca) to download a free copy of my survival book, *How to Start a Fire with Water*, or purchase a copy to keep handy in an emergency.



*Remember, be prepared, you are biodegradable.*



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps. [marblelakelodge.com](http://marblelakelodge.com) [wscsurvivalschool.com](http://wscsurvivalschool.com)

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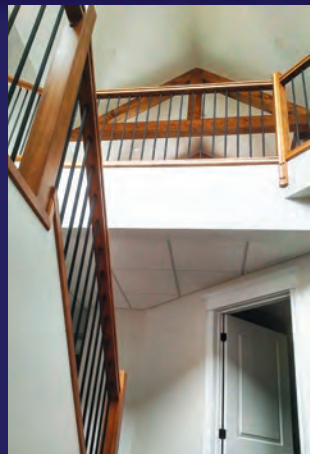
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