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MARKET UPDATE

Although the market simmered down to a steadier pace in September/October, the slow decline in sales activity is minimal and not unexpected at this time of year. This report is based on data, but oddly the market seems very active as sales are still being reported on a regular basis, largely due to population growth and the fact Buyers are adapting in an increasingly challenging market. In part, Sellers are without doubt being compelled to make compromises to enable a sale and it is now more important than ever to look to an experienced Broker for your local real estate services.



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THE MADAWASKA HIGHLANDER Winter 2023-2024 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska
Highlander

Winter 2023

FREE Vol.21 Issue 7

Next issue May 8, 2024

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

Welcome!



First frost decorates fall leaves as the seasons blend together. Two beautiful seasons in one, here in the Highlands.
Pic by Lesley Cassidy

...To winter in the Highlands as we look forward to crisp, fresh air and a quiet blanket of snow. It's true, snow actually makes things quieter, as Lynn explains in Watershed Ways - The Wonder of Snow. Craving hot cinnamon oatmeal porridge lately? Derek explains how Comfort Food gets us ready for winter. Not a winter fan? Survivor Guy shows us How to Make Friends with Cold and Snow. Remember how you loved it as a kid?

In Through Thick and Thin, Garry remembers the old-timers' tales of The River Drivers who risked their lives for a living. There are many things we must remember, and none are as important as our veterans and their stories... In Lest We Forget, we read the story of a special moment for a young private on the K&P Railway in Calabogie, on his way to war in 1944.

Christmas is full of special moments, but sometimes we don't know a good thing when we see it, as Antonia writes in Rural Vignettes - Joseph's Justification. Speaking of writing, the moment we've been waiting for has arrived as we announce the winners in the Highlander's Short Story Contest. Thank you to our writers, judges, and People's Choice voters! Everyone who writes stories wins. Everyone who reads does too and what better place to find stories (do crafts, learn science, have fun...) than at our libraries? Library Matters now includes the Addington Highlands Public Library (Flinton and Denbigh). Thank you to the people who established them and who keep them running! (Not literally). Actual running is what happened at the Terry Fox Run in Griffith in September, as described in Out and About.



André Mickovitch took advantage of one of the last boating days in November on a fine day on Centennial Lake.
Pic by Lesley Cassidy

Lesley tells us all about a man who got out and about and followed the path of a moose called Alice, from Adirondack Park to Algonquin Park, in Happy Trails. Now, why would he do that? Colleen follows the story of Fire-following Fungi in Highlands Hiker; mushrooms that emerge following a fire to begin forest renewal.

Whatever traditions you follow, however you make the most of winter, may your days be merry and bright, and may you... Enjoy!...

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The Madawaska Highlander

The Madawaska Highlander
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madawaskahighlander.ca for previous issues**

Message from the editor:

Please make note of activities in *Bogie Beat*, *GM* 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.

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

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CONTRIBUTORS THIS ISSUE

Thank you everyone!

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Morgana Dill	Bonnie Leone	David Arama	Colleen Hulett
Lois Thomson	Geoffrey Cudmore	Antonia Chatson	
Ruth Jones	Lynn Jones	Garry Ferguson	



"Labor Reports" Illustration by Schloss for The B.C. District Union News, Vancouver, 15 December 1945. RACE HATRED as destructive as the atom-bomb.

NEWS & VIEWS - GRIFFITH & MATAWATCHAN & DENBIGH & VENNACHAR

By Betsy Sayers Send your news to me at HighlanderGMnews@gmail.com



Did you know we have airports on Flying Club Rd. in Griffith and Doyle Dr. in Matawatchan? Brian Doyle sent this pic and said, "We often get drop-ins from Trenton Search and Rescue. They have blanket "prior permission required" to land at my airfield, as the police did during the fire at Snider's. This one was running out of fuel due to the 6+ hrs. they stayed on station for a nearby accident in October and they needed some downtime.

LEST WE FORGET!

In my mind, there is no more important event to cover this month than REMEMBRANCE DAY. The world is in such turmoil. It's important that we remember and honour the sacrifice made and is continuing to be made by so many of our family, friends, and neighbours in order to keep us safe. From WWI through WWII; Korea; Vietnam (yes Canada was impacted); Bosnia; Afghanistan, Ukraine and never-ending peace missions around the world, Canada's role is recognized as one of the best.

Arden Legion Branch 334 held REMEMBRANCE DAY services in Denbigh, Flinton and Northbrook on November 5th. Councillor Lois Thomson laid a wreath on behalf of Greater Madawaska at the services in Denbigh and in Calabogie that took place later the same day. See *Bogie Beat* for details and pictures about the ceremony there.

The day before the two Remembrance Day ceremonies, the Greater Madawaska Public Library and Learning Centre celebrated their 45th anniversary. Read all about it and more in *Library Matters* on page 9. While Councillor Thomson was at the library, she was introduced to a very hale and hearty 97-year-old veteran of WWII. In *Lest We Forget* on page 7, Private John Precece shares a happy story about a train full of recruits being delayed near Calabogie on the K&P Railroad on its way to war in 1944.

DENBIGH RECREATION is very busy this time of year. Their Halloween Kids Party and Dance held on October 28 was a blast, to say the least! Volunteers went all out on decorations and activities, creating a fabulous day for kids and adults alike. During the afternoon there were crafts, games and 'ooey-goo, costumes, food and prizes. Costume prizes went to Wesley for the scariest, Jessie for the funniest, and Melissa for the most serious. Denbigh-Griffith Lions Club members Helene Lavoie-Thomson, Jan Roche, and Theresa Pierce loved the opportunity to put their costumes on and run a jellybean jar contest. Only the magic of Halloween can make things change quickly once darkness sets in and by night-time, the hall had transformed into a spooky dance party for adults. Dance parties in Denbigh are a well-attended hit every time, and this was no exception. Many thanks to all the hard-working volunteers who made these events possible!

Denbigh Recreation also hosted a well-attended Hunters Supper this year on November 10th. Newcomers to our area quickly learn that we have 3 seasons: Winter + Cottage + Deer. As I drove the roads this 'deer' season I couldn't help but notice I saw more

ATVs than cars!

On December 16th, a stationary Christmas Parade will be held in Heritage Park from 5 - 7pm with hot beverages, hot dogs and burgers, fireworks, and a prize for 1st Place Float (Peoples Choice).

DENBIGH DINERS is a fellowship luncheon held on the 1st Monday of each month at the Denbigh Hall. The November 6 luncheon was well attended despite being opening day of deer season! The DENBIGH-GRIFFITH LIONS CLUB Food and Friendship luncheon is held the 3rd Wednesday of each month. These luncheons are key to the health and wellness of every community and our residents, especially in the off-season of long cold winters in the bush. It is essential we can get out and have a sit-down meal with friends and neighbours from across the Townships.

Not to be outdone by all the other Halloween parties, the DENBIGH-GRIFFITH LIONS CLUB Bingo on October 31st had a spooky good time with many attendees in costume, trick-or-treaters dropping by and extra prizes for costumes.

With Halloween shenanigans behind them, the Denbigh-Griffith Lions Club is turning their attention to their true mission - fundraising in support of helping others in the community. In addition to regular winter programming of Bingo; art classes; euche games, women's exercise classes and hosting the Township Strategic Plan meeting, over the next few weeks the Lions Members will be working hard on the following:

- Their annual Christmas Hamper Program is an important factor in brightening Christmas for those in our community who need a little help. If you know of someone that should receive a hamper this year, please contact Lion Theresa Pierce 613-333-1984 or tcpierce84@gmail.com

- The Christmas Market will be held December 2 from 11am to 2pm. Come join the Lions for gifts, goodies, a Santa photo op, and a hot lunch with mulled wine.

- It's that time of year again!!! The Lions are in the kitchen taking orders for Christmas cakes and preparing tourtieres for pickup at the Christmas Market December 2nd. Recipe books are also still available for purchase. Don't forget to order your tourtiere, cake or recipe book by calling 613-333-1984 or emailing DGLIONSCLUB@HOTMAIL.COM

- Upcoming Bingo dates are November 28th and December 12th. Things will start again in the new year on January 9th.

MATAWATCHAN HALL held their Halloween pot-luck dinner on October 27 providing yet another super well-attended opportunity for us to put on costumes and enjoy a fabulous meal.

SHORT NOTICE ALERT! The Matawatchan Hall Christmas Market will be held in only a few days on November 25 from 10 to 1pm. Things are all ready to go by now, but just in case you are interested and there also happens to be a last-minute opportunity to not only shop but to get a table, please contact Nancy Reid at 613-333-9556. Volunteers are also needed for set up on Friday, November 24 at 10am and to help serve lunch on Saturday during the market. If you can help out, Nancy would certainly appreciate a call.

On December 16 from 5 to 9pm the Hall will be hosting their annual potluck and tree lighting/ Christmas carols from 5-9. This is absolutely the best way to get into the Christmas spirit.

The GRIFFITH & MATAWATCHAN SENIORS HOUSING CORP people are doing a stellar job to provide services for seniors in the area, which is important considering how much of our population is in, or approaching the seniors demographic. Aside from their ongoing program of connecting seniors with "odd-jobbers" to help them with occasional projects that allow them to stay in their homes, they recieved a grant for a series of information sessions. See the ad, below, for more information.

VENNACHAR FM CHURCH
The Vennachar Free Methodist Church

has a busy calendar ahead for December. In addition to a variety of speakers weekly. On December 1st they will be holding their open mic night, followed on December 8th by Christmas dinner and carol sing, and of course they look forward to seeing everyone for the Christmas Eve service on the 24th.

The Churches in Vennachar are featured later in this column as part of my dedication to the volunteers that keep our communities alive and prospering. Check out their new website at www.VFMC.ca. It has an excellent easy to use calendar where all events are listed monthly.

HILLTOP CHURCH
The Village Voices Choir Christmas Concert and Hilltop Pentecostal Sunday School Pageant is Sunday, December 17 at 2 p.m. Lots of audience singing with fellowship and snacks to follow the academy award winning performances by the Sunday School children. A 'Free Will' offering for the Denbigh Food Bank would be greatly appreciated.

FISH AND GAME CLUB
On December 16th, 2023, the Griffith and Matawatchan Fish and Game Club will be hosting its Annual General Meeting (AGM) for active members from 12 noon to 3 pm. The meeting will be held at the Matawatchan Hall, 1677 Frontenac Road in the Village of Matawatchan.

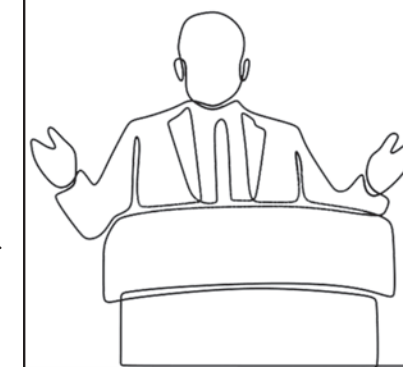
FUTURE EVENTS:
Through the winter you won't have me to recap upcoming events for you so don't forget about looking groups up on Facebook as well as these other online options: matawatchan.ca/ just scroll

INFORMATION SESSIONS

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December 12 - Talk offered by
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January 17 - Fraud prevention
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The Denbigh-Griffith Lions Club Bingo on Halloween night brought out some wild characters.



Kelly Wilson, and Tina Clark won for best costumes



Lions are in the kitchen taking orders for Christmas cakes and preparing tourtières for pickup at the Christmas Market December 2nd.



The Lions Club and Denbigh Recreation, both had a Jellybean Jar Challenge at the Halloween Kids Party in Denbigh, with two happy winners guessing how many beans were in the jars.



The Junior Fire Fighters and Police were at the Lions Halloween Bingo to ensure everyone would be safe... and to collect some goodies, with Wendy Adams helping out.



Solemn onlookers rimmed the lawn around the cenotaph in Denbigh for a Remembrance Day ceremony on November 5, conducted by Arden Legion Branch 334. Lest We Forget.



down the home page to find a list of upcoming events. calendar.greatermadawaska.com

It's 5am, hubby is in the bush and I'm on my laptop - it must be hunting season in Renfrew County. The house is quiet, the dog is snuggled in his bed in front of the fire and it's time for my last column of 2023.

Over the years my friends and family in Ottawa regularly ask how I manage to deal with the solitude living in a small rural community in the middle of the bush in winter. SOLITUDE!? What solitude? I simply smile and say, 'I love it'. However, looking through the events of the past month and what is coming up before Christmas, it strikes me that I am much busier here in the bush than I ever was in the big city. How is that possible? It's only possible through the tireless efforts of a small group of local volunteers who put on these events. This column is dedicated to the people who put in the effort to create these community centres and halls, and to the volunteers today who keep them alive for us.

Our Townships were founded in the mid-1800's. Historically people would gather mostly on Sundays or for special events such as weddings. Picnics along the Madawaska riverbanks in summer were popular, but it was much harder to get around in winter, and so churches became the hub of community fellowship. "The Catholic religion was the dominant religion of the earlier days [in Griffith] and those who weren't Catholic went to church either in Matawatchan or Denbigh" ["Along the Madawaska" - page 35]

By the mid-1900's travel became easier and a need for non-denominational gathering places (especially during winter) was needed. One of the first to be built in our area was the Matawatchan Hall in 1952.

Imagine what our lives would be like without these gathering places. Whether it's to hold a Fellowship luncheon or dance; celebrate a birth; wedding; or the passing of a loved one, these

halls and the wonderful volunteers who run them bring us together in a way that no other building or location could.

As you attend events throughout the year, let's pitch in to help and remember to thank the families of those who donated land, time, money, and labour to build our Halls, and today's volunteers who make the events we all love attending possible.

I have decided to spend 2024 researching and documenting the history of the other community centres in Denbigh and Griffith. There is much information scattered across Township archives and available online. My most important resource though is you, the families of long-time residents. I hope to create a document similar to the book called 'Along the Madawaska' - a History of the Townships of Griffith & Matawatchan. This book contains personal accounts provided by long-time residents of our Township and is a fascinating read. It was published in 1983 by the Corporation of the Townships of Griffith & Matawatchan Municipal Recreation Committee. It's time for an update.

To help instill interest in my project to document the history of the other community centres in Denbigh and Griffith I have decided to reprint a portion of the content from the 2012 article about the Matawatchan Hall and quote from other sources a brief history of Vennachar churches. You will find them on page 15.

Please note this is a personal initiative, not connected to my role as your columnist for the Highlander. If you or anyone you know are interested in providing input, please call Betsy at 613-292-5183.

LAST COLUMN OF THE YEAR THOUGHTS:

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Calabogie Folks & What they're Up To By Morgana Dill If you have news to share, reach out to me at thebogiebeat@gmail.com.



The Renfrew Pipes and Drums led the procession, followed by members of Garrison Petawawa E BTY 2 RCHA troops and the Greater Madawaska Fire Department. It's an impressive ceremony for a small village.



The Renfrew Legion 148 Colour Party stood at attention while Pipe Major Bethany Bisailion played the "Lament" and cannon smoke trailed off over Calabogie Lake. A large crowd lined the streets to observe this stirring and solemn Remembrance Day ceremony at the Cenotaph on Madawaska Street in Calabogie on November 5. Lest We Forget.



The Bogie Lights tradition continues at Heritage Point Park with carolling, many smiles, and many, many lights.



Krystal Reid saw Jack the donkey on Facebook and just had to meet him. Together at last!

Although November is a quiet month, there is always a lot happening as we say goodbye to most of the tourists until the snow is deep. Remembrance Day, hunting season, and all of the holiday prep has arrived.

On Saturday, November 4th, the Greater Madawaska Public Library and Learning Centre hosted an open house to celebrate their 45th anniversary. Residents and visitors were welcomed in to learn about what the library has to offer. This was a big event for the library with volunteers and board members putting on a great time! A lot of activities were laid out for the kids such as crafts, colouring, a scavenger hunt, and more. There was an awesome magician, John Pert, who had the audience pretty impressed and 3G, a local band, performed a great set. Cupcakes from Charbonneau's and lunch from Calabogie Pizzeria topped it off!

Sunday, November 5th, amidst the solemn echoes of bagpipes, the Calabogie community stood together in honour and reverence at the Remembrance Day service. Escorted by the fire department, the troops marched in a dignified procession to the cenotaph from the community center, accompanied by the hauntingly powerful tunes by Renfrew Pipes and Drums. The piercing echoes of the cannons marked the moment of remembrance, while wreaths were tenderly laid to pay homage to those who served. Allison Fay's melodies stirred hearts with solemn reflection. The Garrison Petawawa E BTY 2 RCHA troops and howitzer were in attendance. The Renfrew Legion #148 provided the colour party and legion members. Pipe Major Bethany Bisailion played the "Lament". Air Cadets from Renfrew Champlain Sun and Calabogie Girl Guides were invited to at-

tend. A large number of citizens braved the chilly weather with no rain or snow and light winds from the northeast. After the March Past and salute taken by L/Col (ret) Bernie Couture, Mayor Rob Weir invited all for a gathering at the community center. Charbonneau's Grocery provided heartfelt refreshments as the Lions Club tended the bar, fostering a sense of togetherness and gratitude among all who gathered to pay their respects. A huge thank you to John Watts, and all of the sponsors who make this event happen each year.

Plans came together for a Ladies Pop Up Fitness Class at the Calabogie Community Centre. The first class took place on November 16th. If you're interested in attending future classes or finding out more, search for Fit Females on Facebook, or reach out directly to the instructor Colleen (colleengbarrie@gmail.com).

Friday, November 17th, the 55+ Club celebrated and lit up the Christmas Lights at Heritage Point. It's always such a magical night when the Christmas spirit comes to Calabogie. Carols were sung, hot chocolate and apple cider were drunk, and laughs were all around. It was a really good turnout this year!

Saturday, November 18th was a busy day in Calabogie. The Christmas Bazaar at the Calabogie United Church ran from 11 am - 3 pm. There were refreshments, and craft vendors to start your day of holiday shopping. In the evening from 4 pm - 8 pm was the Calabogie Winter Market at the Community Centre at the rink. Kristen from Long Lane Farms hosted the market this year and it was such a success! There were so many vendors to choose from whether it was holiday shopping or enjoying some warm food. The rink was

filled with people and holiday joy! This annual event brings in so many visitors to Calabogie marking it a must-attend in the community.

The Calabogie Lions have a lot of great upcoming events for Christmas and Winter. The Annual Calabogie Christmas Parade will take the streets on December 3rd at 1 pm. This event is always a crowd-pleaser! Whether you're in the parade or watching from the sidewalk everyone is in such a cheery mood and you can feel the spirit of Christmas expanding between us. On Wednesday, December 13th, the Lions Club will

host their Christmas Bingo. This event is hosted at the Calabogie Community Centre (574 Mill St) and doors open at 6:30 pm. If you want to put in a float, or learn more about any of the Lions events, head to their Facebook page.

I also want to mention the Calabogie Lions Club Winter Carnival. This event takes place February 5th - 10th. So, mark your calendars for several days of fun and games! The carnival is hosted in partnership with the Greater Madawaska Fire Department.

Calabogie's hunting tradition spans generations, interweaving a rich

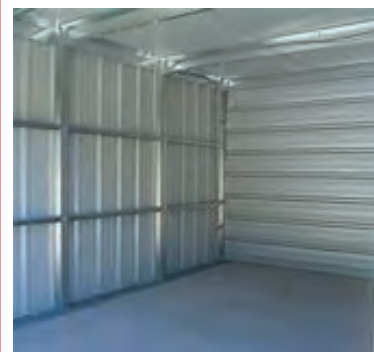
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1117 Francis Street behind the Medical Centre



Allison Fay led a small choir during the Remembrance Day ceremony.



Magician John Pert delighted young and old alike at the library's 45th Anniversary celebration on November 4.



All of the council members were in attendance at the Remembrance Day ceremony on November 5. Mayor Weir was master of ceremony, Councillor Thomson laid a wreath for the township, and Councillor Tripp (above foreground) was in the choir. Wreaths were placed on behalf of First Nations, community groups, businesses, families, and individuals. Lest We Forget.



Organizers John and Marjorie Watts. A huge thank you to all of the sponsors who make this event happen each year.

heritage of camaraderie and reverence for nature. As this year's hunting season gently fades, the community eagerly anticipates the forthcoming cycles of cherished traditions. Emphasizing safety as the cornerstone, the community encourages adherence to local regulations, emphasizes gear preparedness, and promotes ethical practices. This vibrant hunting culture fosters not just a pastime but a deep-rooted connection with nature and camaraderie among its members. I had the opportunity this year to speak with a few hunters about their traditions and what this is all about. I've never hunted before and was interested to find out that it's not too hard to get involved! Start off by getting your license requirements, then connect with friends who hunt to begin your journey. The hunting communities are welcoming to those who genuinely want to participate. Some people are born into it, and others join later in life. Having the skills to hunt is so important in a rural setting like ours!

One thing that was common with the hunters I spoke with, was that there are still plenty of walkers on the trails and unfortunately not many of them are wearing bright coloured clothing. This makes the hunting experience even more challenging and risky for the hunters, and the hiking experience very dangerous for the hikers. Here are some important safety points to keep in mind for next year. Familiarize yourself with local hunting regulations, know where you're walking and if there are hunters there. Assume that all Crown land is being hunted and stick to parks or trails that are not hunted on. Bundle up with appropriate clothing, put away the neutrals and opt for a bright orange, reflective gear, or other easy-to-see colours. You need to stand out, rather than blend in. Make noise, avoid hiking at dusk or dawn, bring a companion, and inform others of your plans. We get the trails

and soft lighting. Dedicate some time every day to this space, your body and mind deserve to rest through reading, meditation, laughter, or simply enjoying a cup of hot tea. Next is to put together your very own self-care kit. Put in some of your favourite things that prioritize your wellness. These kits can have candles, herbal teas, cozy socks, a face mask, crosswords or magazines, essential oils, a journal, healthy snacks, and inspirational quotes. Grab this kit when you're feeling like you need a little pick-me-up. They don't have to be expensive or aesthetic, it's about the comfort the items will bring you. If you have extra supplies and the means to share you can also make a few extra kits to give to friends or neighbours in need. Giving back truly is a form of self-care.

Once you're set up at home it's time to find reasons to get out of the house. Balancing your time at home and within the community is crucial for your mental and physical well-being. Although it's cold we all need fresh air, so take a walk through the village either on your own or with a walking club. Staying active is key! You can join a local fitness class or physical activity like pickleball at the school. Fridays from 9 am - 11 am you can join in on a walking club at the Calabogie United Church Hall (coffee and tea are served). Getting a hobby is another great way to get out of the house. You can join an art class, a book club, music group, or volunteer with one of our non-profit organizations. As the ski season opens, the Calabogie Peaks will be looking for part-time employees or members for the ski patrol team. These jobs come with the perks of a social atmosphere and free skiing!

Calabogie has gone through a big seasonal shift. The water enthusiasts have put away their paddles, and the leaf peepers have posted their pictures. It's time for warm clothes, hearty soups, and prioritizing self-care. I've put together a few tips for getting through the blue seasons to keep in mind the next few months.

First thing you need to do is create a cozy spot in your home to unwind. Fill it with fluffy blankets, pillows,

and soft lighting. Dedicate some time every day to this space, your body and mind deserve to rest through reading, meditation, laughter, or simply enjoying a cup of hot tea. Next is to put together your very own self-care kit. Put in some of your favourite things that prioritize your wellness. These kits can have candles, herbal teas, cozy socks, a face mask, crosswords or magazines, essential oils, a journal, healthy snacks, and inspirational quotes. Grab this kit when you're feeling like you need a little pick-me-up. They don't have to be expensive or aesthetic, it's about the comfort the items will bring you. If you have extra supplies and the means to share you can also make a few extra kits to give to friends or neighbours in need. Giving back truly is a form of self-care.

Once you're set up at home it's time to find reasons to get out of the house. Balancing your time at home and within the community is crucial for your mental and physical well-being. Although it's cold we all need fresh air, so take a walk through the village either on your own or with a walking club. Staying active is key! You can join a local fitness class or physical activity like pickleball at the school. Fridays from 9 am - 11 am you can join in on a walking club at the Calabogie United Church Hall (coffee and tea are served). Getting a hobby is another great way to get out of the house. You can join an art class, a book club, music group, or volunteer with one of our non-profit organizations. As the ski season opens, the Calabogie Peaks will be looking for part-time employees or members for the ski patrol team. These jobs come with the perks of a social atmosphere and free skiing!

My last tip is to attend community events. Getting involved with or simply attending the many events is an opportunity to stay social and engaged. For example, there is a 55+ group, hik-

ing groups, snowmobile clubs, crafts group, and more that host different events throughout the year. The United Church, Calabogie Lions Club and the Greater Madawaska Public Library and Learning Centre all welcome volunteers and guests to attend their events. You can check out the Calabogie Folks Facebook Group for upcoming events, or head to the Township of Greater Madawaska's website to view the community calendar. Whether it's a market, a potluck, bingo, or a fundraiser there is so much going on in our little village.

In my debut season with Bogie Beat, I'm deeply thankful for the opportunity to connect with Calabogie's vibrant community. Every article has been a learning experience, and I'm grateful for the chance to grow in this role. The support and warmth from the community have been invaluable, guiding my journey as I continue to learn the art of storytelling. I'm excited to keep sharing the unique tales of Calabogie and to further deepen my connection with this wonderful community. Thank you to Lois and Skippy for this opportunity.

This is the last edition until spring 2024. If you want to stay up to date with the happenings of Calabogie and what the folks are up to - remember to follow my self-care tip of getting involved! Let's stay connected! As always, if you have exciting suggestions, upcoming events, or captivating stories to share, reach out to me at thebogiebeat@gmail.com.

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

Private (Ret'd) John Preese, now 97, Remembers Kindness in Calabogie on the K&P Line in 1944

By Lois Thomson

My war ended April 2, 1945, being wounded in Holland and after hospital in England, I returned to Canada.



If you would like to know more about John, Google veterans.gc.ca John Preese to read more about him as part of Veterans Affairs Canada's Faces of Freedom series...

These stories need to be told and they need to be heard lest we forget how different our present-day lives would be if we hadn't won the two world wars and if we hadn't fought for freedom and kept the peace in other countries since then.

When I was at Remembrance Day ceremonies at the cenotaphs in Denbigh and Calabogie the day after the library event, I thought of John Preese and so many men and women like him who made individual sacrifices for the good of the rest of us.

John told me more about the day his train was delayed in Calabogie. He was remembering the excited 17-year-old boy who felt like a hero going off on a great adventure.

A lot of veterans from many wars feel the same way as they headed out, but I don't know of a single one who came back feeling at all like a hero.

Another prominent Ottawa WWII vet is 88-year-old Roly Armitage. He also enlisted at age 17. A recent CBC article states, "Roly Armitage has two kinds of war stories: the ones he likes to tell, and the ones he'd rather not. The first kind are so astounding they almost defy belief, and so numerous they don't leave much room to dwell on the second kind."

From the same article, "The regiment was in the second wave to land at Juno Beach as part of the Allies' Normandy invasion. It was all on fire pretty much," Armitage said of the French coastline. He doesn't offer much more than that.

"Many people say, what was it like there? I tell them that I got my feet wet and I wasn't welcome," Armitage said. "I don't like talking war. I dismissed it because it ... it wasn't Sunday school."

And the friends he lost there? "Well, that's history," Armitage said.

On November 11, John Preese was interviewed by CBC at the cenotaph in Ottawa. I have heard many interviews by many veterans over the years and they always bring a tear to my eye, but having recently met John, I felt even more emotional. As statistics of deaths and injuries rise in the Ukraine - Russia and Gaza - Israel wars, we have to remember that every statistic is a person.

"WORLD WAR II Soldier" - Delayed at Calabogie Station

We had finally finished our Advanced Training at Camp Borden just prior to Christmas 1944. Our Troop Train stopped at Calabogie for railway supplies. It was dark and there were a small crowd of women greeting us with tea and cookies. We felt thrilled to have so much attention paid to us. Fortunate were those among us who were able to lean out windows and several exits to obtain the refreshments and to distribute them throughout the train. A very happy few were able to receive hugs and good luck kisses.

Jumping ahead 79 years, I am here now in Calabogie on a ski weekend with my family which includes 7 grandchildren. At the friendly town library, Ruth Jones, the Librarian, was delighted to share some of the history of this interesting town and following her instructions, I was thrilled to speak with Mary-Joan Hale, town Historian, who was a small baby when I first stopped at the Calabogie Train Station.

I will never forget the friendliness that night in 1944 or the kindness I received from Ruth and Mary-Joan this past week.

I have to say that Ruth and Mary-Joan represent for me the unforgettable generation of women who were at the train station that night.

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Some estimates have determined that there are 110 armed conflicts and 27 wars in the world right now. The numbers vary depending on the definitions.

On November 17, Paul Poast published a story in the Atlantic, titled, "Not a World War But a World at War. The past two years have seen the most conflicts of any time since the end of the Second World War." In it, he states, "Just in the past 24 months, an astonishing number of armed conflicts have started, renewed, or escalated. Some had been fully frozen, meaning that the sides had not sustained direct combat in years; others were long simmering, meaning that low-level fighting would intermittently erupt. All have now become active."

This headline from November 11, 2023, puts it in perspective. "Reuters, November 11, 2023: Carrying her baby in her arms, Ukrainian woman Tatyana Tapalova waited patiently at Gaza's Rafah border, eager to escape the war that has engulfed the city she's called home for more than 20 years, but afraid of being sent back to conflict-torn Ukraine."

Lest We Forget.

What does the "Free World" risk if we become complacent? What can happen if we forget the effort it takes to keep our country strong and free? Are we being naive about the strength of our country in a world that is, for a large part, fighting for resources?

From The Modern War Institute (wetpoint.edu) "The Five Reasons Wars Happen" by Christopher Blattman,

October 14, 2022, "Fighting is simply bargaining through violence. This is what Chinese Communist leader Mao Tse-tung meant in 1938 when he said, "Politics is war without bloodshed, while war is politics with bloodshed." Mao was echoing the Prussian general Carl von Clausewitz who, a century before, reminded us that war is the continuation of politics by other means."

On Remembrance Day 2023, at the Canadian Grey Cup Western Conference, following a touching ceremony with veterans, members of the crowd booed our national anthem at the line "strong and free". I had no idea why anyone would boo our anthem, particularly on Remembrance Day, until it dawned on me that some people don't think Canada is free enough. It hurt. I took it as a criticism of all of us.

We are free. We are free to protest, even symbolically at a football game. We are free to criticize our government. We are free to have differences. We are free to boo our own anthem.

Much of the world is fighting to have this kind of freedom. Let's continue to honour our freedom, and especially to honour the people and the country who make it possible.

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Magician John Pert had the audience howling with laughter



Watershed Canada's backpacks come with a chart to identify dragonflies. This dragonfly seems to be helping out!



The Greater Madawaska Library and Learning Centre's 45th Anniversary Celebration was a resounding success! Thank you to everyone who came out to enjoy crafts, displays, live music, a magician, and quiet spots for reading and hiding in a cardboard tiny home.



November's Big Library Read is Artie and the Wolf Moon.

The library celebrated its 45th anniversary this year, and we recognized this special achievement on November 4. We were very pleased that founding member Karen Cockwell was able to attend as well as Mayor Rob Weir, Councillor Lois Thomson, and former CEO Mary-Joan (Skippy) Hale—thank you for coming. Magician John Pert entertained in the morning and local band 3G performed a great set in the afternoon. Many thanks to volunteers and board members who helped make this event successful and to all who supported the event with their attendance and participation.

The library has had a busy year of growth and development in 2023. We look forward to continued service in 2024.

November/ December Library Programs

- Tuesday 3:35 pm - 4:35pm** | LEGO Lounge (unstructured, drop-in)
- Wednesday 9:35 am - 11:40am** | St. Joseph's class visits
- Thursday 9:30am - 10:15am** | Preschool drop-in (children 0-4, and caregivers)
- Friday 10:30am - 12:00am** | SCRABBLE - if you'd like to play, come on out!

November Let's Talk Science KITS: 3D Printing - Explore the art of building a 3D structure with glue!
Monday, November 13 | Advent Book Bundle Registration opens - This popular program is open to 15 community families with a valid library membership. If you have a membership and have not renewed in the past year, then please contact the library to update your membership information and to register. Registration opens on Monday, November 13. Pickup is November 25 and the week following during operating hours. **VOLUNTEERS and wrapping paper are needed for this program.

November 2 - 16 | Big Library Read (BLR) - The e-book and audiobook of Artie and the Wolf Moon by Olivia Stephens will be available to you through Libby app without waitlist or holds as part of the Ontario Library Service (OLS) BLR program. Read more about this book on the Big Library Read website. ALSO: Learn how to win a BLR prize pack, including a Samsung Galaxy Tab S6 Lite Tablet, a cozy book blanket, a copy of Artie and the Wolf Moon and a cool Libby mug! See official rules for details. To read the book, download Libby app, identify your library, and sign in with your library card. To join the discussion about the book, visit the BLR site and select 'Join The Discussion'.
November 15, 1:30 - 3pm | Book Club - This club meets every 3rd Wednesday of the month. They are currently reading City of Thieves by David Benioff. There are multiple copies available for book club members. To join, please contact library staff.
Saturday, Dec 2, 10am - 12pm | Christmas Craft (kids) and BINGO with some festive treats. Contact the library to pre-register.
Saturday, Dec 2, 3pm - 5pm | Family Movie Time - Movie TBD. FREE. Refreshments are provided. Any donations go to the library.
Tuesday, Dec 12, 6pm - 7pm (approx.) | Festive Fiction - Come share a few minutes of your favourite seasonal passages with a group of people who love stories and storytelling. This casual event will be hosted at the library in Calabogie, but we welcome you to join remotely via Zoom. To pre-register, please contact the library to identify your story excerpt so that we can avoid duplicates. Apple

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Thank you to all of the sellers and buyers who trusted me and EXP Realty to make your home ownership dreams come true. All the best for the Holidays and the New Year! We'll see you soon.

Call and let me surprise you with what your home is worth!

PINE VALLEY Pickup / Drop-off Dates on Wednesdays: Nov 22, Dec 6 & 20, Jan 10 & 24

Library membership is FREE to all taxpayers in Greater Madawaska. Membership needs to be renewed annually. This is a check-in to help keep our patron database up-to-date. If we have your email address on file, you will receive a system cue to renew your membership. If you haven't received a system cue and can no longer access Libby/ OverDrive, please visit or call the library to update your contact information or complete this Library Membership Renewal form.

UPCOMING CLOSURE

Tuesday, December 26 | Boxing Day
DO YOU LIKE TO KNIT OR CROCHET? Please contact the library if you are willing to help out with a program for learners or a program for more experienced individuals. We need your expertise.

CAN YOU TEACH ART, SCIENCE, TECHNOLOGY, OR CODING? We would like to offer learning sessions at the library in these subject areas. We have some space and resources available. Let us know if this is something that you are interested in doing (for children, youth, or adults).

Wednesday, December 6, 1:30-3pm | Book Club is meeting early in the month to discuss 2024.

Letter to Santa - This is a literacy program offered by Canada Post that the library supports with paper, envelopes, stickers, and a mailbox into which the sender can put their letter for us to deliver to the post office (if they'd prefer not to deliver it themselves). **Send your letter to Santa no later than December 7, to receive a reply before the holi-**

days. Mail to: Santa Claus, North Pole, H0H 0H0, Canada. • Ensure your letter is addressed to Santa (address above).

• No stamps are required to mail a letter to Santa within Canada. • Include your return address and drop the letter in any Canada Post mailbox or post office. • Mail all letters from one family in the same envelope.

Skippy Hale: Archive Project. How exciting it was to join the 45th Anniversary Celebration of the Library and Learning Centre! For the past few years, I have been volunteering on a project to collate copies of old Renfrew Mercury articles which give a valuable peak at Calabogie in its earliest days. During my tenure as the CEO, the late Rita Quilty, who wrote The Black Donald Story, brought in her files of old 'Mercury' columns.

She had planned on writing a history of Calabogie, but failed to get a grant to help finance it. Sadly, she passed away shortly afterwards. I did not have the time or staff to put these in order, so these gems sat on a shelf. One year, some exchange students ordered the files by decade and I am now putting them into a usable format. At this point, I have reached mid-1918 Even back then, the Bogie was a happenin' place!

Very exciting additions to the Archives are the original Registers of Births, Marriages and Deaths of the original settler families. The ledgers are kept in expensive acid-free containers Perhaps a donation to the GMPLLC might be an idea to help defray the cost.

I thoroughly enjoyed the 45th Anniversary Celebrations and seeing old friends and new. Watching the delight as folks found their families in the ledgers was heart-warming!



The new Cricut machines at both libraries are proving to be popular. Pay for supplies and have fun creating!



Halloween at the libraries was fun for kids and adults alike. Don't miss out on more special activities.



Upcoming Programs:

Flinton Public Library- Children's Christmas Craft will be on Saturday November 25 from 10am-11am for children up to age 12. Please call the library to register at 613-336-1091
Denbigh Public Library- Children's Christmas Craft will be on Wednesday December 6 from 6pm-7pm for children up to age 12. Please call the library to register at 613-333-1426

Flinton Library hosts an **Adult book club** on the first Saturday of the month from 9:30-11:00am, next one is on December 2.

Did you know that AHPL has more than just books? We have **cricut maker 3, cricut mug press, internet Hotspots, just to name a few.** Stop in to your local branch to see all we offer to our patrons.

Did you know that **November is National Radon Action and Lung Cancer Awareness Month?** Lung Cancer is the deadliest of cancers and long term radon exposure is the number one cause of lung cancer after smoking cigarettes. Living in a house with high radon levels is the equivalent to smoking half a pack of cigarettes daily. Addington Highlands Public Library has **Radon detectors available for loan** with your library card. This lending program is supported by KFL&A Public Health

Did you know that you can get **Ontario Park passes** from the Flinton and Denbigh Libraries? Did you know that you can borrow **Quinte Conservation Area parking passes** from any library in Quinte Conservation watershed?

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Mi'kmaw language users can now text with new Apple keyboard. New keyboard will help the next generation use the language, says Mi'kmaw speakers.

High school completion, income increasing for First Nations peoples: StatCan noted increase in Indigenous communities with access to high-speed internet.

Manitoba-based Indigenous-led sitcom, Acting Good, returns for 2nd season. The story follows Rabliauskas' real-life attempts to break into acting through stand-up.

Penticton Indian Band opened Snxastwilxtn Recovery House, meant to create sense of community to support recovery, prevent relapses amid Indigenous culture.

B.C. to make education about Holocaust mandatory starting 2025-26. Grade 10 students will get broadened curriculum to combat rise of anti-Semitism.

Canada accused of stalling on campaign vow to end ocean fish farms in B.C.

ON to reverse boundary expansions it pushed through in Barrie, Belleville, Guelph, Hamilton, Ottawa, Peterborough, and more amid Toronto Greenbelt scandal.

Ford government forced to fix rushed zoning order that put high-rise on flight path. Following the Greenbelt scandal, Ministers Zoning Orders are under scrutiny.

Toronto developers delay launch of about 14,000 new condos as sales dive.

Canada caps immigration target to 500,000 in 2026 amid housing crunch, inflation

Calls for the Feds to overhaul pesticide laws after failure to warn Canadians about the health dangers of a pesticide used on sports fields, golf courses, and farms.

Earth and our water is getting saltier. Road de-icing is the single biggest source of salt. Some Canadian cities have changed to a better beet juice and brine mixture.

Australia has a new method to convert hydrogen into heat, without combustion. The system can be used directly in heavy industry or converted into electricity.

Chinese state broadcaster said that a visiting scholar to a U.S. university who worked at a defense institute was coerced into revealing Chinese state secrets.

WHO Framework Convention on Tobacco Control was to be held in Panama in November cancelled due to social unrest connected to a Canadian mining Co.

Hackers Linked To Russian Intelligence Blamed For 2022 Ukraine Grid Disruption. "Sandworm" blamed for damaging cyberattacks across the world over a decade.

China, Philippines escalate rhetoric in South China Sea. Beijing and Manila officials talk of 'intentional' and deliberately 'provocative' manoeuvres in collision incidents.

Global News investigation has found evidence that Canada has become a safe haven for affiliates of the Islamic Republic of Iran renewing calls for a terrorist designation.

Biden, Xi agree to revive high-level military channels as they seek to mend relations.

China is the world leader in renewable power, pouring in nearly half of the world's spending for 2022 alone. Is also replacing coal plants with cleaner coal plants.

Chinese wind giant unveils plan for world's biggest 22MW offshore turbine that would stand nearly as tall as the Eiffel Tower.

GM announced a deal with Niron Magnetics to develop and scale a way to make a key component for electric motors that replace the rare-earth minerals in magnets

Canada-based Duxion Motors has successfully completed the ground test of its patented electric eJet Motor to deliver power equal to fossil-fuelled jet engines.

Airbus is testing a new wing design that could revolutionize flight, reduce CO2.

Startup co. to take plant waste from timber harvesters and farms, dry and compress it, wrap it into bricks, for easier and affordable CO2 capture about 10' underground.

Investigations show oil and gas giants were aware of global warming in the 1970s based on their own research, while sowing doubt on climate scientists conclusions

Environment Commissioner reports says Vehicle Infrastructure Program paid for 34,000 charging ports as of last July, but almost 9 in 10 were in ON, QC or BC.

Global plugin vehicle registrations up 23% Sept. 2023 over Sept. 2022, rising to 1,291,00 units. That's a new all-time record 17% share of the overall auto market.

Canada to pause carbon pricing on home heating oil for 3 years as Canadians switch to more environmentally-friendly heat pumps.

Bruce Power to begin Impact Assessment for potential new build, the first large-scale nuclear plant in more than 30 years in the province.

"That trend must stop" – even the computer hardware industry is starting to panic at AI's looming energy appetite for both training and inference.

Artificial intelligence is nearly twice as good at grading the aggressiveness of a rare form of cancer from scans as the current method, a study suggests.

Report: Nearly 1/4 of the labour market will experience disruption thanks to AI.

Green technology transition could create 700,000 jobs in Canada by 2030.

Common passwords like "123456" and "admin" take less than a second to crack. If you think "P@ssw0rd" is getting creative, it's not. It still takes less than a second.

Ontario planning to ban unpaid restaurant trial shifts and strengthen rules against deducting employee wages in the event of dine and dash or gas and dash thefts.

Ottawa tables bill to ban 'scab' workers in federally regulated sectors including broadcasting and telcos, grain elevators, feed and seed mills, and transportation.

Several experts say return to office mandates are a way to get rid of employees without any blowback. Because employees hate them so much, they end up quitting.

If passed, the ON Better for Consumers, Better for Businesses Act will double the maximum fines for companies found guilty of price gouging and other offences.

Starting Dec. 1, over 30 occupational and professional licensing bodies will be prohibited from asking for Canadian work experience in licensing in Ontario.

ON woman, 78, living in car in her driveway after her home was condemned, thanks neighbours' GoFundMe campaign for motel stay until "tear-down" house sells.

'The Bugatti of luxury': Huge house in Milton on sale for \$14.4 million, the most-viewed home in Canada with a 95-car garage, 11 bathrooms and glass elevator.

'It's disgusting': Amid high rents, B.C. man offering free housing for 'girlfriend with benefits'. The man is renting "a little one-bedroom studio" at no cost.

Polish ordering app connects workplace meal vending machines with local farmers to pre-order produce and meats, reduce food waste, guarantees farm income.

Some Brampton food banks banning international students. Students coming into Canada must prove they meet a set minimum income to support themselves.

Immigrants making their mark on Ontario's economy. Younger, more educated, newcomers arriving in province but wages not keeping pace. Many are overqualified

Sudbury area zucchini measuring more than 8 feet could be world record holder. It was grown in full sun on a trellis and allowed to "stretch" toward the ground.

Olive oil prices reached a 26-year high. Extreme heat, wildfires, and drought are cutting harvest yields for producers, prompting shortages—and higher prices.

4AG Robotics raises \$17.5-million in financing for mushroom-harvesting robots.

World's oldest known dog dies aged 31. He was saved from death in a shallow grave as a pup. Livestock-guarding Portuguese mastiffs typically live for 12 - 14 years

Veterinarians in Canada say they are experiencing extreme burnout and plummeting mental health due to staff shortages, a booming number of patients.

Ford government paying for-profit clinic more than hospitals for OHIP-covered surgeries, planning for more surgeries outside of Ontario's public hospitals.

Surgeons have performed the world's first transplant of an entire human eye, an extraordinary addition to a face transplant. The hurdle is to grow the optic nerve.

Lululemon's Founder Is Racing to Cure the Rare Form Of Muscular Dystrophy Destroying His Muscles. Billionaire is spending \$100 million to try to cure it.

Different research teams have identified multiple hallmark clues to what causes long COVID — fuelling hope for eventual treatments.

Ontario driver charged for using duct-taped plastic wrap as front windshield. Police say driver in eastern Ontario charged with operating an unsafe vehicle.

Fed Government paid nearly \$670K for KPMG's advice on cutting consultant costs

Elon Musk offers Wikipedia \$1B if they change their name to Dickikipedia for a year, saying that he would do so "in the interests of accuracy."

Scientists Detect Traces of an Ancient Alien World Beneath Earth's Mantle; the result of a collision with another planet that formed the moon.

First window, then middle, then aisle... United Airlines launches new boarding system. The airline says tests showed the system saved about 2 minutes per flight.

Off-duty pilot in cockpit tried to stop engines of Alaska Airlines flight, faces 83 attempted murder charges. The crew subdued and removed him from flight deck.

Uber and Lyft to pay \$328M in N.Y. court case for improperly charging drivers sales taxes and other fees when the costs should have been paid by customers.

Griffith Terry Fox Run 2023 Tops \$5,000 Again!

By Geoffrey Cudmore



All smiles for the group photo at the start of the run on a picture perfect morning.

The 12th running of the Griffith Terry Fox Run was held on Sunday September 17th with 20 participants taking part. Once again, we want to thank the volunteers and supporters from the Denbigh-Griffith Lions Club who raised funds and participated in the event, helped at the Hall and at the water station on route. As well we thank Gail Holtzhauer from Sniders Tent and Trail-

er Park who donated the water for the water stations, and the people who were not able to participate but came to the Lions Hall on the morning to make their donation. We even had people stopping at the water station on Flying Club road to donate. To date, the event has raised \$5,300. The community support was once again evident in the over \$1000

collected by Gary Guilmette from the many generous friends and neighbours who visit the Griffith Waste Transfer Station in the weeks leading up to the run. In 2022-23, Terry Fox Runs in 26 counties raised almost \$9 million, while in the School Runs, 3.5 million students, at over 9,000 schools, raised over \$13.5 million. In 2022-23, \$29.3

million was invested in innovative cancer research projects, which saw 352 funded researchers engaged in 97 "super promising" research projects across Canada and globally.

Next year's run will take place on Sunday, September 15th, 2024. We hope to see you then.



Geoff Cudmore, Murielle Fong, Theresa Pearce and Gary Guilmette still looking fresh at the half-way point.



Someone forgot to tell Gregory Cudmore that this was not a race... 48 minute 10K.



Dallyssa Huggins flying along on Flying Club Road.



Dallyssa Huggins with a big thumbs up!



Paula and Charlie Cudmore happy to be at the 5K turnaround.



Team Cudmore back at our Airds Lake cottage... Edgar, Charlie, Paula, Katie, Geoff and Gregory, your Griffith Terry Fox Run organizers.

Warm wishes for a Merry Christmas!

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The Wonder of Snow

By Lynn Jones, Ottawa River Institute

How full of creative genius is the air in which these are generated! I should hardly admire them more if real stars fell and lodged on my coat.
- Henry David Thoreau



Pic by Aaron Burden, Unsplash.com

A pure, white blanket of fresh snow is a wonderful sight to behold. It is made up of uncountable snowflakes, no two alike. In turn, each snowflake can contain hundreds of individual snow crystals.

Snow crystals are complex and beautiful structures. They have been the subject of much study over the last hundred and fifty years.

A farmer from Vermont named Wilson "Snowflake" Bentley (1865 - 1931), spent much of his life finding and photographing snow crystals. His book, Snow Crystals, displayed more than 2000 of his photographs and introduced the world to the incredible beauty and complexity of individual snowflakes. It was published almost one hundred years ago in 1931 and is still in print.

More recently Kenneth Libbrecht from the California Institute of Technology, has published a book entitled The Snowflake: Winter's Secret Beauty. He also maintains a website with a great deal of fascinating information about snow crystals.

The beauty of snowflakes has also inspired writers and poets through the ages. Here's what Henry David Thoreau wrote about snowflakes in his journal in 1856:

"How full of creative genius is the air in which these are generated! I should hardly admire them more if real stars fell and lodged on my coat."

One of my favourite things about snow is the silence that it brings. There is a deep stillness and peace in a snowy forest. Even in town, the silence



Pic by Josh Hild, Unsplash.com

after a fresh snowfall is wonderful. Gone are the pervasive traffic noises that intrude into life so much these days. What a relief.

Have you ever wondered as I have, what it is about fresh snow that makes the world so suddenly quiet? Apparently the answer lies in the structure of the snow crystal itself. Because it is so multi-faceted, it breaks sound waves up into smaller parts thus absorbing rather than reflecting them. Apparently, the huge number of randomly aligned surfaces on a sheet of fresh snow resembles the acoustic baffles used to achieve silence in a recording studio.

The multifaceted nature of snow crystals is also what enables snow to sparkle like a million diamonds in sunlight and moonlight (or streetlight).

Another reason to appreciate snow is its important ecological contribution. We need a good blanket of snow in the winter to protect ground plants and small animals. In spring, melting snow also recharges aquifers and helps to keep the ground moist for the germination of wild plants and crops.

The wonder of snow is surely one of the many gifts of living in the Ottawa Valley.

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AND THE WINNERS ARE...

Thank you to everyone who took the time to tell your stories, to the people who read them and voted in the People's Choice Awards, and to our judges: Michael Joll, Ken Puddicombe, Garry Ferguson, Max Buxton, and Diane Bickers. Reactions were very positive with such a fine selection of stories!

The stories and authors in random order:

FICTION

A Marriage on the Opeongo Line by Richard Marquardt
The Lost and Found by Cindy Bennett
Tea For Two by Cheline Collier
The Door by Mary-Joan Hale

NON FICTION

A Diminishing Portfolio of Enthusiasms by Jerry Papousek
Summer Camp: A Continuing Story by Bill Jukes
Richie's Story by Lynn Rusin
When Good Samaritans Come to Pass by Irene Chatson

Non-Fiction Prize of \$200

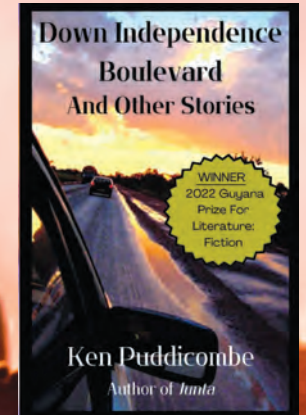
goes to
Jerry Papousek for
A Diminishing Portfolio of Enthusiasms

Fiction Prize of \$200

goes to
Richard Marquardt for
A Marriage on the Opeongo Line

Congratulations to the winners and to all our story writers!

People's Choice Prize
Down Independence Boulevard And Other Stories by Ken Puddicombe (one of our judges) goes to
Jerry Papousek for
A Diminishing Portfolio of Enthusiasms



Pic by Tijs van Leur, Unsplash.com

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<p>35 ACRES 800 FT. WATERFRONT!</p> <p>5468 Centennial Lake Rd 35 Acres of vacant land with approx 800 ft of waterfront with 100's of acres of crown land behind and great for hunters "boat to only" \$300,000</p>	<p>40 ACRES 3700 FT. WATERFRONT CALABOGIE!</p> <p>Stones Lake 40 gorgeous acres on the shores of Stone's Lake with over 3700 ft. of waterfront, minutes to everything Calabogie has to offer. An investors' or sole ownership dream come true!</p>	<p>CALABOGIE LAKE WATERFRONT!</p>	<p>AFFORDABLE TOWN OF RENFREW!</p> <p>517 Williams Ranch Rd. Home on the Calabogie Highlands Golf course. Perfect for the track lover with a huge garage and 4 acres.</p>	<p>WATERFRONT BUILDING LOT!</p> <p>438 Dominion Renfrew Small bungalow w/ 2 bedrms, fenced in front yard, natural gas heat and central A/C MLS1351831</p>	<p>CALABOGIE GOLF COURSE!</p> <p>233 Barrett Chute Rd 1.23 acres near Calabogie Peaks will allow more than one dwelling and has huge potential with a gorgeous view and water below with an awesome exposure</p>	<p>329 Church Farm Rd. Four Season Home on Calabogie Lake with garage and bunkie perfect for a family or rental investment</p>

Warming Food - Comfort Food

By Derek Roche

In the Spring I wrote about detox and cleansing. The summer months were about grounding to the earth and eating foods for maintaining brain function. The Fall article was about hydration, drinking enough water and sea salt benefits. Winter is now upon us, and many of us will naturally change what we eat from cooling foods such as raw fruits and vegetables, to more warming foods, such as cooked grains, warm soups etc.

Also, for a variety of reasons, winter tends to be a time when we are more vulnerable to colds and flu. When we're feeling under the weather, warming foods are comforting and easy on our digestive system. Think of the hot cinnamon oatmeal porridge we crave when we have a cold or the steaming pot of ginger tea to clear our sinuses. Consuming warming foods during winter-time is something we're naturally drawn to, and for a good reason — they not only bring us warmth but also provide us with the energy we need to combat the cold weather and boost our immune systems. Cooking certain foods also means that the molecules are broken down and assimilated more efficiently by our digestive tract. In fact, many vegetables, including sweet potatoes, carrots, broccoli, cauliflower, and asparagus provide us with more vitamins and minerals in their cooked form!

Apart from nourishing our bodies with essential nutrients, certain foods and spices have a warming effect in our bodies. Consuming them raises our temperature, increases our metabolic rate, and encourages satiation. So which foods are good in the winter months? Here are 9 warming plant-based foods and spices to inspire you:

Miso

This traditional Japanese soup is one of our favourites thanks to its warm, salty flavour. The main ingredients are fermented soybeans and sea salt, and it is a perfect antidote to digestive woes as it contains healthy bacteria beneficial to our gut flora. Along with probiotics, miso paste also provides a good dose of calcium, iron, magnesium, B vitamins, copper, and zinc. Have a bowl of miso anytime you need some comfort, be it breakfast, lunch, or dinner! You can also use miso in many dishes instead of salt.

Ginger

Long used to soothe a common cold, ginger root also has beneficial properties for digestion. Ginger has a stimulating effect on gastric muscles to help our food move along. Because of this, eating



Pic by Taylor Kiser, Unsplash.com

ginger regularly is a good idea if you suffer from constipation or have painful and slow digestion. Ginger improves circulation and can reduce nausea. In addition to these benefits, it can protect you from serious diseases ranging from cancer to cardiovascular disease due to its stimulating effect and high antioxidant content.

Kimchi

Made from fermented Nappa cabbage, this Korean dish is packed with warming spices as well as probiotics that promote healthy gut flora. It also contains vitamin C, beta-carotene, B vitamins, potassium, iron, and phosphorus. Kimchi is rich in flavour and has the perfect amount of spice to warm up your senses and elevate your meals.

Cumin

A staple in Mexican and Indian cuisine, cumin is a spice that brings a pleasant heat with its earthy spicy taste and warming aroma. Its benefits aren't just culinary, however, as cumin also contains bioactive components that benefit digestion. These positive effects are

due to their ability to stimulate enzymes responsible for digestion. Cumin also promotes bile production, an essential process for assimilating nutrients and breaking down fats.

Oatmeal

A warm and filling bowl of oatmeal is one of the most comforting breakfasts out there. Luckily, it's also incredibly healthy and easy to digest! Oats are packed with carbohydrates, amino acids, and a variety of vitamins and minerals (vitamin E, B vitamins, zinc, and iron). Porridge is also a good source of prebiotics. These gut-friendly fibres are fermented in our gut and encourage the growth of good bacteria in our digestive tract. Add a little cinnamon and ginger and you have a delightful breakfast on a cold winter morning. (It is better to use whole oats and not the quick cooking oats.)

Leeks

Commonly found in comforting soups, stews, curries and other hearty foods, leeks are a nutritious and delicious vegetable that have more benefits than you

might think. Leeks are a good source of prebiotics to strengthen your gut flora and improve your digestion. Using leeks in lieu of onions can also give your meal a sweeter, more subtle taste.

Garlic

The Chinese have a saying about this evil-smelling bulb. "The only thing that garlic cannot cure is what it gives you, bad breath"! Garlic isn't just a warm and fragrant ingredient that's essential for creating comforting warm meals, it's also packed with gut-friendly benefits. Garlic is rich in prebiotic compounds that, when consumed regularly, will improve your digestion by stimulating the growth of healthy bacteria in your gut and preventing constipation. As a bonus, garlic has antiviral, antibacterial, and antimicrobial properties to help boost your immune system.

Sweet Potatoes

Sweet potatoes are another nutritious and comforting staple for warming up during the winter months. They're packed with healthy carbohydrates and a good dose of vitamins and minerals such as beta-carotene, potassium, B vitamins, and manganese. They're also easy to digest and contain resistant starch, a type of fibre beneficial to our gut.

Black beans

Black beans are a great option for a warming meal, and they're nutritious and beneficial to our digestion. These beans are high in fibre, including resistant starch, which the friendly bacteria in our guts feed on. Black beans are high in protein and nutrients such as copper, manganese, vitamin B1, phosphorus, protein, magnesium, and iron. Research also indicates that black beans may help protect against colorectal cancer. Black bean soup is a favourite in our household as it is easy to make, easy on the budget, warm and nourishing. The addition of cumin, black pepper, carrots, onions, and ginger makes for a powerhouse meal on a cold day.

Happy Holidays to all!

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



Matawatchan and Vennachar Halls

By Betsy Sayers

This is part of a brief history of the halls in the DVGM area. If you or anyone you know are interested in providing input on this or on the halls in Denbigh and Griffith, please call me, Betsy at 613-292-5183.

THE MATAWATCHAN HALL

matawatchan.ca/community-hall
The Matawatchan Community Memorial Centre, which is locally known as the Matawatchan Hall or simply the Hall, is located at 1677 Frontenac Road in the Village of Matawatchan.

The Hall was a three-season facility that used to be closed in the winter (January through March) because of the high cost of heating such a large building. With the Ontario150 Capital Program grant in 2017 and associated funding through Greater Madawaska Township and the Griffith and Matawatchan Fish & Game Club, it is now open all year round. The Hall is managed by an executive that is elected every year in mid-September and supported by a host of volunteers who help out as needed to maintain the building and grounds.

The Hall supports the community, and the community supports the Hall through rentals, donations, fundraising events and through an annual operating grant from the Township of Greater Madawaska.

The grounds feature an outdoor stage, a covered outdoor eating area with an outdoor Adobe wood-fired oven. Anyone in the community who would like to start group activities such as games nights or special interests are welcome to use the hall for a donation if the activity is open to the public with approval by the Hall's Board of Directors. It's your Hall after all. Volunteers to help out with occasional maintenance, cleaning, or help with events are always welcome.

The following history of the Matawatchan Hall is from an article in the August/September 2012 Madawaska Highlander -titled "The History of the Matawatchan Community Memorial Centre" - written by Karin Lehnhardt. Another fascinating article in the September 2012 Madawaska Highlander called "Pioneer Voices: John A. Thompson (1903-1998) outlines an interview by Elmer Strong about the building of the Hall. To read these articles in full, go to matawatchan.ca/archives-2012

"Known locally as the Matawatchan Hall, the land for the Hall was donated to the community by Billy MacPherson and Bill Dunn in 1952. In 1953, a committee of residents from Griffith & Matawatchan was formed to build the hall. After much discussion, no agreement was reached. In early 1954, Mr. Pete Kelly of Matawatchan called Mr. Johnny Thompson, originally from Matawatchan and previously owner of the Matawatchan Store who had a construction company in Renfrew. Mr. Kelly asked Mr. Thompson how quickly a hall could be built in Matawatchan and couldn't believe the answer of six weeks.

...Work started on the building of the Matawatchan Hall on April 19, 1954. Much of the lumber was donated by Mr. Johnny Thompson and Mr. William Thomson. All labour was volunteer, with the whole community involved. Mr. Johnny Thompson brought his own construction workers to Matawatchan.

He paid their wages himself and donated his and their time to the Hall. Ben Pennock donated two weeks labour and Basil Thomson donated three weeks labour. All other community volunteers donated what time they could spare.

The Matawatchan Hall officially opened on June 11, 1954The Hall was owned by the Community of Matawatchan... for almost 20 years the Hall was run by an elected board. It was used for community events and meetings. No rent was charged for these functions. Later dances were held every Saturday night.

In 1973, the Matawatchan Hall was placed under the charge of the Township. The name was changed to the Griffith - Matawatchan Hall... this was done to qualify for recreational grants for repairs to the Hall. In 1974 a L.I.P. grant was received and in 1975 a 56 foot by 16-foot addition was added to the Hall that included indoor washrooms... the cost of this addition...according to a May 1975 Communicator [the local community newspaper of the time] was \$10,000 in materials and \$17,000 in labour.

In 1987 Council received an engineer's report stating that the Matawatchan Hall had major structural problems (foundation and roof). The Council agreed that the repairs would cost too much, and that the Hall should be condemned.

At a Council meeting in October 1987, Mr. Keith MacPherson presented a verbal offer on behalf of Kay Kelly, Annie Thomson, John Green and Norval Strong of Matawatchan, for the purchase of the Hall for \$1.00...The written proposal was submitted at the December 1987 Council meeting, and it was agreed to sell the Hall to the above mentioned persons for \$1.00.

In 1988 a Seniors Club was formed in Griffith and Matawatchan. Their meetings were held in the Hall during the summer months. The Seniors were informed that grants were available for the Hall if the Hall were incorporated. The seniors applied for incorporation in 1988 and paid the \$800 cost...

In September 1992 a public meeting was held at the Matawatchan Hall. The four persons owning the Hall and the seniors informed the public that as they were all getting on in years, it was felt that they would give the Hall back to the Community of Matawatchan and that a board from the community be elected at this meeting.

In 1993, Allan Pennock and Orval Strong commenced a campaign to raise money for new siding to put on the Hall. Five thousand dollars was raised... Since that time, the siding has been put on, the annex has been opened up, the stage has been re-carpeted, and wainscoting put on the front of it; a wheelchair access ramp added; bar fridge purchased and three annex washrooms painted. Outside a cook area (roofed in) was built, as well as an outdoor stage and outdoor concession booths. Lumber for the outside work was donated by Mr. Earl Thomson. A new sign "Matawatchan Community Memorial Hall" was installed this spring (1995) ... All of this could not have been possible without the generous donations of money, materials and volunteer labour from this community. AND THE WORK GOES ON!"

The work certainly did go on. Many renovations and building upgrades have been completed over the years. Just this past summer the Matawatchan Hall Board and a number of volunteers have been busy renovating again. Structural repairs to the entrance and a new floor and tiling are completed and soon handicap ramps and wide doors will also be finished up.

It's important to keep these historical buildings intact. If you'd like to help out with ongoing renovation projects or anything else, please get in touch with any Board member. The Board would like to thank all the volunteers who helped with the renovations and events at the hall in 2023 and everyone who attended their Annual General Meeting on November 14th.

THE CHURCHES IN VENNACHAR

exploringontario.com/haliburton_highlands_ottawa_valley_region/vennachar_memorial_church.html

Vennachar Community Memorial Church

Methodist Episcopal 1875 - 1925
United 1925 - 1975

Restored 1987 through generous donations of time and money

"The Vennachar Memorial Church...has withstood the hands of time and the ravages of fire, and has become a symbol of the perseverance and steadfast nature of the early residents... In 1875 the Vennachar Methodist Episcopal church was built...The spring of 1903 had been a particularly dry spring. The fire that began that morning destroyed thousands of acres of forest and farmland. Many families were forced to flee from their homes with only the clothes on their backs. Everything in the path of the fire was destroyed including the village of Vennachar. When the smoke cleared, and the residents were able to survey the damage they were shocked to find the Vennachar church and one house still standing. The fire had destroyed everything for miles around and for some unknown reason had spared the church."

Bill McNaught kindly shared the following background on just one of his family's many significant events that took place at this historic church. "The Church itself was built in 1879 so its 150th anniversary will occur a few years in the future. It was a Wesleyan Methodist Church as opposed to the Free Methodist Church, which was based on the concept of not having reserved seating paid by each family. Many of the families were children and grandchildren of the Loyalists. Fred Ball and his brother John began farming in Vennachar in 1885. Fred supported the Wesleyan Church, but John supported the Free Methodist Church. In fact, the land for the Free Methodist church was donated by John Ball from his farming property.

The first wedding to take place in the Wesleyan Methodist Church occurred on September 19, 1917 between Martha Jane Ball and Tom McNaught. People came from afar by horse and buggy to attend the wedding. Almost 100 people attended the wedding. You will note that many ministers took part from both Methodist Churches and the Presbyterian Church as well."

Will this church make it to its 150th anniversary? Is there a future for this historic old building tied to so many families in the Vennachar/Denbigh area? If you have any suggestions for this wonderful historic building, please reach out to Bill at (905) 889-5474."

Vennachar Free Methodist Church

From their 125th Anniversary Book - (available at the Denbigh Public Library) 424 Matawatchan Road in Denbigh. Check out their new website: www.VFMC.ca

"Free Methodism came to the Vennachar area during the winter of 1892-93. Charles Babcock of Verona was working in a Canada Lumber Company camp at Booth Farm in Ashby Township. He held services in the Eagle Hill schoolhouse in neighbouring Denbigh Township. That schoolhouse later became Scott's Store..."

Vennachar Free Methodist Church was built in the spring of 1894 on a lot... donated by John and Alice Ball... Sturdy wooden pine pews were made by the skilled craftsman who built the church. Charles Cunningham, a lay minister from Gunter was the head carpenter and all the labour was provided free. Source of heat was from a wood burning box stove and lighting was provided by coal oil lamps mounted along the interior walls...The church was a one room sanctuary of approximately 700 square feet. It remained intact for 122 years (1894 - 2016).

By the fall of 1972 work began on the 950 square foot addition. It housed 2 Sunday School rooms, a foyer/reception room, a pastor's office and a large pulpit/stage area on the main floor. The partial basement had a large Sunday School room with an outside entrance, 2 washrooms, furnace room, as well as a split-level stairway to the side entrance. A ramp was added later to the main sanctuary.

Additions and renovations developed over time, even to include a lighted steeple without a bell... TSC Engineering Inc. was engaged in November 2010 to conduct a structural review as there were concerns about safety due to sags in the floor and roof as well as bends in the walls. John R. MacIntyre P, Eng. stated, "The original church structure is in good condition."

In 2011, plans were implemented to do a 3-phase maintenance program to prolong the life span of the original church as recommended by TSC Engineering Inc. Tenders were submitted by 3 contractors and the contract was awarded to J. Scott MacDonald who submitted the lowest bid. The first objective was to remove the sags from the floor. However, a close examination of the log floor joists revealed that the joists were too weak structurally to permanently correct the problem. The project was abandoned, and other alternatives were considered.

In 2015 it was decided to replace the original church which would include leaving the addition intact except for correcting problems with its floor and roof...On Sunday, April 3rd, 2016 the final service was held in the church."

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How to Make Friends with Cold and Snow

By David Arama

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Adults enjoy playing in the snow if they dress the way we dress our children - warmly. Something seems to happen to kids when they hit their teens. Dressing warmly is no longer "cool". This persists into adulthood as we don the bare minimum to get to the car, without considering what would happen if we went off the road or got delayed outdoors. Hypothermia is not cool.

Pic by Colin Lloyd - Unsplash.com



A round of snowball Beer Pong can be fun, but don't be fooled by the warm glow of alcohol on your skin. You feel warm, but your core is getting colder. Cardiac arrest is not cool.

Pic by Karsten Winegeart - Unsplash.com



I have never met a skier who didn't look forward to the first snowfall. No wonder! They dress for winter fun, complete with eye protection to prevent snow blindness. Now that's cool!

Pic by Kyle Peyton - Unsplash.com



There is nothing like a hot beverage to warm you up from the inside. Keep a small kit like this in your car for emergencies or share a cocoa with your friends on the trail. Yeah, they'll think you're cool.

Winter is just around the corner, and if you enjoy the great snowy outdoors, it's a ton of fun. A lot of older Ontarians head south to warmer locations. Not me. At the age of 64 years, I like to head north! There's nothing like the winter wilderness wonderland. Although my body doesn't react as well as it did in my younger years to severe cold, I've learned to be smarter. Here are tips to enjoy winter adventures safely and comfortably. There are many common cold weather health dangers to be aware of when trekking out.

Blood thickening and Cardiac issues aren't well known to most. However, sub zero cold can result in a thickening and coagulation of blood, which could potentially result in a heart attack, especially in older folks.

Hypothermia is likely the most common winter issue. If you add dampness and windchill, you have potential life-threatening scenarios. When your body core temp drops 3 or 4 degrees Celsius, you have serious hypothermia or exposure. If you go through the ice snowmobiling or ice fishing, the resulting cooling of the core results in a constriction of blood flow to the extremities (arms and legs) to save the vital organs. If you're not wearing flotation, then you're going down to the bottom of the lake. More than likely, when you hit the cold water, you die from a gasp reaction where you gasp for air, and your lungs fill with water, drowning you.

The first stage of hypothermia is shivering. Once your body can't shiver anymore, then you're in great danger.

Treat at the shivering stage by adding a warm woollen layer, get a fire going, warm up, wrap yourself in a space or solar blanket, and drink warm liquids. Winter rated -25 Celsius (or lower) and woollen blankets are excellent for treating hypothermia.

Frostbite is similar to a burn. Extreme cold can damage and kill skin layers. Cover up all exposed skin in severe temps. Warm up by a fire, and/or in a sleeping bag or wool blankets, when you notice the first stage of frost nip (whitish skin).

Dehydration is surprisingly common in winter conditions. The cold air sucks the moisture from you. When your urine darkens, it's a red flag. When headaches and nausea follow, it's serious. One of the problems in this day

and age, is that many of us head into the outdoors already dehydrated because we drink everything but water. Winter hydration should include drinking 3 to 4 litres of water per day.

Alcohol hastens dehydration, hypothermia, and frostbite. This shift in blood supply from the core to the skin causes you to actually lose heat, but you don't notice because during this process you feel warmer. This is unlikely to cause you any health concerns when you are in a warmer environment. However, in cold settings, this can cause problems that lead to cardiac arrest. A study of hypothermia and alcohol poisoning in adolescents found that in winter 26.6% of the intoxicated subjects experienced mild hypothermia. This was compared to 18.0% in the summer.

Pic by Simon Berger - Unsplash.com



Tip: most vehicles aren't covered by standard auto insurance when you drive on the ice. You must obtain added coverage for this. Ice thickness varies. A test hole by the shore might not match a hole drilled in the main channel. Always exercise caution. Let people know where you are going and when you expect to be back.

Snow Blindness is caused by high sun reflectivity on fresh snow getting through your eyelids. The result can be very painful. A simple solution is to wear ultra-violet rated snow glasses or goggles.

Slips and Falls are a real danger to all, and more so to the elderly. Wear high-traction winter boots and cleats where needed and do exercises to maintain strong core muscles, leg muscles and foot flexibility that will help you correct yourself if you begin to slip.

Ice is a major danger, especially with climate change and warmer winters. Studies conclude that lake ice isn't forming like it used to. Be careful with slushy ice, areas near running water and currents, and swamps. There really is no such thing as safe ice. I recommend 6" or

more for snowshoeing, 10" or more for sledding, and 15" or more for vehicles, more for trucks.

Cold Weather Clothing for winter extremes should include loose-fitted layering with a snug baseline such as merino wool, polypropylene, polar fleece, and insulating layers of woollens, fleece, and Thinsulate. A water/wind-proof shell, like Gore-Tex, is critical. I find from personal experience that if my head and feet are warm, then I feel good. Woollen and alpaca socks are the warmest. Staying dry is the key.

Cold Weather Footwear is extra important. I prefer heavy-duty Sorel or Baffin Snowmobile boots with thick wool liners that can be removed to dry out. There are a number of semi-hiker winter boots that offer easier walking,

Winter Survival & Safety Gear

A cold-weather survival kit should contain some of the following:

- Fire starters like stormproof matches, ferromagnesium rod, or butane lighter
- Instant heat packs, hand, and foot warmers
- Candles
- Satellite tracking device, e.g. Spot-X, I-Reach
- Solar and space blankets
- High-energy snacks, e.g. granola bars, trail mix, hot beverages
- Pelican water bottles can keep liquids hot for a day or more!
- GPS handheld unit with topographical maps
- Tin can for boiling
- Signal flares
- Large knife and/or folding saw
- Ice picks and flotation for snowmobiling and ice fishing
- A vehicle survival kit should also have a quality snow shovel, gas line antifreeze, lock de-icer, an emergency battery booster kit, a large bag of sand, and a winch for remote locations. An investment in a reliable cellphone booster amplifier like Wilson's Weboost Drive-Sleek will boost your cell signal by up to 30x.

Tip: Always buy boots that are one or two sizes larger, so you can add extra socks. You can always add extra insoles to make things fit.

Winter Survival Tip:

Attend a winter outdoors skills course!

Winter Training Programs at Marble Lake Lodge:

1) Wilderness Survival & Bushcrafts, November 29 - December 2nd

2) Winter Camping & Igloo Building, February 10 - 11th

For info: david@wscsurvivalschool.com

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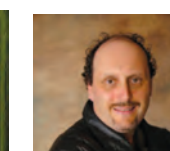
Ice Cleats and Crampons add much-needed traction to winter footwear in icy slippery conditions and they are relatively inexpensive, in the \$10 to \$30 range.

Cold-weather foods are an important component of winter prepared-

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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

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Joseph's Justification

By Antonia Chatson

I was the youngest of three sons. We lived with my parents on the main street of Nazareth. My father's carpentry shop bordered on the street and our family lived in the quarters behind it. It was usual for the eldest son to take over the trade of his father, but neither of my elder brothers showed any interest in the carpentry trade. They had gone to the synagogue from an early age where they had learned to read and write. Eventually, they took up the profession of scribes at the temple. This left the way open for me to become an apprentice to my father. I suppose there would have been an opportunity for all of us, but it would have been a mite crowded, so I was just as relieved when my brothers showed no interest in taking over the family trade.

I guess it was a love that I was born with - working with wood. I loved the feel of the soft, porous sycamore, the wavy, contouring lines of the olive wood and the straighter grain of the rarer oak. Sometimes my father got orders from a few of the wealthier people in town or sometimes from the Roman governors who resided in Nazareth. These orders would be for pieces of furniture and it was then that they would bring into our shop, fine pieces of cedar and cypress from Phoenicia from which we would craft tables and chairs. But more often than not, the orders would be for travelling boxes for the governors who never stayed in one place for any length of time. I loved the feel and look of these woods and loved cutting into them. It would be like opening a surprise package to see what grain was under the bark or was seen crosswise when I had to cut a piece of wood to a given length. I loved using the spoke, then chiselling a piece of wood into a decorative spindle. Those were our artistic dreams.

Most of the time my father and I were occupied with the more mundane tasks of producing farm equipment such as threshing boards, winnowing forks, yokes, cartwheels and handles for ploughs. That was our bread and butter. I guess someone had to do it. I really didn't mind. I loved working with wood of any kind, in any way, but it always gave me such pleasure to create something a little more artistic and something that would last a little longer than the first kick of the donkey!

I officially apprenticed to my father when I was 15 years of age and I worked alongside him for the next ten years. My brothers had left home by this



Pic by Hulki Okan Tabak, Unsplash.com

have dozed off and slept fitfully. I knew I was not fully conscious, but I also knew that I was not in a restful sleep either.

It was then that I felt rather than saw my entire room light up and a heavenly presence filled the room. Then the angel said to me, "Joseph, son of David, do not be afraid to take Mary home as your wife because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give Him the name Jesus, because He will save the people from their sins." The words were seared into my mind so that I was not likely to forget them. Mary was right after all. Slowly the angel and the light that filled my room merged into one, then dimmed, and then were no more. I slowly awoke with a great joy in my heart. I did not have to go through with that wretched divorce because Mary had told me the truth. The fact that I had been visited by an angel and that my Mary was to give birth to a baby boy who would deliver the people from their sins, was secondary at that moment to my love for Mary.

I could hardly wait until the first break of day to rush over to Mary's house to compare notes on our heavenly visitations. Having run the entire distance, I arrived breathless and stood panting at the kitchen door. Mary was grinding grain before she made the bread for the day. She did not hear me straight away, and I paused briefly before gently calling her name. I could not help but notice a serenity about her countenance before she turned and rushed into my open arms. She said she had missed me terribly but was not worried about the outcome of events for she knew that God was in control. She had prayed unceasingly that God would somehow enlighten my understanding. She admitted that she had heard of my intentions to divorce her but that made her pray all the harder. What a wonderful woman my Mary was, an inspiration to me!

Well, I think I've talked enough. You all know the rest of the story - the great news about Mary's cousin Elizabeth having a baby boy, my Mary's visit with her before the baby arrived, our five-day journey to be registered by the Romans in Bethlehem just as Mary was nearly due, our lodging in the stable behind the inn and the birth of our precious little baby boy. Then there were all the visitors that we had that night, the lovely gifts that they brought for our Jesus and then our hasty flight to Egypt to avoid that miserable Herod.

But I'll tell you this. We would have been mighty worried if we'd been ordinary folk. But being able to put our trust in God, we knew that He would care for us and protect us. And I'll tell you another thing. I wouldn't mind being visited by an angel again some day.

That night, I wrote out my letter of divorce and arranged that on the following day, I would have two of my friends witness it. Then one of them could take it to Mary. That would be that - no embarrassment, no recriminations.

Somehow, I couldn't sleep that night. Mary's earnest, pleading face kept coming to my mind. But how was I to believe her explanation? Despite what she had done to me, I still loved her very much. I knew that divorcing her was the only thing to do under the circumstances. But my love for Mary kept coming between what I knew I should do and what I really didn't want to do. I tossed and turned on my mat, everything spinning around in my head. I guess I must



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.

The River Drivers

By Garry Ferguson

*Come all you bold young shanty boys,
And listen while I relate,
Concerning a brave young river boss
And his untimely fate,
Concerning a young river boss
So handsome true and brave,
T'was on the jam at Gerry's Rock
That he met with a watery grave.*
Old folk song

My parents taught me these lines from a ballad that stayed on the Ontario Top Ten for at least a hundred years. The Jam on Gerry's Rock(s) is a tale of tragedy from the days when our ancestors floated timber down the wild rivers of Eastern Canada. These river drivers were more daring, suffered more hardships and probably lost more lives, per capita, than those from most Canadian endeavours outside of war.

From the square timber days, in the early nineteenth century, until the advent of modern machinery, "the winter cut" was hauled onto lakes and creeks which drained into rivers. When spring came, the log drivers made use of the runoff to drive their timber down these swollen rivers to market.

Portable camps were usually set up near rapids where several days would be needed to put the logs through. It was here that the drivers encountered their worst nightmare - the log jam. With peaveys and pike poles - sometimes dynamite - they'd work to break these jams. It was here also that rivers turned timber into match sticks and men's bodies into



I found this framed photo in a thrift store in Southern Ontario. The Madawaska was a rocky, fast river in spring, barely navigable in parts in summer, before it was flooded in 1967

"pieces the size of your hand" (another old folk song).

Only rough wooden crosses marked the graves of these casualties. They were wrapped in blankets and buried near the chutes and rapids that did them in. My father, and several men of his generation, told me of seeing old crosses in the bush around the treach-

erous Colton Rapids on the Madawaska, but by my time, they had rotted away.

One of my ancestors, who drove the Madawaska, was more valuable to the lumber barons than most because of his skill with a broad axe. I'm told that he was taken to Quebec City each year to reshape square timber bruised and gouged on rocks, but most were "paid

off" by the time spring floods had subsided.

We seldom hear of the river drivers these days. It would be a crime however, to let this romantic part of our heritage become as forgotten as the unmarked graves along the Gatineau, Madawaska and hundreds of other rivers from Ontario to Newfoundland.

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Conservation, Corridors, Collisions - Trekking in Alice's Tracks

By Lesley Cassidy



Standing up to seven feet tall, this moose (top two pics) in Algonquin Park is looking for birch, willow, aspen, red maples and water lilies to feed on. They eat branches, twigs, and balsam fir as well. Females can weigh up to 850 pounds, and males can weigh over 1000 pounds. Pic by Lesley Cassidy



Even before the overpass was fully completed and six kilometres of fencing installed to help direct wildlife to the overpass, several animals were using it to cross over the highway. Credit: Ontario Ministry of Transportation



The Ontario overpass for wildlife was completed in 2012. It's south of Sudbury and was installed in this location due to the high number of moose and vehicle collisions. Credit: Ontario Ministry of Transportation

In 1998, a 700-pound moose collared by wildlife experts in upper New York State wandered out of the Adirondack State Park and headed for the Canadian border. Not stopping at the St. Lawrence River, bravely swam through the Thousand Islands, crossed Highway 401 near the Frontenac area, and wandered up through the Ottawa Valley into Algonquin Park. It was a remarkable journey.

I wrote about Alice the Moose several years ago; her incredible trek fueled the creation of the Adirondack to Algonquin (A2A) Collaborative. This non-profit brings together partners in Canada and the United States to work on projects related to this wildlife corridor. For several decades, conservationists noticed that the region between the two Parks had lots of tree cover, few roads and were similar in geography. Alice's trip spurred more action into understanding how fragments of land, both big and small, when connected, create a corridor allowing wildlife to travel. This past summer, Jamieson Findlay followed Alice's path and hiked, cycled and paddled between the two parks travelling along wilderness trails, gravel and paved roads, and rail trails.

Findlay, a writer for Nature Canada, arrived in late September at

the East Gate of Algonquin Park after 36 days of propelling himself across the terrain. His feet blistered by the end, his pack heavy for weeks, he experienced an incredible voyage along the way. Leaving Newcomb, New York, a town of 400 people, he and a friend followed the trail in mid-August. It had been a rainy and grey summer, but they missed most of the wet weather. The trails were soggy, but the first part travelled through the bush, and it became one of their favourite sections. In the Five Ponds Wilderness area, dotted with wetlands and forests, they foraged for berries and mushrooms as they hiked. "The first ten days was very exciting, we laughed and learned a lot," Findlay shared. Friends of the A2A initiative helped find accommodation, and they met numerous people who were curious about their adventure.

It became a more challenging hike once they left the Adirondack State Park and walked on the sides of roads in the St. Lawrence Lowlands. It's a tough stretch, he explained; the trail followed many roads, and they quickly tired of walking on asphalt with traffic and heavy packs. They paddled across the St. Lawrence River through the Thousand Islands and completed a presentation at the Thousand Islands National Park. He and his friend spoke in schools along the way as well. For the last section through



Jamie Findlay hiking in the Adirondacks on the first leg of the trip. Credit: Jamie Findlay

the Ottawa Valley, Findlay walked the K&P rail trail to Calabogie. Then he switched to a bicycle near Renfrew and peddled on two different rail trails - the Algonquin Trail and J.R. Booth Heritage Railway Trail. The Booth trail lands near Whitney, and from there, it was a quick trip up the road to Algonquin Park.

Findlay remarked that seeing even a tiny portion of this wildlife corridor while on his pilgrimage highlighted their incredible importance. "People need to start with their little patch of nature; all patchworks are part of a quilt," he explained. "Bits and pieces (of natural land) are good." He commented how these corridors provide alternatives for wildlife with passageways and routes that will reduce wildlife travelling on roads as most of this corridor is located away from human habitation.

Alice's journey was remarkable and made possible by all these segments of natural landscape between the two Parks. Wildlife specialists in the late 1990s were surprised at the length of the moose's path. With the advent of wildlife collars, Global Positioning Systems (GPS) and trail cams, these tools help advance how scientists better understand wildlife movement and behaviour. Collars and GPS have been around for a while, but they only have been used in wildlife research at a larger scale more recently. This was one of the first times a moose had been tracked travelling so far away and crossing a major water system in this area.

Alice's excursion proved that land kept in a more natural state is critical for wildlife. Connected fragments of natural spaces allow wildlife to behave how they should, moving and finding a mate and solid food sources, which is good on so many levels, particularly for the gene pool and overall health of the moose population. And it's not just for moose populations but also for deer, bears, wolves and cougars who travel significant distances. In 2019, a study published in the Science Journal, shared the results of a decades-long study com-

pleted in South Carolina, which examined the plants and animals of connected natural spaces. One key finding was that connected patches of land had higher numbers of plants and species of plants. Moose, bears, deer and others consume many plants to survive, so the study's outcome meant good news.

Findlay's and Alice's trek highlighted how it's natural for animals, particularly large mammals like moose, deer, and wolves, to travel, crossing highways and waterways, which often ends in their demise. He explained many incremental things can be done to create travel routes. For example, building turtle barriers which force them to use culverts and not roads helps create a corridor for turtles and other species. "Ultimately, a quilt of terrain and landscapes, protected areas, and small patches help wildlife move and stay off the roads; not a lot of people are aware of that. You don't have to be an environmentalist or conservation-oriented; you just have to be a driver; you understand that keeping wildlife off the roads is good," Findlay stated.

Roads equal problems. Wildlife collisions are high in the fall. There are about 14,000 deer and wildlife collisions every year in Ontario. A study found that 600 of those accidents resulted in serious injuries. A tiny percentage are fatal and most happen one to two hours before dawn or after dusk. There's little recent data, but in 2010, wildlife-vehicle collisions in Saskatchewan cost \$48 million in claims. In 2008, the United States estimated that wildlife collisions cost 8.4 billion American dollars a year. The financial and physical toll is high for both humans and wildlife.

Back in Ontario, students from the University of Waterloo looked at potential solutions for roads and wildlife. Some are cheaper than others, such as clearing vegetation away from busy roads, and others are more expensive, such as building over and underpasses combined with fencing. These over or underpasses are very effective - in Banff



Jamie and his friend Bill Barkley (who completed a few weeks of the trip with him) at the Algonquin Park East Gate 36 days later. Credit: Jamie Findlay



Jamie and his friend Lisa Medd are about to start the Ontario leg of the trek between the Adirondack State Park and Algonquin Park. Credit: Jamie Findlay

National Park, where there are six overpasses and 38 underpasses, the number of creatures killed has been reduced by 80 per cent. It's a success story over 20 years old. Ontario has started down this path. Highway 69 between Parry Sound and Sudbury has a wildlife overpass and underpass.

The first overpass, completed in July 2012, has reduced wildlife-vehicle collisions by 74 per cent. As of September 2019, 1350 deer crossings have been made; moose crossed 251 times, black bears 188 times and coyotes, foxes and wolves have also used the structure. If an animal approaches the overpass, 95 per cent will use it. A University of Waterloo study found these measures only add approximately two per cent to the construction costs if the highway is being re-done or built. Combined with fragments of natural space in varying sizes, these wildlife corridors and road structures go a long way to protecting wildlife and humans. A new report on wildlife and road interactions in Ontario is expected soon.

Alice, the moose, was behaving as a moose does. The information about her trek helps everyone, from conservationists and wildlife experts to those who plan and design roads and drivers. Findlay emphasized that he hopes that his adventure will bring people to explore this corridor and then want to protect it. In protecting these natural spaces and advocating for road structures, wildlife and humans benefit.

Lesley Cassidy has been cottaging near Calabogie for over 40 years and now lives in 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.

Nature's Renewing Fire-following Fungi

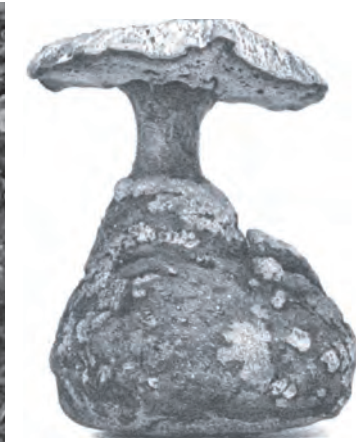
By Colleen Hulett



This is orange Pyronema omphalodes...the first fungi on a burn site. Comes as early as two days later. (Pic from fungipedia.org)



Cup mushrooms are one of the many types of mushrooms that show up on burn sites when there is no other life.



Stonemaker Fungus that can lie dormant for a hundred years if there is no fire. The mycelial mass (stone) only produces its edible mushroom after a fire. (Pic from Wikipedia)



Moss plays a unique role in storing endophytic fungi in its tissues. The tree trunk on the left has both moss and lichen on it and if a fire breaks out the moss and lichen will release fungal spores that will help regenerate the tree if it gets damaged... a complex system of cooperation.

You may have witnessed how Canadian forests literally went up in smoke this year. In a few short months between April and October, Canada lost 18.4 million hectares of forested areas. They were lost due to a mix of wild and accidental man-made fires fueled by climate-changed drier conditions. The Canadian Interagency Forest Fire Centre (CIFFC) posted there were 6635 fires so far this year in Canada. In Ontario alone, in 2023 there were 741 fires. There were 269 fires last year. Toronto's CP24 online news wrote in June about the astounding loss of 85,909 hectares of forest in Ontario (2023) compared to the loss of 2,337 hectares during the same months between April-June in 2022. Those are incredibly alarming figures! In those same 91 days, investigations of just 275 fires showed that 173 fires were naturally caused by lightning. Humans caused the other 102 forest fires. That's more than one accidental fire a day during that period alone! We cannot underestimate how global warming caused by humans has triggered major out-of-control 'natural' fires due to overly dry weather conditions. The human-expedited global warming this year gave Canadians the hottest year ever on record. Lower temperatures could be a thing of the past.

Historically, our forests used to be humid and damp where lightning could strike and only burn up a few acres before it went out. As well, we cannot forget how Indigenous peoples in the past routinely set small fires in dryer, fuel-filled areas (logs, stumps, dead matter like leaves) to control the spread of larger fires. Unfortunately, colonial authorities

banned the practice, in some cases, wiping out ancestral knowledge along with the cultures who performed it. Fortunately, today, we now set prescribed fires to mimic those of Indigenous people. But we are really behind in this type of management and have a lot of catching up to do.

I know many Canadians are trying hard to slow down global warming, but the reality is that we are too small of a population to make even a dent in this crisis. Until large populations get serious about global warming nothing will change. We need our forests for carbon capture, industry, food, and clean air. We need to solve our global issues together and cheaply if we want to get larger populations on board. Mature trees take time to grow, and many managed plantations take even longer. How wild scientists ever get our 18.4 million hectares of dead forested areas to recover quickly? One cannot just plant a tree and hope for the best. We need to know how it survives in its preferred ecological niche and study all of the organisms that help make it grow into a forest.

Interestingly, fungi are the first organisms to arrive after a forest fire. This shouldn't surprise you. Fungi recycle dead matter and turn it into soil for plants to thrive so that Nature can live and build their lives on it. More importantly, fungi build the Wood Wide Web so forests can function and communicate with each other in the spirit of survival.

There are many pyrophilous (fire-following) organisms. Both pyrophilous plants and fungi come to re-

grow our forests but fungi are the first to arrive and are the most essential ingredient for the regeneration of life. We need to study their magic. Some pyrophilous fungi are on the scene in just two days following a fire and remarkably thrive amongst the hot smoking coals! Have you noticed fungi thriving in your campfire pit? Take notice next time you visit the firepit.

In the case of pyrophilous plants, they have a variety of ways to survive and thrive after a fire. Some trees have seeds heavily coated in resin that are only released after a fire burns the hard resin away. Some have specific shapes like tall trunks and high canopies, so the fire never reaches their leaves where photosynthesis takes place. Other trees have thick fire-retardant bark that protects their vitals from fire so they can resprout when the fire ends. Some plants only flower after a fire too. Unfortunately, in prolonged and very hot fires, plants and trees' ingenious methods fail as they are burned up before they can work to replenish the area. Fire-following plants only succeed with smaller and shorter fires.

Pyrophilous fungi are quite different. They can withstand very hot raging fires. Some of these fungi lie dormant for years, perhaps centuries, and only emerge in their macro form visible to the human eye after a fire. Some fire fungi have spores which are coated in melanin, and this protects them from burning up similar to the same melanin found in our skin to protect us from sunburns. Other pyrophilous fungi are microscopic cup-shaped and are endo-

phytic in nature where they lie low inside the protective tissues of mosses and lichens. When the moss or lichen succumbs to fire the spores are protected deep inside and then are released after the fire to begin producing their fruit bodies full of thousands of more spores. A single fruit body can have more than 30,000 spores!

The variety of fire-loving fungi is astounding and it's positive news to the resilience of forests. The Stonemaker fungus in Australia has a hard mycelium mass or sclerotia similar to Chaga except it lives deep underground like a truffle and not above ground on a tree. It only emerges and sprouts a mushroom after a fire. You will never see it any other time. Its stone-like structure can lay dormant for 100 years. This mushroom is edible and collected for food after fires. Pyronema omphalodes is an orange crust-like fungus that shows up just a couple of days after a fire. Yes, it can fruit in two days and is triggered by a chemical in smoke. It somehow serves to bind and hold moisture together on the soil's surface. Pyronema emerges from soil that is sterilized by fire where other soil organisms were killed. They grow when they have no competition and because of this need, Pyronema are the first mushrooms on a freshly burnt site. About seven weeks after a fire and some rainy days several species of tiny cup-shaped fungi, which too can hold water, emerge on site. Their shape ensures water capture, in part to help the burnt site moisten and because they need to capture water in order to release their spores. This is very important because we know plants



This tiny gilled mushroom springs up from moss after a fire. See cupped examples below.



An example of the intelligent "Wood Wide Web" (mycelia) network that distributes moisture and nutrients between plants and trees throughout the forest.



Old Man's Beard Lichen is harbouring ancient spores in its tissues over a fuel-filled forest floor. If a fire clears the rubble, the lichen will release pyrophilous fungi to help regenerate the area.



Tiny cup-shaped fungi can hold water, in part to help the burnt site moisten, and because they need to capture water to release their spores. Plants need moist soil to survive.



Sources:
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thrive in moist soil as opposed to dust or ashes.

A familiar fire-following mushroom is the delicious Fire Morel. Fire Morels are labelled as phoenicoids by BC scientists. Phoenicoid is derived from the root word 'phoenix' which was a mythical creature that rose from ashes. Fire Morels (Morchella tomentosa {gray}, M. sextilata {pink} and M. septimalata {green}) arrive on a burnt site a little later than other fungi. They arrive the following spring after the fire and persist in the same area during the spring, summer and fall. As well, the false morels, Gyromitra esculenta and Verpa bohemica, show up too. All of the morels continue fruiting in the area for at least three years.

Morels and cup fungi are important spore shooters. Although both spore shooting and spore dropping pyrophilous fungi can be found following a fire they have different roles. Many spore dropping fungi are responsible for creating new mycelia networks and therefore these spores need to go directly underground to wrap their hyphae around plant roots to bring food to the damaged plants and more importantly to help new plant seedlings grow strong and persist. The pyrophilous spore shooting fungi like cup fungi and morels shoot their spores up into the air and can therefore cover a greater portion of the forest with their spores and procreate everywhere. They also do something else of equal importance in my view; they seed the clouds in the sky and thereby create much needed rain over the area.

I'm positive there are many

other roles in play where pyrophilous fungi are indispensable, but research is limited. It's been suggested that we need a spore bank just like the important seed bank we have of all the seeds on earth. The importance of understanding all the ways they contribute to forest regeneration is one of the important keys to fight global warming. This knowledge can be shared around the world. We need forests and fungi for carbon capture and the cooling down of our planet. We don't need to reinvent the wheel or spend copious amounts of money. We need to understand how Mother Nature cares for herself and help her get to it quickly for our sake.

Parents, please encourage your children to become biologists or mycologists. Take them to the forest and show them how plants, fungi, and other species depend on each other. Teach them how nature is not about competition or the survival of the fittest. Show them how fungi and Nature cooperate to achieve the ultimate goal... life and vitality.



Colleen Hulett, B.A Geography Carleton University, Red Seal Horticulture Apprentice, Algonquin College, a landscape Technician and Nature Guide. Courses completed in the Art and Science of Herbology with Rosemary Gladstone and many drawing and photography classes at Algonquin College since the 1980's. Please contact Colleen with any questions at: gatlineau.calabogehiker@gmail.com

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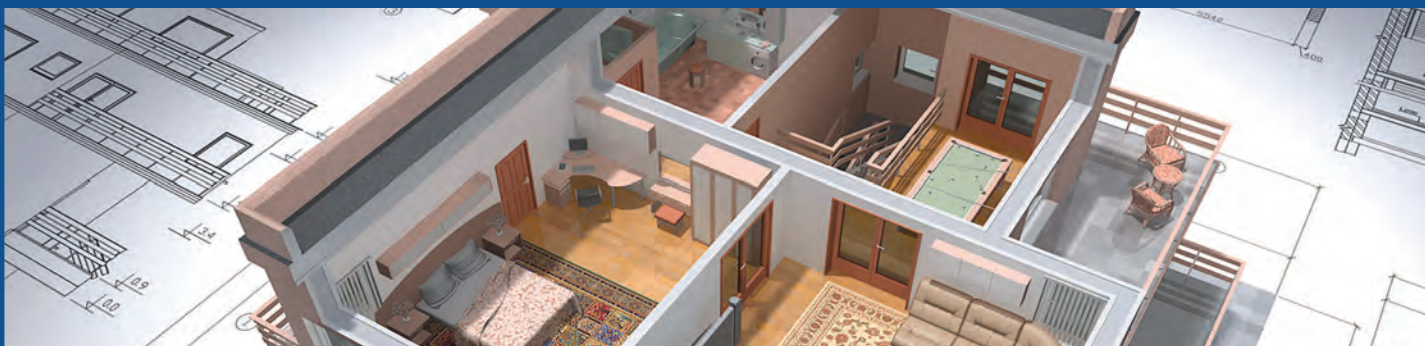
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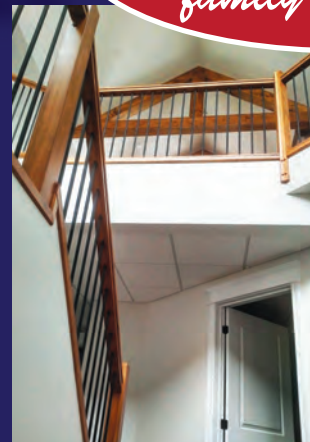


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