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Spring of 2022 is finally here! And even better news, **conditions continue to favor a strong Sellers' market**, some of whom are already enjoying the benefits of a robust and busy start to the spring season.

In keeping an eye on statistics, The Canadian Real Estate Association is noting that "home sales slowed down noticeably in March 2022, yet it is still the second strongest month for sales volume, ever. With the Bank of Canada aggressively hiking interest rates, this slowdown may last a while as Canada continues to face record low supply levels." Although this relatively new slowdown in volume is a trend, observers are seeing this as a moderation of the price gains experienced in 2021 with the low inventory and limited supply of affordable housing continuing to fuel the record number of sales.

It appears that the activity here in the Greater Madawaska area is mirroring the trends that both the Renfrew and Ottawa Real Estate Boards are following. According to Ottawa Real Estate Board President, "The pandemic has accelerated market activity in some way, but price increases will continue due to low inventory and continued demand."

The takeaway from all the above?
There is still no better time to sell...

I look forward to hearing from you!



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THE MADAWASKA HIGHLANDER May 2022 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

May
2022
FREE Vol.20 Issue 1
Next issue June 15, 2022

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

Welcome!



Trumpeter Swans happy to return to the Madawaska River at Camel Chute. Welcome back! Will you be staying with us or moving on? Pic by Tracy Hunchak

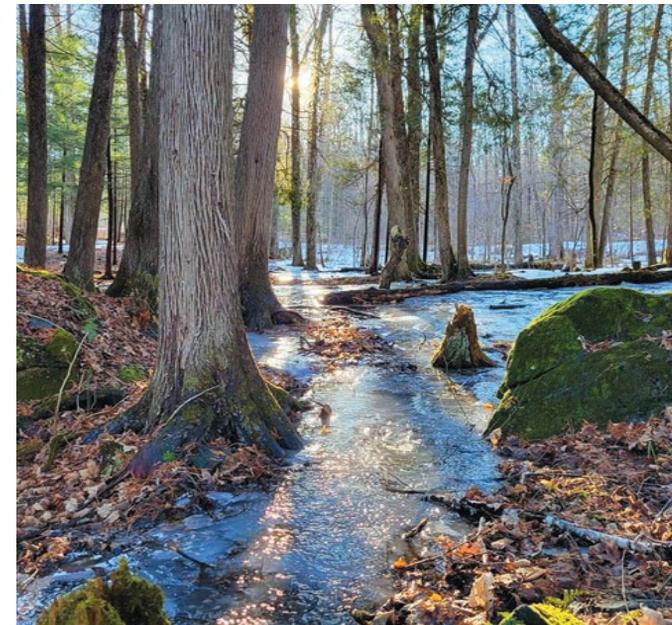
....To an exciting time in the Highlands as we emerge from what feels like a two-and-a-half-year long winter. It's fantastic to be able to share good news about what's going on in Bogie Beat and the combined Griffith & Matawatchan & Denbigh & Vennachar News & Views. The Cloyne & District Historical Society is meeting in person again too and planning a great summer at the Pioneer Museum as they hit the historical 50-year mark and welcome Griffith, Vennachar, and Matawatchan into their catchment area.

This historical pandemic has taught us the importance of our immune systems, but where exactly are they? In Wellness, Derek tells us that 70% of it is in your gut. I had a gut feeling about that. Every gut is different and Tamatha tells us every mouth is too, so diet, health care and dental care should be customized for everyone. One size does not fit all.

We all know that a good diet and regular exercise keep us healthy, but Lesley tells us that Nature is the best medicine in Happy Hiker. Doctors can now prescribe the outdoors to cure what ails you. That's a prescription the Highlands can fill with delight! Nature is so amazing! As Ernie reminds us in The View from Here, we begin spring with nature's sweet nectar, maple syrup. And we finish spring off with a plate of yummy Morels if you can find them. Read Highlands Hiker for some hints from Colleen.

Nature isn't something to be messed with, so if the sky does fall you will be happy you heeded Survivor Guy and learned what you need to have on hand so you can not only survive, but survive well.

Even when we do everything right, things can still go wrong, but laughter is also the best medicine. Antonia's hospital stay made for a deliriously funny story in Rural Vignettes, which brings us to The Madawaska Highlander's Short Story Contest. Sharpen your quills and start scratching your heads. You know that deadlines are sneaky things, so now is the time to visit your muse and git'er done before Sept. 22. And no matter what you do this summer...
Enjoy!...



The back yard is transformed into a stream with the glorious sound of spring runoff heading down to Calabogie Lake for summer fun. Pic by Kevin Carnegie.

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The Madawaska Highlander

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Message from the editor:

Please make note of activities in *Bogie Beat*, *GM News*, and *DV News* and check the ads for updates.

Check advertiser messages right away for important information, hours of operation, specials and what is open. Tell them you saw it in the *Madawaska Highlander*!

We also maintain the *matawatchan.ca* website, which serves the Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar. Also check out *www.greatermadawaska.com* and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

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Thank you everyone!

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

Ernie Jukes
Skippy Hale
Antonia Chatson

David Arama
Lesley Cassidy
Colleen Hulett

Lois Thomson
Derek Roche
Tamatha Strachan



Bushnell cartoon of Russia regretting its participation in WW1 (May_1918). The Russian bear sits under a tree, hung over and with its injuries bandaged, as it vows to "never againsky" do something so foolish... and then swears that it will get revenge as soon as it has recovered. The empty bottles scattered around it are labeled "Lenine", "Trotskyism", "Kerensky", "Autocracy", "Revolution", "Peace at Any Price", "Bolshevism", "Prussian Peace Poison", "Vodka", and "Anarchy Vodka". The bandage on the bear's head is labeled "non-belligerence".

My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!

- Vincent Johnston, Sales Representative

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By Lois Thomson



Cheerful Lions setting up for the Children's Childhood Cancer fundraiser



These Lions love bunnies. They held a free draw for a couple of their fluffy friends at the Children's fundraiser.



The Pine Valley Restaurant, General Store, and Post Office is back to full size after the back portion was rented out for a while. We hear they have a couple of top-notch bakers there. It's good to know the new owners will continue the tradition of great baking. Have you tried their krullers?



When the water is low in early spring, you get a sense of how shallow the Madawaska River was at Camel Chute before the river was dammed.



No hip waders were needed this year to put in docks. The good news is that sandbags weren't needed either. Water levels are now back to summer levels



After receiving feedback from the "Griffith Mile" survey, Greater Madawaska Township installed this sign at the waste transfer station exit. Right turns can be especially dangerous if cars suddenly pull out to pass as you are about to turn.



Left: The Denbigh-Griffith Lions welcome new member, Debbie Licari. Centre: Lead cook at the Seniors Housing AGM, Debbie Licari poses outside the kitchen door at the Griffith Hall. Right: You guessed it, Debbie Licari helping out at the Matawatchan Hall's Pancake Brunch. She's a real help!



The Pancake Brunch on April 30 was a great success. It was nice to meet some new neighbours.



Steve Green took the podium during the Seniors Housing "Never too Late for St. Patrick's" AGM. I wonder if anyone took him up on the offer posted on the podium.



The late John Neale in two of his favourite places, at the top of Dan's Mountain and on stage with the TALLBOYZ.



Erwood and the late Rowena Reynolds share a dance. The late Terry Holtzauer looking handsome. They will be missed. R.I.P.



As the weather warms, we are happy to see so many activities resume in the Griffith & Matawatchan & Denbigh & Vennachar area. **That makes it even more important for us to find new contributors for both columns.** Angela Bright retired, John Neale passed away and Anne Dougherty had to sell their cottage on Centennial Lake. Thank you all for your contributions over the years! We can give anyone who is interested a list of contacts, so it's simply a matter of getting photos from past events and information about upcoming events, then forwarding it to The Madawaska Highlander for publication. I will add other items of interest to the community. It's a great way for newcomers to get to know people and looks good on a resumé. And now for the news...

The Denbigh Griffith Lions are back on the prowl as restrictions are lifted. Their fundraiser for Childhood Cancer was a great success. Thanks to all that came out. Exciting news is that live music is back. The Lions invite you to Rock the Night Away with Eddy & the Stingrays at their clubhouse in the Griffith Recreation Centre on Saturday June 4 from 7 - 10. Doors open at 6 for a little socializing. Tickets \$25 by calling

613-333-1984 or 613-333-1409, or e-transfer to DGLionsClub@hotmail.com.

The Matawatchan Hall volunteers are back in action, too (I am one of them). We kicked things off with a **Pancake Brunch on April 30** with about 60 diners. We got to meet some new neighbours who moved here during the pandemic. To everyone who wondered where those fantastic breakfast sausages came from, they came from Raglan Street Foods (High Quality Meats, Wholesale foods, Import Foods) at 194 Raglan St. S. Renfrew. Ask for Roch or Winona and tell them you saw this in the Madawaska Highlander.

You might know that St Andrew's and St Luke's United worship together now on Sundays at 10:00 am. at St. Luke's in Denbigh. A tough decision was made to sell the Matawatchan church. To keep some traditions going, the Matawatchan Hall Board decided to continue the suppers. With the guidance of the UCW, some of whom are also on the Hall Board, we are happy to welcome the community to a **Ham Supper (Ham, scalloped potatoes, coleslaw, vegetables, desserts, and more) from 5 - 7 pm at the Matawatchan Hall on May 14.** It will be just like the church suppers, but

without the ramp lineup (which was always fun). **May 28 from 10 am - 1 pm** enjoy coffee, tea, and baked goods plus a light lunch as you browse through bedding plants, seedlings, perennials, local produce, preserves, garden art and more at the annual **Plant Sale & Market.** It's time to dust off your musical instruments and tune up your vocal cords for

our **Open Night Mic in honour of the late John Neale of the TALLBOYZ on June 18 at 7 pm.** Performers register at matawatchancentre.ca or contact Peter Chess (we assume most musical folk know his number) to ensure you get your time at the mic. It will be a licenced event with snacks available. **Saturday Socials resume most Saturdays from 10 am**

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– noon with coffee, tea & baked goods, plus special guests. June 4, 1, 25, July 9, 16, 23, August 6, 13, 20, September 3. All the above take place at the Matawatchan Hall, 1677 Frontenac Road. It's good to be back!

The Greater Madawaska Seniors Housing Corp people served over 60 meals, both eat in and takeout at their St. Patrick's Day Dinner on March 27. It was ten days after St. Paddy's Day, which explains why they called it the Never Too Late for St. Patrick's Day Dinner. You see, it was actually a clever way to encourage people to attend their Annual General Meeting. They know that if you want people in G&M to come to an AGM, nothing draws a crowd like a good meal. Lead cook was Debbie Licari, with Steve Green presiding over the meeting.

You might have noticed that the NU 2 U shop was deemed irreparable and torn down by the Township of Greater Madawaska. The building used to be the Griffith and Matawatchan Township Hall that was vacant after amalgamation, then used for a few years to raise money that is used to help seniors stay in their homes. I guess you could say the Greater Madawaska Seniors Housing Corporation is now homeless, but volunteers will carry on. The corporation will accept donations for their yard sales on May 13 and 14 from 10 am to 2 pm at the same site, in the yard beside the hole in the ground that was the old Nu 2 U shop. It's harder to find now, so look for the Recreation Centre and Fire Hall on Hwy 41 in Griffith for the yard sales.

Rogers Communications is in the final stages of public consultations to garner approval to place towers in the area. If that goes through without a



hitch it will be a couple of years before other approvals (environmental, etc.) go through and the towers are built. We will finally have cell service and Rogers will also bring wireless home broadband internet service to our rural area.

With the help of the Kauffeldts, the new owners of the Pine Valley Restaurant are quickly adapting to running a restaurant. Scott is a former high rise window washer and Carolyn is a former ICU nurse, so you can imagine how steep their learning curves are! They plan on keeping things much the same as before at first, then slowly add staff and new menu items and figure out the opening hours that work best for them. They moved here to enjoy the people and the area and feel a 12-hour day is plenty for the two of them no matter what. The store is open 5:30 am till 8 pm Tuesday thru Saturday, you can get coffee while store is open. The restaurant is open from 7 am till 5 pm Tuesday thru Saturday. And now that spring is here the restaurant will be open on Sundays from 7am -5pm as a test for summer hours. The Post Office is open Tuesday thru Friday 7 am till 4 pm, except for Wednesdays open until 7 pm. If there is anything you would like them to

carry at the store, they are open to suggestion. Drop by to say hello. I hear there are a couple of master bakers there and their crullers are already a hit. Welcome to the community Carolyn and Scott!

To help support fisheries and support responsible use of bait, Ontario is now divided into four Bait Management Zones (BMZs). This only affects you if you fish outside your own BMZ where your primary residence is located. The zones are large, so there is a good chance you won't be affected. Anglers fishing inside their home BMZ may purchase or personally harvest baitfish and leeches and are not required to retain a receipt, but no matter where you fish, it is illegal to deposit or release into, or within 30 metres of any waters (including onto the ice): • live or dead bait or baitfish, including fish eggs, gametes or fish parts • the water, soil or other materials used to hold any of these items. To find out more, visit ontario.ca/bait

Anglers fishing outside of their home BMZ must: • purchase baitfish and leeches within the BMZ they are fishing • retain a legible receipt that can be immediately produced to a conservation officer upon request • use or lawfully dispose of baitfish or leeches within two weeks of when they were purchased from a retailer.

Anglers are not required to produce a receipt when fishing with baitfish or leeches in the Great Lakes or Ottawa River but require a receipt for transporting them through an adjacent BMZ if their primary residence is not located in that BMZ. For more information, including a description of what areas of Ontario are considered part of the Great Lakes and Ottawa River, please visit Ontario.ca/bait or refer to page 18 in the Ontario Fishing Regulations Summary at Ontario.ca/fishingregulations.

Rosie's Restaurant and store is now for sale. Joey and Jennelle Rosenblath posted on Facebook: "We are very sad to list our store after 4 short years of ownership. Due to many family medical reasons we have decided to list and focus on our family's well-being. We thank all of our many loyal customers we've served over the past few years. Thank you so much." They accomplished an amazing lot in four years. Let's wish them all the best for them and their family.

Go to addingtonhighlandspubliclibrary.ca to find out what's happening at the Denbigh Library. There will be a Father's Day Craft sometime in June, annual book sale in July. They have a seed lending library, teen volunteer program, radon test kits available, Overdrive: e-books, audio books, magazines & videos, many e-resources including ancestry, daisy reader, printing, photocopying, faxing and laminating.

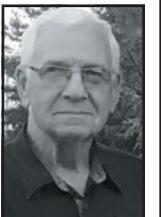
Sadly, we lost some dear community leaders over the winter... Anne Dougherty, John Neale's wife, sent this in: John Neale found the Madawaska Highlands and bought our cottage in the dead of winter as we both fell in love

with the wild pristine area. He found like-minded musicians and enjoyed playing with The TALLBOYZ. We both embraced the community activities and enjoyed writing this column. John embraced health and life in general. He died January 1, 2022, in the hospice in Kanata a short few months after a diagnosis of stage 4 pancreatic cancer. John wished to be cremated and to have some of his ashes scattered in Centennial Lake. We will be following John's wishes and will also scatter ashes at Dan's Mountain, a favourite and inspirational venue where John often soaked up the sheer beauty of the Valley. RIP John Neale. You are missed by many.

From a beautiful, lengthy obituary for Rowena Reynolds on ZhorfuneralHome.com: If you felt a sudden whoosh and a light dimming in the world during the early hours of Easter Monday, you were not mistaken. Rowena was the beloved wife of 69 years of Erwood Reynolds, now resident of Providence Manor, mother of Wendy and Sean, grandmother of Micheal and Leslie, Dustin, and Laura, predeceased by daughter Denise. Wherever she lived in her 93 years, Rowena was an active member of the United Church community as a Sunday School teacher, choir leader, pianist, and a leading member of the UCW. She and Erwood were dedicated members of the Lions Club and upon Rowena's retirement from teaching, when they moved to the Griffith/Matawatchan area, they took that commitment with them and instigated the formation of the local club. Rowena was a consummate entertainer, playing piano at every opportunity, especially with her band in Matawatchan. A Celebration of Life, in both Kingston and Matawatchan, will be held at the end of May.

Obituary for Terry Holtzhauer: Passed away peacefully at Renfrew Victoria Hospital on Saturday, April 16th, 2022, at the age of 75. Beloved husband and best friend of Gail Holtzhauer (nee Snider). Loving father of Luke (Kamila), Allison and Jenelle (Joey) Rosenblath. Proud grandpa of Emily, Caleb, Hanna, Addison, and Jack. Dear brother of Brian (Diane), Gloria (Barry Wallace) and Nancy (Jack Pahl). Predeceased by his parents Roy and Bernice Holtzhauer. Terry will be dearly missed by many nieces, nephews, extended family, and a multitude of friends. Terry and Gail owned Snider's Tent and Trailer Park in Matawatchan for many years. He was a member of the Denbigh-Griffith Lions Club and Greater Madawaska Fire Department Station 2.

The family of the late Terry Holtzhauer would like to express our heartfelt thanks to family and friends for their love and support over the past few months.



Every act of kindness, including hospital visits, phone calls, food, donations, flowers and especially prayers were truly appreciated and will not be forgotten.

We would like to extend a special thank you to Rev. Laurie Lemke and members of Vennachar Free Methodist Church, staff at Renfrew Victoria Hospital, Lakelands Family Health Team and Zohr Funeral Home.

*Your kindness will be remembered.
~The Holtzhauer Family*

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Bogie is a Happenin' Place!

By Skippy Hale

I think Spring has sprung... at least they tell me it has, but I woke up to snow again, if only fluttering flakes. Back on came the mitts and car heater this morning when I had gone sleeveless recently, but this is Canada and we have screwed up our environment so badly, that everything is unpredictable. In any event. The crocuses are blooming, daffodils are up and I noticed that the garden at Most Precious Blood Church is aglow with clusters of yellow daffodils we planted many years ago.

Soon the Irises will be showing off their beauty. I need to thin out those Irises, so I will post on Calabogie Folks if anyone would like some. Speaking of which, I would like to thank the admins of that site. It's a great sharing place if you are looking for a service, especially the newbies. They also do a great job of keeping it to its purpose, not let posters go off on tangents.

We had a great **Santa Clause Parade** in December after missing it for two years. There were plenty of creative floats and Santa made his appearance once again! We must thank the Lions Club for organizing it every year. They also ran a 'Catch the Ace' lottery which kept me hopeful every week

I would like to commend the Fleming family for hosting our first Ukrainian family. Tiffany Rowan is doing a marvelous job coordinating the collection of items to help them settle in. When I dropped off some things, Joanne said that everyone has been very generous. Other plans are underway to welcome the family of three.

Calabogie Lions have always been there for us. Drop into Charbonneau's, The Rustic Farm Store, and other local shops to pick up a ticket for the Father's Day Draw with many prizes donated by our local businesses! Thanks to them and the Lions for what they do for our village! Buy and shop local. When they win, we all win!

St. Andrew's United Church has two upcoming events: Saturday, May 14 from 9 - 11 am join them for a **Pancake Breakfast** and enjoy pancakes, beans, sausages, fruit, orange juice, tea and coffee...and see your neighbours after being closed in for winter and C-19. They are famous for the bargains at their **Annual Yard Sale**. **This year it will be on Saturday, May 28** from 8am until 1pm. Donations will be accepted Thursday, May 26 from 4-6pm and Friday, May 27 from 9 - 11am. For pick-up, call 613-752-0014.

The Calabogie Feral Cat Project has been busy fundraising and bringing cats to Brockville to be neutered. So far, a total of 7 cats have been captured and neutered, many funded by HolliBell Charities who work with Rescue Groups to Spay/Neuter strays. Funding also comes from the fundraising these wonderful volunteers do. Craig Anderson made a beautiful charcuterie tray for a raffle; they made a beautiful charcuterie Easter-themed tray; beer and liquor can & bottle collection boxes and donation jars in the Bogie and the Rustic Farm Stores all help pay for the spay/neuter operations. The volunteers trap these ferals in all types of weather conditions to save the animals from further multiplying. Some can be safely homed; some go to farms, and some are released where

they are more comfortable, but can no longer produce offspring. There is a need at present, to foster baby kittens temporarily until they can be adopted. Getting them early before they adapt to the wild is good for them and the neighbourhoods in which they were born. Thanks to these dedicated volunteers and all of you who support them! We have a serious problem here and sadly it's left to citizens to take the job into their own hands! I think that it's time we lobbied for a vet to have a clinic here where volunteers do not need to travel to Brockville to get treatment for these animals. We have so many pets here and the population is growing. Let's lobby the candidates before the fall election to make that a part of their platform!

Well, we have several young entrepreneurs here and I am so impressed with their ambition and business skills. The first young man is Jayden Collier. I have known him since he was a wee visitor to the Library Preschool StoryTyme. Jayden has been cutting lawns for four years and last year started **Collier Lawn Care**. He does professional lawn cutting and trimming. He is reliable and will offer free quotes at 613-570-0273. Please call this young entrepreneur for your lawn care needs!

Another young man with the entrepreneurial spirit is **Dawson Pennock**. **His business is Calabogie Cuts**. He does lawn Care, Spring and Fall Clean-up. Call 613-433-7561. When I first saw the sign, I thought we had another hair stylist here! Nicole reassured me she is sticking to cooking!

We are looking forward to finally having our **Calabogie Summer Market** back!!!! The new Market Manager is Stacie Ross.

Stacie is an interesting lady. Several years ago, she taught herself to crochet and started making coats for dogs, I assume starting with her sweet little dog, Mickey. She branched out into baking dog treats and started coming to our Market with her own booth. She fell in love with the folks here and left the city to settle in our part of Heaven. She has taken to country life and will run the Market this year. In November last, she organized an evening market that was very successful!

Opening Day is June 4th. The Closing Day is September 3rd. The Market will be on Saturdays from 9am to 1pm. There will be a Monthly Story time, yoga classes, themed weeks, and charity partners for fundraising and special events! Some returning favourites include Long Lane Farms, The Over-Caffeinated Seamstress, Starbright Curios, Pats Baby Corner, B Please Dog Treats and Gear, and Jenneth and Bee. Follow the Calabogie Market on Facebook for the latest information or email the Market Manager Stacie Ross at CalabogieMarket2021@Outlook.com for vendor or partnership information.

Some events which will be listed before their dates are: Football Week, Yoga and Chalk-Obstacle Course; Blacksmith and Metal Work Week. Others will be highlighted in future editions of the Highlander. I hope to have a booth with my cards, paintings, garden art and faerie houses from time-to-time. After so long being unable to spend time with



Jayden Collier ready to make your lawn neat & trim! It is nice to see young entrepreneurs become successful.

my family, I hope to do some catching up! Thank you, Stacie for moving here and now taking over the reins of the Market!

With permission from Ruth Jones, the CEO Senior Librarian at the GMPLLC, I want to tell you about a wonderful resource. **The original Birth, Marriage and Death Registers are now at our Library.** If you are researching your family history, this is a place to start. Obviously, the more information you have to start the better, but even just knowing last names is a start. I have perused many of the records and what an educational experience! One can see the history of the people once the settlers started keeping records. To make a visit to use these materials, call ahead so the staff can be prepared for your visit. Ledgers are very old and friable. You will need to wear cotton gloves to turn the pages. Ruth will be getting proper acid-free containers to hold these treasures.

I have started to volunteer to organize the Archival materials and Ruth and staff would be happy to have you volunteer. there are many tasks which could use a helping hand.

St. Jo's School has been a hive of activity. Volunteers help with the Reading Program, prepare Grilled Cheese and on Shrove Tuesday the grills were set up to make pancakes for the children. It was

also the Feast Day of St. David, the Patron Saint of Wales, so circular dragon flag stickers were presented to students, staff, and volunteers. There are Calabogie Pizzeria Days and Charbonneau's wrap days. The community is really involved with our wonderful school and the school with the village. To celebrate Earth Day, the students did a **Community Clean-up Day** with Father Kerry Brennan helping the Grades 2 - 4 class. The school will have also done their **SJC Hike for Hospice on April 29** by the time you read this.

Mad River Paddling is having a Grand Opening of their 'bricks'n'mortar store' at 1020 Madawaska Street the May 24 long weekend. What a perfect location! Best Wishes on the next step in their adventure!

Over the winter, we lost several of our neighbours. Many of you remember **Carolyn Jakes** who moved to Mexico a few years ago. Sadly, she passed away in the winter. Carolyn was a community builder, and I will write a more detailed account of her life in the next edition.

Our CAO, Allison Holtzhauer, is grieving the loss of her father Terry. He was an active member of Matawatchan and will be missed by family and friends. Deepest sympathies to Allison and her family.

Calabogie has lost a dear, gentle

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...Continued from previous page



The man on the left and centre needs no introduction. Above: Alcock Electric Float at Santa Parade. Bottom Left: Bucktoothed Beavers from Calabogie Smiles giving out dental goodies at the Santa Parade!



Left to Right: Skippy Hale, Jean Libby, Denise McLean preparing pancakes for the children on Ash Wednesday. I'm in my Welsh rugby shirt in honour of St. David.

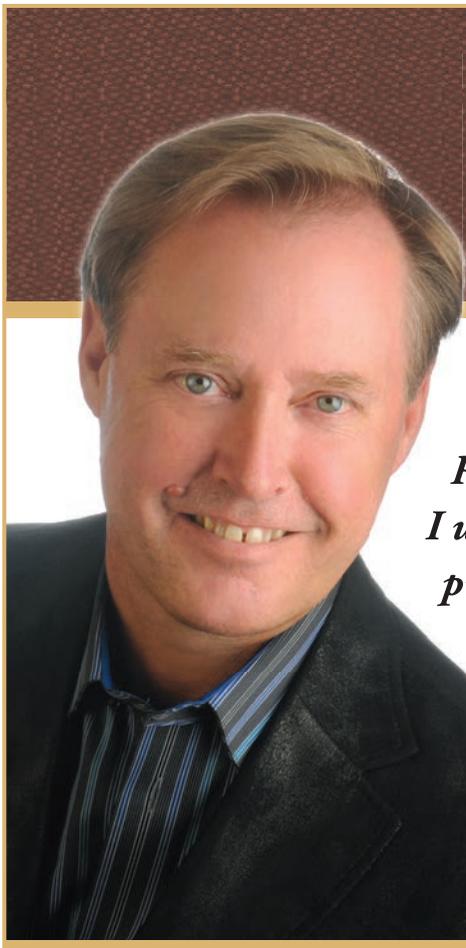
man. **John Stanley Mulvihill** passed away April 18, 2022. He will be laid to rest on July 16 at Hillcrest Cemetery with his beloved Lois, retired Librarian, who died at the beginning of COVID.

It has been a rough two years with suffering through the Pandemic which placed so many constraints on our lives. Restrictions were necessary to prevent the spread of the virus, protect the vulnerable and decrease the overflow of patients in hospital with the unbelievable stress on the health care staff as well as all who worked in Hospitals and Long Care Homes. We lost too many in Canada and thanks to public health protocols and life-saving vaccines, we are seeing a light at the end of the tunnel. However, as the health professionals advise, the best way out of this is still masking indoors, hand-washing and getting vaccinated.

I thank all of you who sent me notes about activities and events. I know there were deaths which I missed who passed away since Christmas. Please email or call me so they may be honoured in the next edition. This is your column. I am the messenger.
Brava Ukraine!



Skippy Hale lives in the original K&P Calabogie train station with her antiques and spends her time in her art studio, her garden of benign neglect and writing. She loves being Nain (North Welsh for Grandma) to her four beautiful grandchildren. Life is good!



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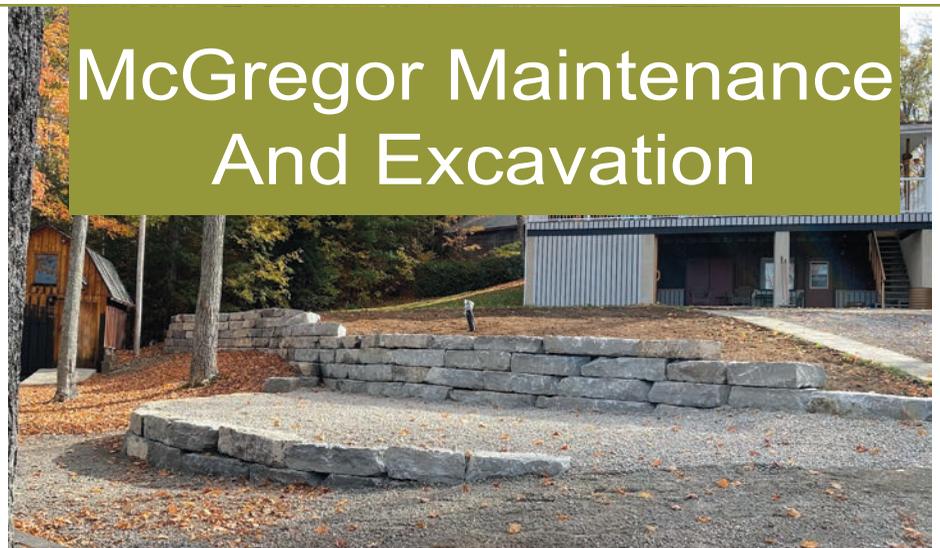


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Lu and Cas Thompson & Son

From the 2008 Heritage Calendar

On the new website under the Archives Tab you will find a valuable historical resource – all the calendars from 2007 to 2020.

Lu and Cas Thompson

A prominent Northbrook couple, Casber and Lulu Thompson owned the general store in Northbrook for 34 years before selling it to A. E. Northey. Born at Harlowe, the son of William Thompson and Alice Hillier, Cas married Lulu Pyke of Wolfe Island. They had two children, a daughter Velva and a son, Hillier. Hillier, also known as Jake, was a pilot who flew with the RAF Ferry Command in WWII. The flying strip in Northbrook near Pine Meadow Nursing Home was built by his father to facilitate visits home. A post-war career flying out of Edmonton on the DEW Line ended in tragedy when he was killed in a flying accident in the mid 1950s.



Left: Casber and Lulu Thompson in Northbrook. Top: Hillier 'Jake' Thompson (R) was the son of Casber and Lulu Thompson who owned Thompson's store in Northbrook. He was a flyer most of his life and would land his plane at the air strip east of Northbrook at the Lloyd farm. Bottom: C.C. Thompson Variety Store Northbrook.

Obituary Hillier Thompson

News of the sudden death of Captain Hillier H. (Jake) Thompson, when a plane was wrecked north of Edmonton, Alberta, on Saturday, was a shock to the people of this district, particularly those living in the Northbrook area. He was one of Canada's best-known fliers and during his career, extending over the past twenty years, he had travelled to almost every country in the world. At the time of his death, he was employed by "Defence Early Warning", an organization set up by the Canadian and American governments, to fortify our Arctic regions. The plane, owned by Associated Airways of Edmonton, crashed when engine trouble developed after taking off on a 600-mile flight to Yellowknife, N.W.T. Also killed was the co-pilot, Kenneth J. Hutt, of Vancouver. Four other members of the crew were badly injured. A party organized by the R.C.M.P., had to get a tractor to pull rescue vehicles through the heavy mud. One wing was torn from the \$300,000 plane.

Captain "Jake" Thompson was born at Northbrook, 40 years ago a son of the late Casber and Mrs. Thompson. After attending school in that village and in Tweed, he assisted his parents in their general store, and then became interested in flying. He purchased a small plane and barnstormed throughout Canada and the United States. He took his first flying lessons at Leavens' Brothers Barker Field in Toronto, and afterwards graduated from Crumlin training school at London, qualifying for the Ferry Command. His record included more than 55 crossings of the Atlantic Ocean with the R.A.F.

He was the first Canadian to fly the Pacific Ocean with a big bomber and his initial flight to Australia saw him skirting a bevy of Japanese fighting planes off New Guinea. His career in flying, was so extensive, that it is possible to touch only on the highlights in this limited space. In his earlier days in the air, he maintained communications between Pelee Island and the mainland, and his little plane was a frequent visitor to Northbrook, where his father constructed a small airfield for him. During his Ferry Command days, he had many narrow escapes and his experiences earned him the name of "Lucky" Thompson, among his colleagues. On one trip to Australia, it was necessary for him to fly as low as 500 feet, owing to the existing cloud banks. He took dozens of planes to North Africa, travelled across that great continent many times, and

became almost a legend in world flying circles. He was a great friend of Jimmy Mollison and "Duke" Schiller, two men whose names are so well known in aviation.

After the war, he was in business with his wife in Toronto, but the urge to fly was too great and he joined various commercial enterprises as a pilot. For some time, he has been flying out of Edmonton with "DEW".

When fate intervened, we have an idea Capt. "Jake" Thompson died the way he would have wished, at the controls of a big plane. No one knew more of the dangers of flying, and he was well aware, that only seven pilots of the original class of 45, graduating at London, were still living. The story of his life in the air will be presented in "Week End" published in Montreal, at an early date. In 1949, he was married in Hamilton, by Rev. Crawford Scott, to the former Helen Gray. With their two children, they have been living in Toronto since that time.

Book and Trunk Sale

at the Barrie Community Hall on Saturday, **May 21st of the May long weekend. The sale will run from 10 AM to 4 PM.** The parking area will accommodate up to 25 vendor vehicles, so it is suggested that you book your spot early. The cost is \$15 per vehicle. You must be registered, and your spot paid for one week before the event.

Contact: Janet Wilson via email or Facebook messenger or you call 613-480-5278 or cell 613-243-0125. There will be a BBQ and drinks available for purchase, and entertainment featuring Coop De Ville, with members formerly from the Pickled Chicken String Band.

New CDHS Website Launched!

We were fortunate to receive funding specifically for this project from the Ontario Trillium Foundation, Fed Dev, and the Township of North Frontenac. The new site is responsive (mobile friendly). No matter what kind of device you use (smartphone, tablet, or desktop) the website automatically adapts for optimum viewing. It has many new and improved features. Membership and patron applications can be filled out and paid for online. Membership applications can also be downloaded and submitted by mail.

New! Flickr Cemeteries For Family History

The new Flickr Cemetery site www.flickr.com/photos/cdhs-cemeteries contains over 1,105 photos with many more to be added this year. This site may prove useful for anyone interested in local family history. All photos can be downloaded in the original size. Plus, the site has an excellent search engine for finding family names. To date, all the graves from Dempsey, Cloyne Pioneer, Harlowe, Northbrook, Vennachar, and Denbigh have been photographed and indexed. Albums have

been created so a viewer can search within a particular cemetery or all cemeteries currently indexed.

CDHS Catchment Area now Includes Griffith & Matawatchan

We are excited to include Griffith & Matawatchan in our catchment area. The stories and histories of people in Griffith and Matawatchan are intertwined with people in Denbigh and Vennachar, who were in the original catchment area, that it makes sense to include them.

If you have old photos you would like to preserve, please contact the Pioneer Museum and we will scan them and include any information you might have.

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Dear Mayors, Reeves and Councillors of Renfrew County and the City of Pembroke,

Elected officials in the Ottawa Valley have been lobbied to support the "NSDF," the giant Chalk River nuclear waste landfill for one million tonnes of radioactive and hazardous waste.

Chalk River Laboratories has been the second largest employer in Renfrew County for many years. It is understandable that elected officials wish to support Chalk River Laboratories and keep the funding and jobs going. However, supporting the NSDF could be a serious mistake for Renfrew County. Consider the following:

- The radioactive waste at Chalk River is the largest environmental liability on the books of the Government of Canada. To properly clean it up would cost roughly \$16 billion and take several decades.
- A multinational consortium was contracted in 2015 and given ownership of Canadian Nuclear Laboratories (CNL). Their contract says they will quickly and cheaply reduce the federal nuclear liabilities.
- CNL has proposed the NSDF as the way to clean up the Chalk River Laboratories site. CNL is proposing to put materials in the NSDF that should never be put in a landfill such as plutonium.
- CNL is importing commercial and federal radioactive wastes to Chalk River for disposal in the NSDF despite a specific request from the City of Ottawa for these imports to be stopped.
- Critics of the NSDF proposal say the facility is poorly sited and fails to meet international safety standards. CNL's own studies show that the NSDF would leak and disintegrate long before radioactive components like plutonium decayed to a harmless state.
- The Assembly of First Nations and more than 140 municipalities, including Pontiac County, Ottawa, Gatineau and Montreal have passed resolutions of concern about the proposed project.
- If the NSDF is approved, we will get one substandard leaking facility for \$750 million, instead of \$16 billion spent over many decades. If ap-

proved, the leaking radioactive mound will pollute the Ottawa River, adversely affect property values, and pose health risks to current and future generations in the Ottawa Valley.

- Surely Ottawa Valley residents deserve world class facilities that we can be proud of and that will keep radioactive wastes out of our air and drinking water such as in-ground concrete vaults and rock caverns on sites further from the Ottawa River.
- Costs to Canadian taxpayers have quadrupled since 2015. The consortium is being paid more than \$1 billion annually up from the \$327 million AECL received in 2015. A 2016 access to information request revealed that nine senior CNL executives were paid an average of \$722,000 per person per year and twenty-eight senior contractors were paid an average of \$377,000 per year per person. Almost all were non-Canadian.
- Recent charitable donations by CNL are tiny drops in the bucket of the more than \$1 billion the consortium is receiving annually from Canadian taxpayers, much of it going to foreign shareholders, foreign senior executives and foreign contractors. Should our tax dollars be used by foreign corporations to garner support for the NSDF?

Saying "no" to the NSDF would not mean an end to nuclear industry jobs in the Ottawa Valley. The nuclear waste liability is a multi-billion dollar industry. A commitment to world class cleanup would bring more funding over a longer period, more jobs, protection of health and the Ottawa River, greater peace of mind and the respect of our international partners.

This letter has been edited for brevity. See the full version with active hyperlinks at www.concernedcitizens.net.

Yours sincerely,

Lynn Jones

Concerned Citizens of Renfrew County and Area

Johanna Echlin

Old Fort William Cottagers' Association

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Diet, Gut, Immunity

By Derek Roche

If you are reading this article, you are one of the millions of fortunate Canadians who have survived the last two years of global pandemic. Apparently, we are not yet “out of the woods,” with new variants and waves arriving every few months. Many are frustrated and fed-up with the disruption to their lives, but now is not the time to let down our guard.

In the next few issues of the Highlander, I will be providing insights and suggestions for boosting our immune systems in order to be as strong as possible in confronting both the physical and emotional strains of living in a pandemic. Today's topic is “Diet, Gut and Immunity.”

You likely know that what you eat can affect your weight and energy levels throughout the day, but you might not realize the extent to which diet affects the immune system. Seventy percent of the immune system is located in the gut. Immune cells in the gut interact with the microbiome, the diverse array of bacteria and fungi that live in the gastrointestinal tract and are directly influenced by an individual's diet and lifestyle.

The foods we eat affect the diversity and composition of bacteria in the gut, which in turn affect immune cells. Our “gut bugs” are healthiest and support strong immunity when we consume plant foods that are high in nutrients and fiber.

“The microbiome and the immune system are critically intertwined. What is present in the gut determines what education immune cells get.

Dietary diversity and microbial diversity go together to form a powerful defence. The typical Western diet, which is high in animal proteins, sugar, processed foods and saturated fat, results in less-diverse gut bacteria and promotes inflammation, pain, and chronic disorders.



Pic by CDC, unsplash.com

A fiber-rich diet, on the other hand, supports the microbiome and reduces the inflammatory response.

Gut bacteria subsist on complex carbohydrates and fiber that our own stomach enzymes are unable to digest - fibrous sources such as apples and broccoli to yams and zucchini.

Related to a poor diet, carrying extra weight also affects immune function. Fat stores, once thought to be inert tissue, actually secrete hormones and chemicals that stimulate inflammation. Medically known as adipose tissue, fat is now understood to be a metabolically active endocrine organ. Obesity affects the immune system directly. The low-grade inflammation that obesity stimulates is an immune-system response. Therefore, maintaining a healthy weight through a primarily plant-based diet reduces excess weight and thereby boosts the immune system. In conclusion, here are some strategies that I recommend:

Eat plenty of plants. Plants are full of fiber, protein and nutrients that keep our bodies and our immune systems strong. (for those of you who think that we need to eat animals in order to have

enough protein, the strongest mammals on earth, such as gorillas and Bulls are vegetarians, and many of the strongest athletes are as well! See “Game Changers” on Netflix! Also, with the rising cost of food, plants provide all the nutrition you need at a much lower cost!

Eat good fats. While saturated animal fats are harmful, healthy fats support immune function. I suggest cooking with olive or avocado oil. Also, you can add avocado slices to salads in lieu of dressing and use olive oil in a spray bottle when cooking. Good fats such as these should comprise 20% to 40% of daily caloric intake.

Eat wild-caught fish. Wild-caught and organic fish are healthier than farmed varieties. Aim to eat fish two-three times a week.

Eat protein at every meal. The typical North American diet features a big serving of animal protein at dinner, but the immune system fares better on vegetable protein sources. We are doing our bodies a disservice when we do not have enough quality protein with each meal. Like fat, muscle is an endocrine organ that directly affects the immune

system, and muscle is made from protein. Dietary protein can come from animal products, but plant sources are better for your health, for the environment, and for the animals!

Use natural spices and herbs in food preparation. Not only do herbs and spices add flavor to foods, they're rich in phytochemicals that may support gut-bug diversity.

I am a big fan of Fermented Foods! (No, I don't mean alcohol!) One of the common factors in healthy, long-living populations around the world is the regular use of fermented foods such as Saurkraut, KimChi, Yoghurt and Kefir, Kombucha, Miso, Tempeh, and many others. These foods are a tremendous source of healthy bacteria for the gut.

Finally, and this is not a food as much as an activity, is gardening, or more precisely, growing your own food or working in the soil. By losing contact with the earth, we lose a valuable ally in the fight against illness.

Simply by getting our hands covered in dirt we pick up thousands of helpful bacteria. The vegetables and salad that we pick from our own gardens are not sterile like those of the grocery store, but are covered in wonderful, health-giving bacteria. Bon appetite!

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



One Size (Dental Care) Does Not Fit All

By Tamatha Strachan

You are amazing and unique! And so, your dental hygiene treatment plan should be as well. Your dental hygienist will assess your individual needs with a series of measurements that record plaque levels, pocket depths, bleeding points, gum recession and risk factors. Put together, this data allows your hygienist to create a customized treatment plan just for you.

Have you ever wondered why your hygienist asks about your overall health and medications you may take? There is lots of research out there that links the bacteria in your mouth to other very serious health conditions. These harmful bacteria can enter the bloodstream and spread to the rest of the body. The following list is just a few of the systemic problems that may be encountered if you let your oral health suffer; cardiovascular disease, diabetes, erectile dysfunction, Alzheimer's, and rheumatoid arthritis. Many medications slow down saliva flow which causes dry mouth and an increased risk of cavities and progression of gum disease. It is very important to discuss any medical conditions with your dental hygienist as we take these into consideration when developing your treatment plan.

It is not normal for your gums to bleed when brushing, flossing or eating. Imagine if your hands bleed when you



Pic by Marek Studzinski unsplash.com

wash them. What would you do? Would you seek medical assistance or avoid washing them? Bleeding gums are a sign that your immune system is fighting the bad bacteria in your mouth. The inflammation and redness along the gumline and between your teeth are responses to irritation from these bad bacteria. Avoiding these areas will not improve your oral health. Luckily, gingivitis is reversible and preventable.

The frequency of your dental hygiene visits should be tailored to your specific needs. The standard “see you in six months” does not apply to everyone. Your current periodontal health, medical history and cavity risk should dictate when your next visit will be. Your dental hygienist may recommend anywhere between three months to one year for the next appointment.

A procedure called scaling is the most therapeutic component of your care as it improves the health of your gums and supporting structures of the teeth by removing plaque (soft) and calculus (hard) deposits. This is where harmful bacteria reside. Once removed, healing can begin, and inflammation will dissipate.

If you do not have any stain on your teeth, you probably do not need a polish. If your dental hygienist does recommend a polish, selective polishing should be done. Polishing does not change the colour of your teeth. It simply removes extrinsic stains like coffee, teas and red wine from the outside of your teeth.

Although fluoride is beneficial to your teeth, not everyone needs a fluoride treatment. In order to determine if you need this service, we need to ask you

these questions: Are your teeth sensitive? Do you grind or clench your teeth? Do you have receding gums and exposed root surfaces? Do you have a high sugar or acidic diet? Do you have a history of cavities? Do you have a dry mouth? Are you getting fluoride from other sources already? Answers to these questions will allow your hygienist to make the best recommendation for you.

Not everyone needs to floss. Once again... you are unique. Depending on the placement of your teeth, you may benefit more from alternative methods of cleaning between the teeth. Options may include use of a Waterpik, small brushes designed to fit between the teeth and specialized toothpicks. If flossing is not your thing, don't be discouraged. Your dental hygienist is here to help you find something that will work for you.

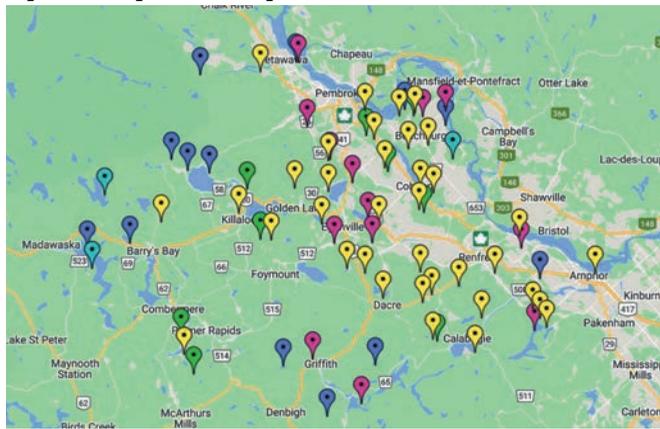
What I hope you take away from this article, is that your dental hygienist is here for you and will work with you to ensure you receive the best customized care possible. Preventative oral care tailored to YOUR needs is always the best course of action.

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



Nature IS Nurture

By Lesley Cassidy



There are plenty of places to “fill your prescription” in Renfrew County alone. Picture yourself in the forest beside a rushing stream after a quiet walk in the woods. Can you feel yourself relax? Does that make you feel better?

Why do we always feel better after being outside? Whether it's gardening, paddling, walking the trails, or sitting on a park bench surrounded by greenspace or a lake - getting outdoors improves our mood. Not only do we feel better, but numerous studies have proven the physical benefits associated with being outside and, specifically, in nature. *As of November 2020, a Canada-wide program launched that encourages physicians, nurses and health practitioners to prescribe getting outdoors as a medical treatment, part of the solution to health challenges.*

Canadians spend over 90% of their time indoors. We also spend an average of one hour and 46 minutes each day using social media and more than another six hours on the internet. And children clocked in at almost eight hours of screen time. Despite these statistics, Canadians agree that being outside is physically and mentally good for us; a survey in 2018 by the Nature Conser-

vancy of Canada confirmed this information.

Doctor Mili Roy of the Canadian Association of Physicians for the Environment shared that significant scientific evidence correlates with how essential nature is to human health. *Being outdoors doesn't just improve your mood or how you feel; it physically changes the human body for the better.* It reduces the level of the stress hormone cortisol, and it lowers blood pressure and heart rates, which can lead to better health outcomes, especially for people with chronic conditions such as heart disease or diabetes. Nature reduces anxiety and the effects of depression. It also gives the human brain a rest from fast repetitive thoughts and leads to improved creativity. Medical studies have also found that four hours outdoors (sitting and walking) dropped blood pressure by 10 points. The research demonstrates it doesn't just last for an hour, but in some cases, these effects last for several days.

One recent study has shown that the more children are active outdoors and connected to nature, the better their chance of graduating from high school. Schools understand the benefits and are implementing changes. The Ottawa French Catholic School Board developed a program for 20 schools where kindergarten kids will spend time outside once a week - exploring, walking and learning about birds, insects, and plants and developing their language and math skills. This will give children the chance to be curious about the natural world and build an appreciation as they grow.

Numerous programs exist that encourage children and adults to get outside. The United States has between 75-100 nature programs that focus specifically on getting outdoors to improve health, access community gardens, state or local park prescriptions, or the *“Walk with a Doc”* program. *A doctor started the program that now has chapters in 500 locations worldwide. It encourages*

people to attend a scheduled walk led by a doctor or medical student and provides the opportunity to connect with neighbours and enjoy physical activity.

Dr. Melissa Lem, a Canadian doctor based in Vancouver, researched what might work in Canada and approached the British Columbia Parks Foundation. Together in 2020, they created the PaRx program (parkprescription.ca). In this prescription-based initiative, doctors, nurses, physiotherapists, mental health counsellors and other practitioners can prescribe doses of nature to their patients. *Providers prescribe an amount that targets 2 hours per week, 20 minutes minimum each time (the time it takes to reduce stress hormone levels).*

It will be Canada-wide by the end of this year, with over 1100 medical professionals registered to be part of the program to date. Parks Canada jumped on board in early 2022. *The medical community can now prescribe*

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2/3 of Canadians are Vitamin D Deficient

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Just 2 hours a week in nature, as little as 20 minutes at a time, can boost your vitamin D levels and reduce stress levels. Constant stress is behind a lot of health issues. We need to do our utmost to preserve "Dr. Nature", if not for Nature's sake, then for our own sake. Nature IS Nurture.

live in a small town, a rural area or a city - clean air, clean water, access to locally grown food and the natural world is critical. As well, Dr. Roy shared that the more we care about our environment, the better it is for our financial health. For example, extreme weather events such as flooding, strong winds or wildfires are more common. Damage to homes and communities may no longer be covered by insurance (or it will be so costly that few people can afford it). All Canadians as taxpayers pay when the government pays for what the insurance companies cannot cover. *Acting now to decelerate the speed of the changes occurring in the natural world will benefit human well-being and bank accounts.*

It's all very serious. However, getting outside in nature is guaranteed to improve our health and mood. If you prefer to wander without a trail to follow, check out one of the 53 Renfrew County Forests, covering over 16,000 acres. The Pershick Tract, off of Norton/Whelan Road north of Calabogie, offers parking and easy access. If you enjoy mature thick pines mixed with rocky outcrops, the occasional hawk sighting and a stunning view of the Madawaska Highlands - visit the Jameson Mountain Trail (6 kilometres round trip) off Hyland Creek Road near Griffith. If bird watching is more your thing, check out Westmeath Provincial Park, a sandy point and beach that's part of a former channel of the Ottawa River. You may spot migratory and nesting birds, turtles and wetlands during a serene morning paddle.

Provincial parks, conservation reserves and Areas of National Scientific Interest (ANSI) offer varying degrees of protection to the diverse landscapes,

wildlife and vegetation of the Ottawa Valley. One of the most prominent locations is the Centennial Lake ANSI (1563 hectares). It includes Mackie Creek, the large island on the Lake and numerous bays, all accessible from the Centennial Lake boat launch. Check out the "Nature Notebook Website" of Renfrew County to discover maps and information regarding the wildlife, flowers, birds, bats, tree types and geographical features that form the natural world in the area.

Earth Day passed a few weeks ago for this year, but any day can be Earth Day. Find your sweet spot this spring, whether it's tending to your garden or hiking the Manitou Trails. Let's think about Ottawa Valley outdoor spaces and what we can do to protect them, whether planting flowers that attract bees and butterflies or picking up garbage at a boat launch or Crown land campsite. And it might be time to update the old saying to, "green space each day keeps the doctor away".

a free *Discovery National Park pass so that anyone can access a National Park to soak up some green time.* An app will be launched later this year through the Prescription program providing users more information about where to explore greenspace near their home and the opportunity to log and track their time spent outdoors.

Nature does not fully replace medication, but it's a powerful and vital part of an overall approach to better health. And it is not a new concept. *Back 2000 years ago, Greek doctors prescribed spending time outside and physical movement for disease management.* Different cultures have different variations - the Nordic tradition of "Friluftsliv" translates to embracing outdoor life. The Greek physician Hippocrates has famously been attributed with writing, "the physician treats, but nature heals".

A local hiker, Laurie H., who loves to photograph wild mushrooms and find new mountain tops, shared

that "the wilderness is my sanity blanket. Summits give me the grand reward and a chance to just breathe and take it all in. I'm always refreshed and renewed". Immersing ourselves in the natural environment, walking, gardening or connecting with friends for a hike packs a lot of good medicine into the human body.

But that medicine is at risk. Dr. Roy shared that "*caring for the environment is caring for our physical and mental health*". She's part of a team of physicians fighting for access to greenspace, land for agriculture and food security, among many other issues. These physicians, for example, present to town councils, attend hearings and lobby members of Parliament. Recently, the doctors convinced the municipalities of Hamilton and Halton to not expand their boundaries in areas of prime food production and greenspace.

She stated that "environmental health is the single strongest determinant of human health". Whether we



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

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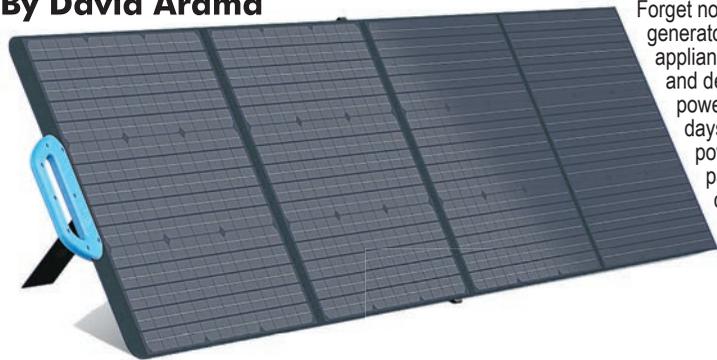


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How to Survive Well

By David Arama



Forget noisy and bulky, diesel generators to keep essential appliances and furnace running and devices charged. Battery power is the way to go these days. Charge them through power outlets or solar panels. The larger ones can even charge an electric vehicle.

The cost of a disaster is always more than the cost of being prepared.



Backup battery systems cost about the same as diesel generators, with a range of prices depending on how much power you will need. They weigh less and are completely silent.

What are we in for?

The past 2 1/2 years have clearly shown us the need to be prepared for increasingly frequent disasters. Whether it's Climate Change Extreme Weather Events, Worldwide Pandemics, Civil Unrest, or the potential for World War III, being prepared for just about anything is becoming a stark reality. Nuclear War is a rough subject. Most of us thought the threat of it went away as the Cold War faded out, but recent events show us the threat never really went away. Civil Disasters are becoming a reality that I never believed could be a possibility here, but

after the insurrection in Ottawa, I'm not so sure anymore. What will the future hold? Are we prepared for increasing civil unrest?

On March 18th, 2019, I was competing, leading an outdoor survival training program for a group of Indigenous youth, and driving back home to Marble Lake Lodge, having just heard that a COVID Pandemic had just been declared by the WHO. That was a very sobering drive back. A lot was going through my mind; the uncertainty of what level of disaster was on our doorstep; are we prepared for a worst-case scenario? So many ques-



If you are prepared for things like extended power outages, they become minor inconveniences rather than disasters. This woodstove doubles as a cook stove and requires no power to run. In fact, the heat rising from the stove powers propeller blades to move the heat into the room.

tions! Many Ontarians panicked when they ran low on toilet paper. What if food was scarce? What if you had to bug out to safety? Do you have a rehearsed plan at home? Does your township address disaster preparedness?

I recently made enquiries to federal, provincial, and local authorities, looking for advice or shelters in case of a nuclear disaster. Guess what? There is no plan. You're on your own, basically.

Natural Disasters are becoming more frequent and more intense. Our region experiences low-level earthquakes. Many low-lying areas are vulnerable to

flooding. And most of us have experienced droughts, severe blizzards, and intensely dangerous thunderstorms. Tornadoes are becoming more frequent, as we saw in Calabogie. We think of hurricanes as being coastal events, but as we saw with the famous Hurricane Hazel, they can wreak havoc and cause widespread misery in Southern Ontario.

What can we do?

FLOODING: Raising structures a few feet can save them from damaging flooding. Avoid basement units in the flood zones. And know where to pick up sandbags at local municipalities. Head to

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Radiation is invisible. You could be hundreds of miles away from a nuclear melt-down and think everything is fine unless you have a way to check radiation levels.



If you are unsure about what you need to survive potential disasters in your area, it's a good idea to book an in-home consultation with a survival expert. You can buy what you need a little at a time, but do it.

a basement if there's a tornado warning.

NUCLEAR: I have potassium iodide pills for low doses of radiation, and a radiation detection meter to measure the severity. I also have a below ground, concrete encased bomb shelter, complete with a well. Underground garages are also good hiding places. For a radiation proof shelter, it's best encased in lead. Even a steel and concrete structure isn't radiation proof. Generally, it's safer to be at minimum 100 miles from any nuclear blast and stay underground for at least 2 to 3 weeks.

Even without nuclear war, living close to nuclear plants can be a disaster risk, and we all live relatively close to a nuclear plant in Ontario. Radioactive material from the Chernobyl accident was found in neighbouring countries and parts of Western Europe. Close by, we have the Bruce, Darlington, and Pickering nuclear power stations and the now diminished plant at Chalk River. All of them have had nuclear accidents, not to the scale of Chernobyl or Fukushima, but we must be prepared. Chalk River is where a proposed near surface dump is in the process of being planned, amid much public protest and alarming complacency by almost all levels of government.

People who live within a 10 to 30 km. radius of a nuclear plant are either given Iodine pills or are told to get them to help counter the consequences of a nuclear accident, but the effects can be felt much further afield and for many

thousands of years. There's a lot we don't know, and hopefully we'll never find out.

POWER OUTAGE: When the hydro goes out, and the well shuts down, you better have alternatives.

Warmth, Heating

My first choice is a large capacity woodstove, with a double walled chimney liner. Also, a thermocouples fan that sits on top and requires no electricity during a power failure. Pellet stoves are a good second choice, however, the auger that feeds the pellets needs electricity to work. There are gravity-fed pellet stoves on the market. Generally, solar doesn't work well for heating. Propane heaters are excellent, as long as they are vented properly. It's the same with propane furnaces, but both need electricity to run.

Electricity

There are several great ideas for producing your own electricity, including wind and solar systems, backup battery storage banks, portable and standby generators, and thermocouples. Bluetti produces inverter lithium backup power systems, and portable solar panels. They come in many sizes. You can calculate your wattage needs, and then determine what makes sense. During a power outage, a smaller 700 watt EB55 and a PV200 solar panels (200 watts) could keep some lights and a television running. Larger 2000 -5000 watt power-packs are needed to keep some appliances running. Similar for generators. It's critical to have an

inlet installed on your house, to plug in directly to a generator or solar system. Another option is a Generlink, where you hook up to the hydro meter directly, and connect to an 8,000 watt portable generator.

CLEAN WATER:

Drilled wells are great, but they require pumps and hydro. Open wells and wells with hand pumps could work in the worst-case disaster. Use iodine and chlorine tablets for purification, if all else fails. And boiling for 2 or 3 minutes eliminates most pathogens. Infrared filtration is excellent, but also needs hydro. Portable water pumps using carbon and ceramic filters are nice alternatives for short-term filtration. You can buy a water testing kit at many hardware stores, such as Home Hardware.

TOILET:

There are many good waterless toilets on the market. They use a wood mulch or peat moss to work. Something as simple as a chemical toilet for an RV, or the old bucket with toilet seat lid, also work.

MONEY:

It's always a good idea to have cash available for those times when cash machines and banks no longer work, but if the

stores are closed and no goods are moving, basics like food and water become the only currency. It's better to have more supplies than you need, than less.

FOOD:

I believe in having long-term food provisions, with lots of high energy carbs and oils. There are many survival supply depots that sell emergency food packages and freeze-dried supplies. The official government websites advise a 72-hour food supply. I believe in several months or more.

MEDICINE:

To be prepared for any disaster, you should consider having at minimum, a 6-month supply of your medications, and plenty of high strength painkillers plus antibiotics. What would you do if there was no access to a doctor or hospital? Not a pleasant thought. Hurricane Disasters have taught us that there's a 96-hour window before all manner of civilization comes to a standstill, and you will be on your own for just about everything. The key will be self-sufficiency and the ability to adapt and stay positive. Hopefully, nothing too severe ever happens, but I'm not liking what I'm seeing nowadays. My instinct says be prepared.

Remember, be prepared, you are biodegradable.

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



David is the owner of Marble Lake Lodge, and WSC Survival School Inc. David has appeared on numerous outdoor survival reality shows eg. Survive This

YTV, Bad Trips Abroad T + E, and offers a variety of training courses and camps. marblelakelodge.com wscsurvivalschool.com

The Denbigh/Griffith Lions Club would like to send a sincere thank you to the following individuals, organizations and businesses that supported us with their generous donations to our Christmas Food Hamper program. We were able to make Christmas a more joyous occasion for the less fortunate in our community due to your generosity.



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Why Write? Why Enter?

“There is no greater agony than bearing an untold story inside you.”

- Maya Angelou,

I Know Why the Caged Bird Sings

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.

There is nothing like a deadline and the prospect of a prize to turn your “someday” into “get ‘er done!” The closing date of the short story contest on September 22 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.

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. Ask friends to read your story and tell you what they like about it and what might need some tweaks to make it better. Write your story and have someone else proofread it, then 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.

Now is the time to set pen to paper or fingers to keyboard and write that story you’ve been thinking about. A story doesn’t exist until somebody reads it.

“If there’s a book that you want to read, but it hasn’t been written yet, then you must write it.”

- Toni Morrison

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People’s Choice: “Gabrielle” A novel by Michael Joll



Judges:

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

Kenneth Puddicombe, author

Garry Ferguson, writer, editor, former Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries:

No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state the age on their entry email and must be under 15 years on September 22, 2022. 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 22, 2022.

Email your story as an attachment to info@reelimpact.tv

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

Go to www.madawaskahighlander for complete rules and to enter. If for any reason the Madawaska Highlander ceases publication, the contest will be cancelled.

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Spring - How Sweet it is!

By Ernie Jukes - Artist, Writer, Rover

We'll say now, isn't that the truth? We will probably all agree that spring could be the sweetest time of the year. Every Spring, mind you for only a few weeks, a special event occurs, in our valley! A few, very special people, with proven know-how and proper facilities will quickly go to work. They will promptly extract a barely sweet, clear sap from their dense, snow covered, hard maple forests right here in our highlands, as has been done for thousands of years. This rich sap is run, nowadays, mostly in pipes directly to the Sugar Shacks where it is carefully and arduously "boiled down", to become the world's most delicious sweetener.

In our neck of the woods, we share time honoured methods, handed down by our elders, to create this special dollop we call "Maple Syrup." We have been "running off" a natural product that is a deep source of pride, almost since we desired a treat. Yes, each producer is slightly different in their ways, but all recognize that "it ain't no easy job."

Here is a true labour of love, in one of Ontario's oldest customs, (springtime weather permitting) in harvesting the most natural product we have. And probably one of the toughest activities, when you consider the time and work required in collecting the sap and even more so in collecting the wood required for "bilen er down" An exact process in itself, and then the bottles must be sanitized before filling and boxing. It is then truly the "Nectar of the Woods".

But hey, listen here, did you know there is a World Competition to do purely with Maple Syrup? Some countries call it "Sapping, or Sugaring Off", and their best syrup is entered. Contestants from Norway, Sweden, Canada and the USA, including little Vermont, Nova Scotia, Maine and New Brunswick are involved. The province of Quebec leads the world in volume and top production; however Ontario generally gets the "Best Taste", with Renfrew County winning the "Most Sweet Award". Is that yummy or what?

Many of us have tried making this wonderful syrup sometime or another and most have found it an awful lot of hard, sticky, work for the small, but delicious reward. Those that produce this seasonal treat, rich, dark and clean, year after year, provide a true dining service. Connoisseurs demand the very best topping on their waffles and pancakes and



for the many baking recipes they use. The Canadian version is recognized around the globe.

Back in the day, our grandfathers hauled the ice they sawed from our local lakes by horse and sleigh, right to our "Icehouse". Here they kept the ice, surrounded by sawdust, frozen well into summer. We knew how to preserve syrup and most foods without electricity. Cool, underground root cellars were also used to store root vegetables and the salted "autumn kill". Today of course our hydro should provide the refrigeration necessary to keep all our foods safe.

In my experience, a couple of our old, local, "Bilen Down" friends, also supplied us with firewood and ice with their team and wagon. Nelson and Neale Thomson were an interesting pair of brothers. Despite Nelson having vision in only one eye and his brother totally deaf they were always busy, capable, hard workers! And they knew how to bring their efforts to market. They also knew how to laugh a lot. About 1942 I did a large hunting cartoon for my dad which Nelson said, he could have posed for. It's hanging today in my barn. Have a look and tell me what you think. Their sugar shanty was located just off the Hutson Lake Road where they made an excellent form of our "natural sweetener".

I used the interior of Joey MacPherson's shanty in Matawatchan as a guide many years ago, for a pen and ink drawing. It was a 4-part series of postcards showing the village which also featured the Matawatchan General Store when it was operated by Marion and Amy Rahm. That was back in the day when I could gas up my 29 Ford coupe, we called "Fast

Lady" for, get this, 25 cents a gallon. Yep, a gallon! Maple Syrup sold in the store for about the same.

Today, our modern wood and syrup supplier is Klayton Keller from Denbigh. Mind, other producers in Griffith and Dacre areas do a mighty fine job, too.

I know, you are always welcome to visit these shantys. It's a great way to enjoy a Spring Day. The temperature is usually pleasant as we need cold nights and warm sunny days for the sap to flow. Be sure to enjoy an early taste of that special treat "Tire d'érables" (Maple taffy - pulled maple taffy on snow). This taffy is thick liq-

uid syrup poured onto some clean snow and then rolled into a "Shanty Lollipop". They are loved by all us kids, breaking out of another long, hard winter.

Well, there you have it my friends. This is perhaps one of our oldest customs that, simply put, may be improving with age. For thousands of years early "Canadiens" have enhanced their drinks and cooking. Today we know it improves your morning coffee and whatever else we wish to make a little sweeter. We know that those who have worked so hard in continuing this natural product, from the time of our Great Grandfathers and indigenous elders, deserve our applause. We thank them for maintaining another valued tradition of our Ontario Highlands heritage. How sweet it is! Get some. Stay healthy. Stay safe and laugh lots. ...old Ern



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

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Strange Bedfellows, Who'd a Thunk it?

By Antonia Chatson

pic by Levi Meir Clancy unsplash.com

The urine sample came back inconclusive. By the next day my condition was anything but inconclusive - a raging urinary tract infection - including delirium. My daughter phoned a friend who brought another friend to assess my situation. They in turn phoned the ambulance. Then there were four men crammed into my bedroom, All I could think was that I have never had so many men in my bedroom at any one time. I usually try to space them out a bit. Ambulance attendant number one introduced himself as Clarence, indicating the other man was Jack. And I blurted out, "And I'm the Queen of Sheba!"

Then they started pummeling me with questions. "What is your name?" "I just told you." I must have got that one right, for there were chuckles and nods all around.

"Where do you live?" It must have escaped their notice when they came in to see me that I lived in a house.

"In what year were you born?" "At the end of the war, not saying which one."

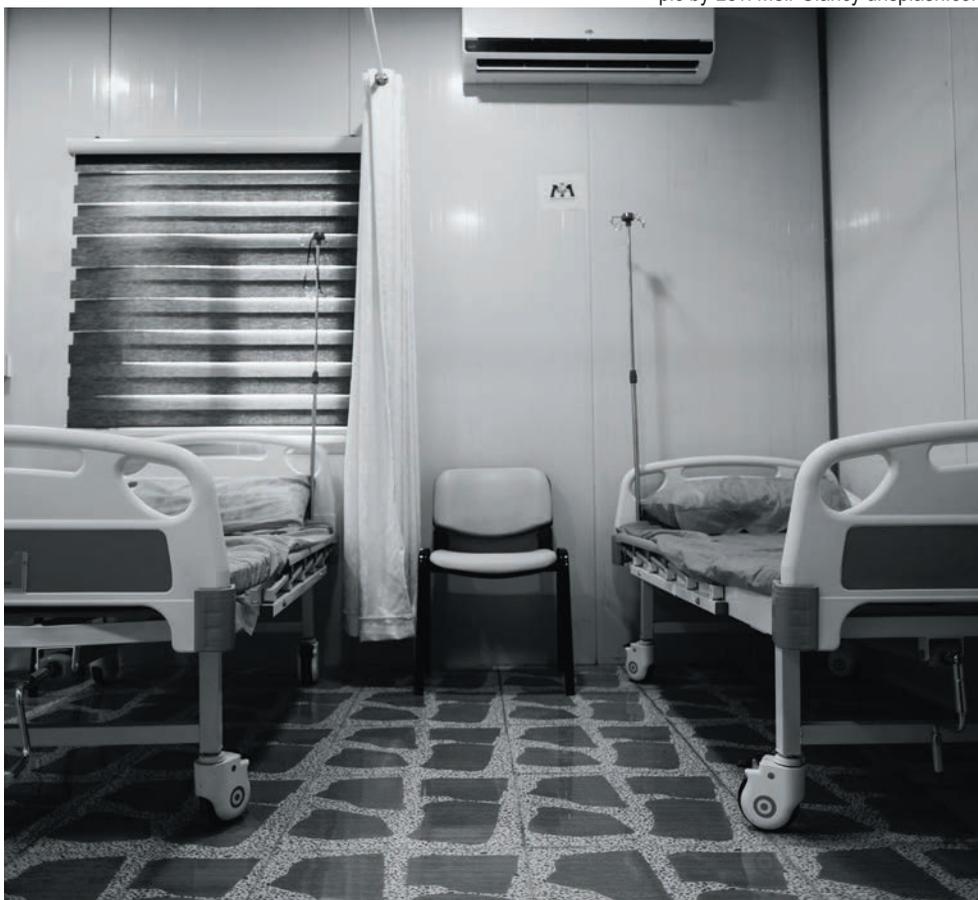
"What day of the week is it?" Now we are getting serious I thought. I had one chance in eight or was it seven to get this one right? "Wednesday," I blurted out!!! I must have missed that one by a hair for there were groans, tuts tuts and shaking of the heads all around.

"What month is it?" "Look outside. Anyone can see it is winter."

"What year is it?" Now that was definitely a leading question. "I think I want a lawyer." I passed out on the way to wherever, and when I came-to, after the ambulance had stopped, there was one final question, I hoped. "Do you know where we are now?" In a brief moment of lucidity, I answered, "This had better be a hospital."

After a night of extreme pain and passing in and out of consciousness, I came-to the next morning in a hospital room.

I began to assess my situation. From behind the curtain dividing the room in two I could hear what sounded to me, like a low steady growling. When my daughter phoned me, she asked me who my companion was. I replied it was a man, not realizing how inappropriate it would be to have a man and woman in the same room. My curiosity was piqued as to the identity of this person. Soon the low growling was interspersed by foul language with every step this



person took as they made their way to the bathroom. I had a fleeting glimpse as they passed by the curtain. That did nothing to confirm the gender of the person. The stooped posture and gray hair sticking out still left me puzzled. When the nurse came in next, she referred to this person as 'Heather'. That confirmed the gender of my roommate. I thought maybe at night, I might get some respite from the growling but with two snorts of a snore, the growling continued as she woke herself up.

During the five days I was in the hospital, she received two telephone calls, the first one lasting thirty- six seconds and the second one lasting thirty-eight seconds. During the second call someone must have asked her about her doctor. And she replied, "He is some big black Dude!!!" It was now understandable why she had so few phone calls. I had visions of a Sumo wrestler of African descent bending over her and stabbing a meaty finger in her face. This was not only not true, but a gross exaggeration of the doctor's appearance. He was of East Indian descent, and of a very slight build, with a very caring and compassionate attitude. She would have done well to have heeded the old adage 'Don't bite the hand that feeds you.'

On the day of my discharge a nurse came in the morning and Heather asked her when she could go home. The nurse replied, "Not for another week." It seemed she had had an operation on her foot, and they wanted more time for it to heal. Heather raged at the nurse, shouting at her, "Leave me alone!" "Don't touch me." And, "You get out of here!" I'll give her this - she had a good set of lungs, and I am certain that she could be heard by the rest of the hospital. The nurse took this abuse for a while but as the raging continued, the nurse finally said in a quiet calm voice, "I know how frustrated you must feel not being able to go home. And I sympathize with you, but that does NOT allow you to speak to me the way you are doing." Then the nurse made her exit before any more invective could come her way. As she passed by the foot of my bed, she turned toward me and gave me a wink. I nodded my head in reply. What a negative person Heather must be, and what would have caused her to be this way?

I started to pray for her, but as I was praying, I was wondering if there was something I could do or give her that would take her mind off her situation. I browsed through some books that a friend had brought in for me and discovered a word search book. When the nurse came in to see me, I handed this to her, and told her to give it to Heather. The nurse did so, explaining it was from her neighbour. Heather's reply was, "I usually do crossword puzzles." Is there anything anyone could do that would be

right, in her eyes?

On the day of my discharge, a television was wheeled to the foot of her bed, to have a virtual appointment with a physiotherapist. The TV was accompanied by two doctors and two nurses. I am assuming that they thought they could drown her out if she started to yell or hold her down if she tried to escape. The physiotherapist began asking her some questions about her situation. They ascertained she lived in an apartment complex. "Do you have any family that could help you out when you get discharged from the hospital?" "No." "Do you have anybody that could check in on you?" After a long pause, she replied, "I supposed I could ask my next-door neighbour? Do you have a friend who could help with things like laundry or shopping?" Heather replied, "No, but I guess I could ask somebody." What a lonely life she must lead. But I'm sure all of it was her own making.

When my ride came to pick me up, he said we better get home quickly, as we are in the midst of a blizzard and driving conditions were not good. I replied, "Not before we go to the IDA, where you will purchase two damned books of large print crossword puzzles, and two pens. Then we are going back to the hospital where you will take them in and give them to Heather."

This experience can only be matched by my stay in the Civic Hospital for a hiatal hernia repair. It was to be done laparoscopically. When I awoke after my surgery, I experienced terrible pain in my head, down my arms and down my back. The nurse explained to me that there were no pain sensors in the stomach area, so that pain went elsewhere. After supper they took me up to my room where I fitfully dozed off and on. At 2:00 am the nurse awoke me with an unusual question. "Have you farted yet?" What was going on? I thought, did I miss something? She then explained that in order to be able to see what they were doing during the operation, they pump the abdominal cavity full of air. The more I farted the less my pain would be. Well despite the pain, I didn't think it was a good idea to go all out at the beginning, so I worked at gentle puffs for a while and by mid-morning the next day, my farts were rocking the Richter scale pretty good, and yes, the pain did decrease. On the day of my discharge, they took me to an exercise room with a walker, where I climbed a few stairs. After forty-eight hours and having passed all the tests, I was free to go home. So, I guess if you can do stairs, walk, pee and fart, you are good to go?

Is there nothing left sacred in this world? Apparently - not in a hospital setting.

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

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

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

Yukon to set up First Nations school board after historic vote. New board to emphasize on-the-land learning, Indigenous language instruction.

Over 600 US sites to be renamed, replacing a derogatory term for Indigenous women. White Squaw Island, Squaw Hollow, etc. will be renamed.

Powell River name to change. Powell was superintendent of Indian affairs for BC. He made policies, like loss of land, language, culture, that still affect Tla'amin Nation

The latest thing people want to rename in Toronto is Queen Victoria Public School, and the shortlist of potential alternative names includes Michelle Obama.

Women walking across Canada to raise awareness for MMIW, to connect families of missing and murdered Indigenous people, hoping for more government resources.

American women players settle suit vs. U.S. Soccer, secure equal pay. they are promised \$24 million plus bonuses that match those of the men.

P&G recall 30 aerosol spray products due to concern over high levels of benzene, a chemical known to cause cancer, in the propellant that sprays product out of cans.

Since the Cold War, CSIS identified three primary threats: terrorism, espionage and foreign interference. They now add disruptions due to climate change as a threat.

Lufthansa operated 18,000 unnecessary flights due to lack of passengers, to avoid losing take-off and landing rights at major airports. Climate change requires changes.

Air Canada Expands its Summer 2022 International Schedule; Relaunching 34 Routes to Europe, Asia, Africa and The Middle East.

New satellites show that oil and gas companies routinely vent huge amounts of methane into the air. Some are constant leaks, others to clear pipes before repairs.

Space trash could kill satellites, space stations — and astronauts. The number of objects that make up space junk continues to grow every year.

Space junk caused a new crater on the moon in March, unseen on the dark side.

A 10-metre-long “black box” in Australia will record climate change data and global energy consumption as a warning to future humans after the impending apocalypse.

A new study published in the Lancet journal - For the first time in centuries, the world's population is set to decline starting in the next few decades.

City of Ottawa to begin phasing out gas-powered garden tools this summer.

Canada is hitting electric vehicle turning point. Tech advances developments have made electric vehicles better and cheaper to run as electric infrastructure advanced.

Large tract on Manitoulin set aside as nature reserve by The Nature Conservancy of Canada to safeguard wildlife corridor for wolves, bears, and at-risk species.

New Equador reserve adds over 20,000 sq. miles to the 50,200 sq. mile Galápagos Marine Reserve. Panama and Colombia will add more space to international reserve

Doctors can now prescribe a Parks Canada Discovery Pass to patients suffering mental and physical health problems in B.C., Ontario, Saskatchewan and Manitoba

Magpie River in Innu Territory declared a legal person with right to be free from pollution, to sue, and to have legal guardians – a first in Canada – but will it work?

TransAlta completes its planned transition from coal to natural gas power in Canada

Alberta and private business are building the first of many carbon capture hubs in areas with heavy-emitting facilities that produce fuel, fertilizer and chemicals.

Apple uses ‘world's first’ carbon free aluminium in iPhone SE, invests \$4.7 billion in Green Bonds to reduce emissions. Process produces oxygen rather than GHGs.

U.N. Environment Assembly in Nairobi created an intergovernmental negotiating committee to hash out details of a treaty to end plastic pollution by the end of 2024.

Chrysler to go all-electric by 2028, starting with the Airflow in 2025. By 2028, the 96-year-old automaker's entire lineup will be all-electric.

With rebates for farmers, Canada is nudging the sector away from fossil fuels.

Engineers are building bridges with recycled wind turbine blades. Repurposing the blades could help solve a major waste challenge.

An estimated 1,200 barriers block access to salmon habitat across the Lower Fraser River. A 30-metre breach punched in a 100-year-old jetty shows what's possible.

Elon Musk Foundation awards \$1M prize to N.S. company that needs to scale up tests on technology that uses mine tailings for massive ocean-based carbon removal.

New smartphone apps have launched in Canada to cut down on food waste by showing users grocery stores and restaurants selling excess supply for cheap.

Flashfood, Too Good To Go and FeedBack are new in Canada, billing themselves as

an innovative way to simultaneously cut food waste and save money.

Precious resource: About 500 truck-loads of white sand were stolen at night from a new resort in Jamaica. The sand is believed to have been sold to rival resorts.

Canadian engineers, say they have developed a ‘laser-thermal propulsion’ system, Lasers heat hydrogen fuel to send a ship to Mars in 6 weeks, rather than 9 months.

Woolly Mammoths Went Extinct Just 5,000 Years Ago, According to DNA Evidence found in Yukon permafrost core samples.

A statue memorializing the Tiananmen Square massacre, a symbol of autonomy, was removed in Hong Kong. All mention of the massacre is forbidden in China.

A 9in X 105ft. strip of Toronto land between a church and pharmacy sold for \$50K

Calabogie is now considered among the fastest growing areas in the “Outer Ottawa” market with price increases ranging from 50-62 per cent for residential properties.

China Mobile Sues Former Exec Who Fled to Canada amid fraud scandal, is accused of laundering money by buying homes in Vancouver.

Credit Suisse caught trying to shred evidence of loans to Russian oligarchs one week after ties to international drug lords and corrupt regime officials was leaked.

Road pandemic: Americans drove 13% fewer miles in 2020, but with more open roads, speeding rose, deaths rose by 24% over 2019, 4.8M incurred serious injuries.

Toronto driver caught 30 km/h over, blames car, “I wasn't speeding. The car was.”

5 points for anger, 1 for a like. Facebook formula fosters rage and misinformation, pushing more emotional and provocative content into users' news feeds.

US bans telecom giant China Unicom over spying concerns. Equipment from Huawei, ZTE and three other Chinese companies cannot be used in US telco networks

Disappointed with the lack of US response to North Korea's attacks against US security researchers, one “hacktivist” took down North Korea's internal Intranet.

Bomb threat to the wrong Ottawa by U.S. man opposed to mask mandate. He searched ‘Ottawa Police Department’ and phoned Ottawa, Ohio – twice – from Ohio.

WHO: Children under 1 year should not have any screen time. Japanese study found boys with high screen time most likely to be diagnosed with autism by age three.

Nerve damage may explain some cases of long COVID, U.S. study suggests. 60% of patients in small study had nerve damage, which may point to new treatments.

Ontario planning to deregulate traditional Chinese medicine, acupuncture.

Toronto General Hospital Ranked 3rd Best In The World For The Third Year In A Row out of the 2,200 hospitals and the fourth consecutive year in the top 10.

Health Canada recalls Fitbit Ionic smartwatch due to risk of burns. Sometimes feeling the burn is a bad thing.

Ontario investing \$22M over 3 years to implement an Ontario-made technology that will integrate the clinical information between hospitals and long-term care.

Research in Montreal could lead to treatment for aggressive form of breast cancer

England's 1,229 year old pub closed due to people staying home. Ye Olde Fighting Cocks survived civil and world wars, famine and the spread of the bubonic plague.

Canada aims to welcome 432,000 immigrants in 2022 as part of three-year plan to fill labour gaps.

Ontario Offering Free Training and Paid Apprenticeships for Electricians. Province is facing a shortage of workers in a field that can pay over \$50 an hour

The B.C. leader of the Church of the Flying Spaghetti Monster continues to battle ICBC in his bid to wear a pirate hat “religious headgear” for a driver's licence photo.

Explorers and researchers, battling freezing temperatures, have located Endurance, Ernest Shackleton's ship that sank in the Antarctic in 1915

Quebec to ban declawing and other cosmetic animal procedures this summer. Devocalization of dogs, ear pruning and tail cropping also to be officially banned

Hamilton neighbourhood covered after plant malfunction sends ‘beans raining down’. Company offering free car washes after area showered in sticky bean hulls

“90 Day Fiance” Star Has Medical Emergency After Farting In Jars Too Much. After earning \$200K for farts in jars, diet of beans and eggs created painful gas buildup.

It's a Merkel!

By Colleen Hulett

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



Tulips and Trilliums in bloom and Pussy Willows turning to catkins are all clues that the soil is warming to 45°F.



Toxic look-alike - the White Elfin Saddle (Helvella sp.)



A Snowbank False Morel (Gyromitra gigas). False morels are wrinkly and DO NOT have a honeycomb pitted cap. True morels are never red or orange.



Dryad's Saddle emerges at the same time in the same habitat as Morels and is your consolation prize if you don't find any morels. Pick only young tender parts and fry them in butter until crispy. These guys are larger than your hand, but young ones are tender and better tasting.

Morels are an extremely tasty gourmet mushroom which are foraged in the spring across the Northern Hemisphere. They are the most sought out mushroom by foragers, being highly nutritious and medicinal. Full of amino acids, sterol, and magnesium. Some Morels even have a nanogram fraction of gold. According to R. Rogers in his book the Fungal Pharmacy, Morels are sold by the Chinese to treat indigestion, excessive sputum, and shortness of breath. Since 1973 studies have shown Morels to be tumour inhibitors, immunostimulators, and have anti-inflammatory and antioxidant actions. Rogers stresses that many more promising- studies are underway. Too many to count.

Undergoing extensive re-classifications, the Morchella genus (true

Morels) is large and varied across the northern hemisphere. There are 50 species of Morchella worldwide and all found in the northern hemisphere. 19 species are endemic to North America. Europeans and North Americans are the largest consumers of Morels.

When we talk about Morel mushrooms, we group them into two groups: the Morchella Elata Clade or Black Morels and the Morchella Es-culenta Clade or Yellow Morels (also called Blonds and Greys). In N.E. Ontario and Quebec Morels begin to appear in late April starting with the Black Morels and ending in the first week of June with the Blonds. The two Clades overlap in the 2nd-3rd week of May in our region making it possible to find both Yellows and Blacks at the same time.

Morels grow everywhere where conditions are just right. These conditions involve knowing their survival connections with the Flora Kingdom. Not only are they expertly camouflaged on the ground growing out of leaf and wood chip litter, they also are hiding in secret locations like under logs.

Please know that the biggest insult you can give a mushroom hunter is asking them where their favourite Morel site is located. Why? Unable to commercially farm delicious Morels successfully due to its mycorrhizal relationship with certain trees, most Morels are handpicked in the wild and consequently prices are high. My grocer sells imported dried Morels for 12.99 at 15g. That is a whopping \$364 a pound. Canadians buy most of our Morels in 'rustic' chic packaging from

France. But did you know these Morels are imported from Mexico? Buy local if you don't want to add excessive pollution costs to the atmosphere through unnecessary travel to and fro. But wait, you can also pick your own Morels anywhere in Ontario on Crown land. Mais oui.

The Latin name for the mushrooms discussed as edible in this article are the Morchella genus and do not include any false Morels or Morel look-alike mushrooms from the Verpa, Hevella and Gyromitra genus. These dudes are generally gastric toxins and some even poisonous. If you look them up in Google images you will see they do not actually look like true Morels. True Morels vary greatly in shape, but all have a hollow centre and honeycomb pattern. Although some Morel

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False morels when cut in half are never hollow and always interesting! True morels are always hollow inside and the cap and stipe cannot be separated.



Black Morel. *Morchella elata* Clade. Notice the honey-combed design with dark outlined pits. Black Morels are many shades of browns too.



A grey Morel is simply a younger Yellow Morel from the *Morchella esculenta* Clade. Soon this baby will be twice its size and a yellow shade.

look-alikes are edible, they all should be avoided due to confusion. Sticking to eating true Morels is the only way to go safely. They are truly a unique looking mushroom and you will get comfortable recognizing them.

Traditionally, true Morels are called many funny names like Merkel, Molly Moochers, Morilles (Fr.) and Dry Landfish. Dry landfish is a translation from the Mohawk dialect and I find it the perfect descriptive name. Why? When you cut a Morel mushroom in half and put it cut side down in the frying pan it is shaped like a fish and the fried honeycomb texture resembles fish scales. Morels are not eaten historically by some cultures due to a gastric toxin (not poison) in the raw mushroom form. Not to worry as the toxin is killed off when cooked thoroughly and some chefs will blanch the mushrooms for a couple minutes before frying. Consequently, some traditional fables warn you not to eat Morels. One such fable from Poland tells of a devil in a bad mood who murders an elderly woman he passes in the forest and then scatters her wrinkled flesh everywhere creating the shriveled honey-combed look of Morels. Yikes. Then, on the other hand, it is said that homesteaders from Virginia were dangerously snowed in for a winter and survived on reconstituted dried Morels. They began fondly calling them 'Merkels (miracles)'. LOL. Seriously though, Morels are delicious and the tastiest mushrooms on earth.

Getting sick from raw Morels is a trial-and-error thing. Many people eat raw Morel marinades successfully... and many don't. According to Robert Rogers, in his book *The Fungal Pharmacy*, 483 people in Vancouver were served a raw Morel marinade. 77 people suffered from vomiting, diarrhea, rashes, and some had numbness of limbs that lasted three days. All recovered. That's almost 16% of the crowd. He stresses also that the fumes of Morels can be dangerous when cooking and proper ventilation is necessary. Oh yes, dear Mr. Rogers also mentioned not to drink alcohol during meals with Morel mushrooms or risk stomach upset. Not me. I'm lucky to be part of the 84% crowd of Morel eaters.

Hunting for Morels is an art for the patient hunter. Finding them is not easy. Thank goodness if you know a lot

of things about them before you even go out into the woods you have a better chance of getting lucky. The very first tip you should know is that Morels pop up in the spring after three days of rain when the soil temperature turns 45°F. Instead of carrying a thermometer, hunters in the area get their clues from flowers and other plants. You see, when the soil temp reaches 45°F, lilacs bud, red trilliums bloom, apple blossoms begin to open, asparagus and nettle reach 5 inches in height, and pussy willows turn to catkins. All these blooming things can be present in your area but if it doesn't rain good and long the Morels will stay below ground. Cold Springs bear few Morels but hot spring weather with lightning and thunder and forest fires bring an abundance of Morels to the area. Obviously not every condition can be met at once in your area so the first time you find Morels make sure you make note of anything around you that indicates the ground was warm enough for the Morels to come up and swear by it yearly. It will be your personal formula for finding your mushrooms.

Morels live in mixed hardwood forests. You can't just go into any woods to find Morels; they have special relationships with certain trees so unless those trees are present you will not find these guys. As well the forest needs to have a closed canopy. Forests with closed canopies are areas of great symbiosis where everything inside is working together as a whole unit. Trees that have a relationship with Morels are poplars (eastern cottonwood, tulip poplar, aspens), dead elms (American and Slippery Elms), Pines and Ash.

Morels like alkaline soils like limestone and calcium carbonate. Limestone quarries are a good place to look for Morels. When a forest burns down, the ashes add alkalinity to the soil and offer a bumper crop. They like noise and disruption and can pop up after a good thunder. In fact, the eruption of Mount Saint Helens years ago brought a seriously huge bumper crop to those in Seattle. Year old tornado zones bring Morels. They even can be found growing out of newly landscaped developed areas surrounded in poplar or pine wood chips. They have been known to grow along a fresh concrete sidewalk with limestone. They

love construction sites. They also love to hang around dead pines in sandy soils. Morels also love Apple orchards because they love limestone. Unfortunately, most orchards are contaminated with lead and are to be avoided, especially if you don't know the history of the plantation. Wild Apple groves are best. Also lead areas like along highways or downwind from industrial sites are to be avoided too as Morels mycoremediation lead.

OK so now that you have all this information under your belt you still have to go out and find them. They are so expertly camouflaged by colour that it's a little daunting at first, but the trick is to stand in a 10 ft.² of the forest where you believe Morels could be hiding and scan the area very slowly around you and look for shapes. Shapes like balls and ovals and pinecones oddly standing up. Once you find one, you'll be pleasantly surprised to see more scattered around on the ground as Morels are a territorial mushroom.

When you do find Morels, please never forget best foraging practices and take only what you need. Leave most for the animals. Cut the Morel just above the ground above any dirt line the mushroom may have. Clean out the pits with a little brush if they're really dirty so as not to bring home dirty mushrooms. Never forget that the actual mushroom is in the form of mycelium and lives just below the soil surface so tread lightly to not damage the creature. The Morel you are picking is actually the fruit body of the mushroom that shoots spores into the

air for procreation. One doesn't harm the mushroom's life when you cut the fruit body properly.

Morels can be dehydrated and reconstituted in a gravy or cream sauce quite successfully. Dehydrated Morels retain their flavour for a decade! Fresh Morels are best fried in butter, eaten alone or on top of steak or toast but please do not spice it up because you want to taste this mushroom!

Thanking Mother Earth every time you go out and forage is a good thing. She takes care of us, so we need to reciprocate. Bring out your found garbage with you every time you forage in the forest. I think another gift to her is to bring someone with you into the forest and teach them how it takes care of us through foraging. Children are the best pupils and will continue your teachings with their friends. Let the mushroom teach them about Morels and the Merckels of life. Happy hunting.

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