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**The Madawaska
Highlander**

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

**Sept.
2026**
FREE Vol.25 Issue 5
Next issue October 7

Welcome!

...To warm days and cool nights at the beginning of fall in the Highlands as we see The First Signs of Fall Migration. Tony tells us what those signs are in Wild Things. To aid migration, Let there be... Dark Skies! Rick shines a light on The Night Sky and How to Reclaim it. Centuries ago mariners navigated by the stars, but now Survivor Guy tells us How to Choose and Use Hand-held GPS Units when you're on the trail. Ah, progress!

New tech isn't all we need though. We still need to look to the sky, as Lesley explains in Trails and Weather - Seeing Nature's Signs, in Happy Trails... Red sky at night, the sailors were right! Progress isn't always completely good as we see in Cloyne Historical, Progress Erases History - The St. Lawrence Seaway Story. So much land flooded! So many people displaced from their ancestral lands.

Related to displacement, in Out and About we learn of Reconciliation through Art, a festival of discovery celebrating the art, music, food, culture and history of First Nations, Inuit and Métis peoples. We can make things better! In Wellness, Max tells us how healthcare has improved since he started practicing, in 40 Years a Sawbuck - Getting Better all the Time.

Things are definitely better these days. In Rural Vignettes - Morgan Lane's Chronicles, we learn about ice and cheese making "technology" a hundred years ago. It's good to preserve the old methods, because you never know...

One thing we do know is wetlands and watersheds are reservoirs of biodiversity and have a role in climate change mitigation and adaptation, so it's essential that we preserve them, as Conrad and David explain in Watershed News, Preserving White Lake's Wetlands.

In Highlands Hiker, Colleen explains just what mushrooms are. Fungi are not Plant or Animals, so What Are they? They seem to be the real winners behind all life on earth. Speaking of winners, we have a very special one among us. Griffith's Allyson Parkes wins Bronze at Special Olympics National Summer Games. Read the short story in More Out and About. And send your Short Story Contest entry in by midnight on September 25. We can hardly wait to read it! Read about everything that's going on in Bogie Beat, GMDV News, Library Matters, and don't miss the ads for more. Get ready for fall and... Enjoy!...



Just a regular summer day for this heron, fishing at the lake somewhere in Greater Madawaska Township. Ah, this is the life!
Pic by Liz Bivens



A beautiful waterfall hidden away somewhere in Matawatchesan. Shshsh! Let's keep it our little secret.
Pic by Lana Cole of Elcy Photos

Get Ready for Fun!



**SAT.
SEPT 6**
5 PM TO CLOSE

**LABOUR DAY
WEEKEND BASH**
with Ottawa rockers
Chris Zimmerman and Jensen Grant

**\$33
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cover, BBQ Buffet,
taxes and gratuity.

**SAT.
OCT. 17**
5 PM TO CLOSE

Oktoberfest
includes live music by the Polka Brats band,
Bavarian buffet dinner, bierstein holding and
log sawing contests, prizes, and taxes and gratuity.

**\$65
PP**

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The Madawaska Highlander

The Madawaska Highlander
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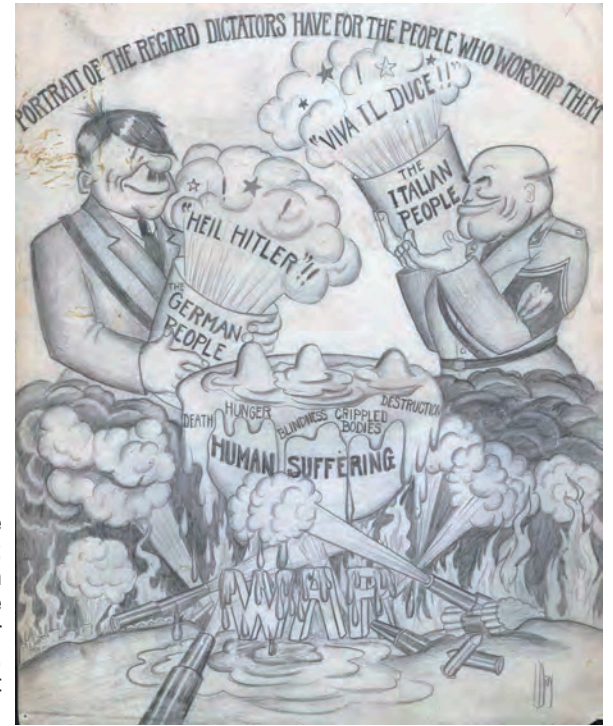
Dave & Brenda
Parkes

Fascists believe that liberal democracy is obsolete, and they regard the complete mobilization of society under a totalitarian one-party state as necessary to prepare a nation for armed conflict and respond effectively to economic difficulties. Such a state is led by a strong leader—such as a dictator and a martial government composed of the members of the governing fascist party—to forge national unity and maintain a stable and orderly society. Fascism rejects assertions that violence is automatically negative in nature, and views political violence, war, and imperialism as means that can achieve national rejuvenation.

Italian fascism was very much the elder brother of Nazism, a fact Hitler himself acknowledged. And from the late 1920s, Mussolini had provided some financial support to the rising Nazi Party; he also allowed SA and SS men to train with his own paramilitary brigade, the Blackshirts. Hitler's ascension to power in 1933 was publicly praised by Mussolini, who hailed it as a victory for his own fascist ideology.

Mussolini, who was prone to egomania, also had a low opinion of Hitler's elevation to power, which he thought less glorious than his own. The first meeting between the two, held in Venice in June 1934, was disastrous. Mussolini spoke some German and refused to use a translator – but he had great difficulty understanding Hitler's rough Austrian accent. The Italian was subjected to some of Hitler's long monologues, which bored him greatly. Both men emerged from the Venice summit thinking much less of each other. But they were two peas in a pod, and the world is a big place to plunder. The Rome-Berlin Axis was formally announced on November 1, 1936, by Mussolini in a speech in Milan.

Hitler's influence on Mussolini became evident in the Italian leader's Manifesto of Race (July 1938). This decree, which proved very unpopular in Italy, stripped Italian Jews of their citizenship and removed them from government occupations. In September 1938 Mussolini was part of the four-nation summit on the Czechoslovakian crisis and a signatory of the Munich Agreement that Mussolini called the "Pact of Steel".



"Portrait of the Regard Dictators Have..." Fascist dictators, Hitler and Mussolini pour their people into a cauldron of human suffering - death, hunger, blindness, crippled bodies, destruction - to feed WAR. (May 25, 1939) by L. Day. Cartoon and information from University of Michigan Editorial Cartoon Project, Coppola Collection, College of Literature, Science, and the Arts, edited to fit the space.

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NEWS & VIEWS - GRIFFITH & MATAWATCHAN & DENBIGH & VENNACHAR

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

By Charlotte Dafoe



The weather didn't stand a chance - Denbigh Recreation's Community Corn Bash & Vendor's Market was a blast. A big shoutout to sponsors, volunteers, and community for showing up strong. The foam cannon was a HUGE hit with the kids (and some adults)—so much fun and so many smiles, just look at all pictures, their faces say it all! Thank you so much to our local fire department for helping to wash the kids off! A big thank you to Morgan Adams Market delicious fresh corn on the cob, Valley Maple Worx providing all the food FREE to everyone, and to all the vendors, volunteers who made this amazing day happen!



Upland Nature Guides is a new Renfrew County-based business in Griffith offering guided day hikes across Ontario's highlands. Owned and operated by Jeff Priest, Upland hosts twice weekly outings that are easily paced and suitable for a wide range of abilities. For more information, visit uplandnature.com.



The Griffith & Matawatchan Fish & Game Club Annual Pork Roast was a huge success despite the weather! Thank you to all the members, volunteers, and community supporters who made it happen.



Thank you to everyone who came out to enjoy the End of Summer Bash hosted by the Township of Greater Madawaska, with support from the Denbigh-Griffith Lions Club and our local fire department.

PERSONALIZED VETERAN LAWN SIGNS



1 - WWI KIA

GMDV Veteran Banners is partnering with Perth's Honour Our Veterans Banner Program who have introduced a new fundraiser: veteran lawn signs. The purchase of these lawn signs support veteran related projects and anyone in any community, may purchase a sign for personal display through the program. Select a background, add a photo and information of your veteran along with a logo. We believe these veteran lawn signs are a natural and meaningful complement to the veteran banners. Together, they create a cohesive visual tribute across our communities — banners honouring veterans along our streets and lawn signs extending that recognition into the homes and properties of those who wish to show their support. This pairing helps build a shared landscape of remembrance, pride, and gratitude.



2 - WWI AIR FORCE



3 - WWI NAVY

If you are interested, please reach out to **Sue Doran 613-326-8079** suedoran12345@gmail.com. The deadline for orders is September 28th.

For residents of Griffith, Matawatchan, Denbigh, and Vennachar, we are happy to help facilitate your purchase by offering pickup and delivery of lawn signs. When you place your order, let Sue know you are with the GMDV Veteran Banners Project! **Follow GMDV Veteran Banners on Facebook for updates and other news.**

Township of Greater Madawaska Programming Greater Madawaska Recreation & GM55+ – Upcoming Programs and Events

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

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

Led by experienced trombonist Carole Mundy, the group will be shaped by the interests and talents of participants. To express your interest, email salc@gretermadawaska.com or cmundy@sympatico.ca and include the

instrument(s) you play.

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

Services Available in Our Community

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

Events in Our Community

Stay connected with what's happening in our communities! Follow the Denbigh Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club, and Matawatchan Hall on

Facebook for news, updates, and upcoming events.

Ongoing Events

Diners Club returns on September 8th. Betty will contact participants the Tuesday before.

Looking for friendly conversation over coffee or tea? Join the **Denbigh Wellness Group** every Tuesday at 9 am. Starting September 15th, the group will return to Denbigh Hall.

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

Pickleball continues every Friday in the month of September and October at the Ginza Rink Park in Griffith starting at 9 am. All skill levels are welcome. Lessons are available, and beginners are especially encouraged to come out - just show up and play. For more information, contact Sandy at 613-333-1932.



Hilltop Church
Connecting with God, Connecting with Others

11am SUNDAYS
Kids Church downstairs during the sermon for children 3 - 12 years.

25197 Hwy 41, Griffith ON
(647) 454-8589
Pastor Steve Green

Ladies Exercise Group (L.E.G.) will resume on Thursdays at 9 am at the Recreation Centre in Griffith starting September 10th. The program will run until December 3rd and resume again in January 2027. The cost is \$2/week. All ages are welcome. Contact Sandy Downs at 613-333-1932 for more information.

The Vennachar Ladies Bible Study will begin again on September 14th. Please contact Pastor Laurie for more information – 613-920-7642.

Denbigh-Griffith Lions Club BINGO is held on the 2nd and 4th Tuesdays of the month. Doors open at 6 pm, game starts at 7 pm.

Games & Euchre returns September 15th at 1 pm at the Recreation Centre in Griffith, running every two weeks until December 8th. Play resumes in January 2027.

Food & Fellowship at the Recreation Centre in Griffith resumes September 16th at 12 pm. A reminder that Food & Fellowship is held on the third Wednesday of every month.

September
The Lions Club toll road returns September 4th in both Denbigh and Griffith. Thank you for your ongoing support.

Join us for **Open Mic at the Matawatchan Hall** on Saturday, September 5th from 10 am - noon. The event will be a fun and welcoming morning of music, talent and community spirit. Whether you're performing or cheering others on, it's a great way to spend your Saturday morning.

The Griffith & Matawatchan Fish & Game Club will host another **shoreline clean up** on September 12th from 1-3 pm, starting from the Centennial Lake boat launch. Bring your boat and you'll be assigned a section of the lake to clean. Garbage bags will be provided and volunteers can enjoy a BBQ afterward.

Vicki Brittle, a Canadian folk/rock singer songwriter from the Ottawa Valley known for her distinct and unforgettable vocals, will be performing at the Matawatchan Hall on September 26th. This is a wonderful opportunity to enjoy an intimate evening of exceptional live music from a celebrated local artist. Tickets are \$20, with doors open at 6 pm and concert beginning at 7 pm.

Denbigh Recreation will be hosting its Fall ATV Run on September 26th. Community members are encouraged to mark their calendars and stay tuned for more details as the event approaches.

October
Matawatchan Hall's Annual General Meeting will take place on October 3rd from 1 - 2 pm. It will be preceded by a

community apple pressing in memory of Bill Graham from 10 am to noon, followed by a luncheon from noon to 1 pm.

Planning is underway for **Oktoberfest, Griffith Style**, on October 17th. Expect live music, great food, and a community celebration.

Denbigh Recreation will host a Kids' Halloween Party along with a 19+ Halloween Dance on October 31st. Plans are underway for a day of festive fun, with a variety of activities and spooky surprises being prepared for all ages.

The Matawatchan Hall Halloween Dance will take place from 6 pm to 10 pm on October 31st, offering an evening of music, costumes, and community celebration.

EVENTS AT A GLANCE

September 5th - Open Mic at the Matawatchan Hall
September 12th - Griffith & Matawatchan Fish & Game Club shoreline clean up
September 15th, 29th - Denbigh-Griffith Lions Club Bingo
September 26th - Musical Performance by Vicki Brittle at the Matawatchan Hall
September 26th - Denbigh Recreation will be hosting its Fall ATV Run

October 3rd - Matawatchan Hall AGM & community apple pressing in memory of Bill Graham
October 13th & 27th - Denbigh-Griffith Lions Club Bingo
October 17th - Oktoberfest, Griffith-style
October 31st - Denbigh Recreation Halloween Party and 19+ Halloween Dance
October 31st - Matawatchan Halloween Dance

BE SURE TO FOLLOW ON FACEBOOK

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

BOGIE BEAT

Calabogie Folks & What they're Up To By Morgana Dillingham



The first ever Summer Bash was put on with separate dates in Calabogie and Griffith. The Township of Greater Madawaska was the organizer who got help from the Greater Madawaska Fire Department and the Greater Madawaska Public Library and Learning Centre in Calabogie, and the Denbigh-Griffith Lions Club and fire department in Griffith. The day ended with an incredible fireworks display on Madawaska Street - the one originally planned for Canada Day.



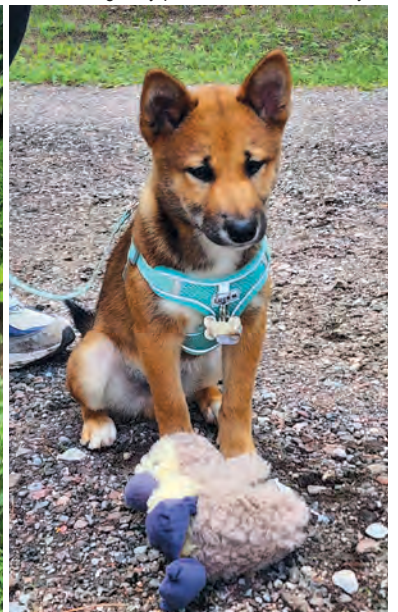
Breathwork on the Beach with Courtney Marie was a relaxing experience that drew many participants. Keep an eye on Courtney Marie Wellness' social media for upcoming sessions.



Rob Gibbons spotted two bald eagles perched together in a tall tree.



The Calabogie community came together recently when the Bautista family lost their four-month-old puppy. Welcome home Otto. You are too young to be on your own.



This Month in the Bogie

September has a way of making Calabogie slow down just a little. The days are still warm enough for one more evening on the patio, but there's a crispness in the mornings, the first hints of colour in

the trees, and that unmistakable feeling that summer is beginning to make its exit. This month, we're looking at some of the community moments that carried us through August, celebrating local leg-

ends like Charbonneau's Grocery, and looking ahead to the markets, music, art, fall colours, and community events bringing us together this month. And with back-to-school season officially

here, I'm also reflecting on that strange little transition between summer freedom and settling back into routine.



Calabogie is making its way into a new children's book! Author Michelle Mercer recently visited our community with her crocheted character, Perfectly Patty, while working on her second book in the series.

Pics by Michelle Mercer

What's Been Happening Around Town

Breathwork on the Beach with Courtney Marie Wellness brought a beautiful evening of wellness to Barnet Park in August. The session had a great turnout, introducing local participants to breathwork as a practice that combines intentional breathing, somatic release, and emotional connection. It was wonderful to see people gathering by the water for something a little different, and the good news is that Courtney plans to offer more of these experiences in the future. If breathwork is something you're curious about, keep an eye on Courtney Marie Wellness' social media for upcoming sessions.

The GM Summer Bash was the perfect way to make up for a missed Canada Day celebration, and honestly, I think I may have preferred it! The evening began with Family Fun at Barnet Park, and we brought the kids out for an afternoon of face painting, lawn games, painting the plough, balloon creations, pizza, cotton candy, and a little magic from the magician. There was something happening around every corner, and it was so much fun watching the kids run around and soak it all in. The celebration continued down on Madawaska Street with live music, the Lions Club beer garden, and a spectacular fireworks display. After missing our traditional Canada Day fireworks earlier in the summer, it felt especially meaningful to end the season this way and I'd love to see an event like this become part of our summer calendar every year.

What's Been Happening Around Town

September brings that lovely in-between feeling to Calabogie, summer isn't quite ready to let go, but you can feel fall beginning to peek around the corner. There's still plenty happening around the community, from markets and music to art, recreation, and a few special events that give us a reason to get together before the colder months arrive.

Calabogie Market — The final Calabogie Market of the season takes place Saturday, September 5 from 10 a.m.–2 p.m. under the rink at the Calabogie Community Centre. It's the last chance of the season to shop from our local craft, farm, and homesteading vendors, so come out and support the makers and growers who make this market so special.

End of Summer Band & BBQ Bash. The Highlands Social House is sending summer off with a live music

and BBQ bash featuring Ottawa rockers Chris Zimmerman and Jensen Grant on Sunday September 6th. For \$33, you'll get access to the event, live music, and BBQ buffet, or simply come for the music with a \$5 cover. Reservations are required for the BBQ, so call 613-752-1234 ext. 6 to reserve your spot.

Greater Madawaska Landscape Artist of the Year — Back for its second year, this unique outdoor art competition takes place at Barnet Park on Saturday, September 12. With categories for children, youth, and adults, artists are invited to create their own landscape-inspired work while surrounded by the beauty of Calabogie. Whether you're participating or simply want to watch the creativity unfold, check out the Township of Greater Madawaska for full details.

Lions BINGO — The next theme is Hollywood Glamour and takes place on September 16. So get dressed up and join the Calabogie Lions Club for a Hollywood Glamour-themed BINGO night at the Community Centre. Grab your friends, bring your lucky cards, and enjoy another evening of one of our community's favourite pastimes.

Ride the Bogie Trails with the Calabogie Lions Club Poker Run 2026. Calling all riders! The Calabogie Lions Club is hosting **Poker Run 2026** on October 3rd, with the Calabogie Highlands Social House serving as the home base. With plenty of parking, breakfast and rooms available, it's a great excuse to get out and explore the Bogie trails before the riding season winds down.

Fall Colours at Calabogie Peaks. Fall is one of my favourite seasons in the Valley, and Calabogie Peaks is bringing back its Fall Colours Chairlift Experience. Saturdays and Sundays from September 19 to October 12 take the chairlift up the mountain for panoramic views of the changing landscape, explore the trails, or simply enjoy the view from the summit. If you're looking for a reason to make a fall weekend of it, this is a pretty good one.

Practical Magic Weekend. If a little autumnal magic is more your speed, Main Character Events is bringing a Practical Magic-inspired weekend retreat to Calabogie Peaks September 25-27th. The 19+ getaway will feature workshops, tarot, sound healing, a book swap, mountain activities, good food, and a themed Saturday night party. It's a cozy, witchy celebration of the changing season and the perfect excuse for a girls'

weekend in Calabogie.

Calabogie is still going strong. Not everything winds down when summer does! **Free community Yoga on the Lawn at Somewhere Inn** continues Saturdays at 9:30 a.m. through September 26 in collaboration with Union 108. You can also find **Lions Euchre** Monday evenings at 6:45 p.m. at the Community Centre and **Archery** Thursday evenings at 6:30 p.m. at the Calabogie United Church Hall. And as always, there's more happening than I can fit here!

Keep an eye on the Township of Greater Madawaska Community Calendar and Calabogie Folks for additional events, pop-ups, and community happenings throughout the fall.

This is your little civic reminder that the official list of candidates for the 2026 **Greater Madawaska Municipal Election** was released following the August 21 nomination deadline. In Calabogie, Rob Tripp, Chris Adams, and Chris Norton are running for Councillor, with two positions available. For Mayor, Rob Weir and Bill Beacham are on the ballot, with one position available. Voting will take place from October 13–26, 2026.

Local and Legendary

Some businesses become part of the fabric of a community simply by being there when you need them, and Charbonneau's Grocery is certainly one of those places. For locals, seasonal residents, and visitors alike, Annette and her team have been keeping the shelves stocked and greeting customers with a smile through every season. Summer brings an especially busy rhythm, with the population of Calabogie growing as cottages open and visitors arrive, but the team continues to keep up with the demand while offering a surprisingly wide variety for our little village grocery store. One of the things I love most about Charbonneau's is that they're willing to help you find what you need. If there's something specific you're looking for, just ask, and sometimes they can bring in special orders. Whether you're picking up a few things for dinner, grabbing a snack and some gas, stocking up for the cottage, or putting together a family gathering, Charbonneau's has become a reliable part of everyday life here.

They also regularly step up to support our community, from catering local events and family gatherings to helping keep community celebrations

fed and happy. Having a grocery store right here means we don't always have to make the 30-minute drive into a larger town just to pick up the essentials and that convenience is something we can easily take for granted until we need it. So, this month, I wanted to give a little love to Annette and the whole Charbonneau's Grocery team. Thank you for being one of those businesses that quietly keeps Calabogie moving, one grocery bag, tank of gas, special order, and friendly hello at a time.

Seasonal Spotlight: Back to School in Calabogie

September brings a very particular kind of energy to Calabogie. After months of lazy mornings, cottage weekends, late nights by the lake, and kids running barefoot through the summer, suddenly it's time for backpacks, lunch boxes, earlier bedtimes and the familiar rhythm of a school year.

This year feels especially meaningful for me because my daughter is starting kindergarten at our local school. As a first-time "back-to-school" mom, I'm realizing just how quickly this little chapter of childhood moves. It feels like yesterday she was a tiny baby, and now we're shopping for school supplies, picking out her first backpack and talking about her very first day in a classroom.

For many of us, September is a fresh start. It's getting back into routines, reconnecting with friends and teachers, joining activities, and figuring out how to balance school, work, sports, family life and everything else that fills our calendars. For our little ones, it can be an especially exciting time as they step into new classrooms, meet new friends and take another little step toward growing up.

But before we completely trade beach bags for backpacks, there are still a few pieces of summer worth holding onto. Maybe it's one last visit to the cottage, an afternoon with grandparents, a final swim in the lake or one more evening around the bonfire. These are the moments our kids will remember long after the first-day nerves have faded.

So, to all the Calabogie parents sending their little ones back to school: whether it's their first day of Kindergarten, their final year of high school, or somewhere in between, I hope this September brings a little excitement, a little patience, and plenty of pride. And to the kids heading back into the classroom: good luck, have fun, make some memo-

ries, and don't forget to tell us all about your day when you get home.

What The Folks Are Saying Have You Seen an Elk in Calabogie? A recent post in Calabogie Folks had everyone wondering: have you ever seen or heard an elk around here? A few members chimed in with reports from Lanark Highlands and even between Griffith and Calabogie. While elk certainly aren't an everyday sight in our area, knowing they've been spotted nearby makes the possibility of an encounter pretty exciting. Imagine coming across one on a hike! Have you ever seen or heard an elk around Calabogie? I'd love to hear about it.

A Reminder to Book Your Accommodations Carefully. A recent post about a cottage rental turned into an important reminder for anyone booking accommodations online. A visitor was having trouble getting in touch with their host, and through the comments it became clear that the property had actually changed ownership several years ago and the listing they booked was no longer connected to the current owners.

Unfortunately, vacation rental scams can happen anywhere, especially in popular cottage destinations. Before sending payment, make sure you're communicating with the current property owner or a verified booking platform, check reviews and listing history, and be cautious about anyone asking you to pay outside of the platform. A few extra minutes of research can save you from a very stressful vacation.

A Happy Ending for Otto. The Calabogie community came together recently when the Bautista family lost their four-month-old puppy, Otto, while staying at the Cabinscape accommodations near Calabogie Peaks Resort. Community members spent the next day searching nearby streets and neighbourhoods, sharing updates and keeping an eye out for this little pup. Thankfully, the search had a happy ending, and Otto was safely reunited with his family. I'm sure his first Calabogie adventure was a little more exciting than the Bautista family had planned, but we're so happy to see this one end with everyone back together!

Two Eagles in a Tree. Rob Gibbons shared a beautiful backyard sight-

ing with the group after spotting not one, but two bald eagles perched together in a tall tree. Seeing a bald eagle around Calabogie is always a treat, so having two show up at once is something pretty special. We're lucky to have so much incredible wildlife right in our own backyards, and I love seeing members share these little moments with the rest of the community.

Perfectly Patty Comes to Calabogie. Calabogie is making its way into a new children's book! Author Michelle Mercer recently visited our community with her crochet character, Perfectly Patty, while working on her second book in the series. The story follows Patty on a road trip and vacation to visit her grandparents in Calabogie, so Michelle spent some time exploring the adventures that would make the perfect family getaway—from the golf course and race track to ice cream and plenty of other Calabogie classics. Michelle and her little crochet Patty even had the chance to meet some local children during their visit. Perfectly Patty is written for children ages 4–8 and is available on Amazon if you'd like to add a little Calabogie-

inspired adventure to your home library.

Closing Connections

As we turn the page into September, I hope we can carry a little bit of summer with us... The slower mornings, evenings by the water, and memories made close to home. Here's to embracing the change of season and everything this next chapter in Calabogie has in store.

*Seen something worth sharing?
Building something new? I'd love to
hear about it and share your story.
Contact Morgana at thebogiebeat@
gmail.com.*



Morgana Dillingham is a media communications 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.

OUT AND ABOUT

Reconciliation through Art - Almonte, Sept. 27 & Oct. 2-4 News Release



Reconciliation through Art commemorates the National Day for Truth and Reconciliation through sharing and teaching through song, dance, art, culture, and speech.

Building on the growth and success of the last two years, Reconciliation Through Art returns this fall bigger and better, at new family-friendly times, September 27 and October 2-4. Commemorating the National Day for Truth and Reconciliation, it offers even more opportunities to discover and celebrate the art, music, food, culture and history of First Nations, Inuit and Métis peoples. Conveniently scheduled for the first time as weekend events, the added and back-by-demand programs aim to inspire all ages through connection and awareness.

Start the excitement early. The Sunday before the main program, join Riley McKenzie from the acclaimed Métis dance troupe Prairie Fire for a lesson in traditional Métis dances the whole family will enjoy. Then Friday get ready to revel at a Traditional Métis Kitchen Party--a dinner and dance you won't forget! You will begin with a feast of boulette y bang (meatball stew

and bannock). Witness an amazing performance by the Edmonton Traditional Métis Dancers. Then find yourself swept up by the foot-stomping tunes of Juno-nominated Amanda Rheume, like "Come on Down to Flossie's" and the "Red River Jig," with the old-time fiddling of Jason Lepine & Lionel Desjarlais. Experience a special evening of exhilarating music, jigging and line dancing! Savour the famous Bear Paws from the Frybread Queen. Fête all night long!

The following day check out the diverse showcase and sale of Indigenous art with over two dozen notable artists eager to share the stories and techniques behind their work. For the first time at Reconciliation Through Art, you can learn and create Indigenous beadwork and make your own porcupine quill earrings, with the guidance of Knowledge Keeper Patsea Griffin.

On Sunday, participate in the ceremonial Water Walk in the

morning, then explore Indigenous narratives, culture and knowledge at select teachings, presentations and storytelling. Experience traditional drumming and jingle dancing, journey through the history of the Algonquins of Pikwàkanagàn First Nation and the Métis Nation of Ontario, learn from Residential School and 60s Scoop survivors, and more. Concluding these diverse opportunities of discovery is a special screening of The Apology: A Search for Justice with acclaimed Métis filmmaker and CEO of Indigenous Geographic, Matt LeMay, whose film crew was granted exclusive access to the history-making delegation to Pope Francis.

Don't miss this rich weekend of exploration, engagement and honouring. With the support of an incredible team of volunteers and the continuing leadership of The Honourable Tony Belcourt, O.C., trailblazing Métis Elder, founding president of the Métis

Council of Ontario and first president of the Native Council of Canada, Reconciliation Through Art 2026 brings together standout artists, performers and educators for memorable moments of sharing and connecting.

With the exception of the meal at the Traditional Métis Kitchen Party, all events are free. For planning purposes registration is required for the film screening as well as some workshops and presentations. Space for these programs is limited so register early to avoid disappointment. Tickets and registration details are available through TicketsPlease.ca. All events are open to the public. Donations are welcome. Donors at the Art Showcase will be entered into a raffle for special gifts from exhibiting artists and local businesses.

*Watch for event and participant
updates at ReconciliationThroughArt.ca
See the ad on page 12 for more.*

Greater Madawaska Public Library and Learning Centre

By Ruth Jones

Thank you to all families who have supported the Greater Madawaska Public Library 2026 Summer Reading Club through July and August. We wish all of these young readers a safe and happy return to school! Speaking of which, I would like to share this lovely letter we received recently. It's feedback like this that makes everything we do worthwhile...

Dear Greater Madawaska Library,

We travel with our children in the summer and while we are away from home we often talk about the things we miss or what they are excited to do when we get back. Even with a home full of toys, the comfort of their own bed, and a pool to swim in, their answer is always the same... They miss the library and are excited to start the summer reading club. As an adult who has fond memories of my 90s childhood spent devouring books in the summer to complete the summer reading club, I am so happy to see my children experience that same joy. Banana Bucks will be a core childhood memory for them.

Not only does the library motivate our children to read but the artwork they create at the library craft program is proudly hung throughout our home. The learning that takes place by being a part of our local library is endless. Our children also love the watershed bags and have been identifying different dragonflies and testing water throughout the summer.

So thank you. Thank you for helping keep the love of books and learning alive. As an educator and a mom, I want you to know the difference you make for our small community. I cannot imagine a world without libraries.

Love,

Michelle

September Programs at the Library

Weekend Readers: This is an at-home reading program delivered in partnership with St. Joseph School in Calabogie. We hope to re-introduce this program in September. We invite all families who have children in the school to participate. The aim of this program is to grow literacy by increasing exposure to an array of reading material. Students can either self-select materials via the library catalogue or let library staff select items to bag and send home each Friday for weekend reading. Families can return these materials to the library either through the school or via the library drop-box (adjacent to the library entrance).

Baby Book Bags: The Greater Madawaska Public Library Baby Book Bag program is open to new parents in the Township. Registration is online. Each bag includes baby's first library card, a book and some baby necessities. Distribution is through November.

Tuesday, 2pm – 3pm. Mahjong. All levels of players are welcome. Tuesday, 3:45pm – 4:45pm, beginning September 15 to December 15. After School Kids. Crafts & activities. This is a loosely structured after school program for children to attend independently.

Please contact the library to pre-register. 10 spaces available. Wednesday, 6pm - 7pm, beginning September 9. **Learn to Play Guitar:** 6 songs in 6 weeks (with Joe Sornberger). For anyone who wants to learn. Please contact the library to pre-register.

Thursday, 9:30am - 10:15am: Pre-school Play & Learn. This program is for pre-schoolers (0-4) to attend with their caregivers. Join us for conversation, crafts, songs, stories, and fun. Friday, 10am - 12pm: Tech drop-in. Please feel welcome to come by with your device and learn how to access library resources.

Lego Lounge is every 3rd Saturday of the month. Book Club Resumes September 16, re-occurring every 3rd Wednesday of the month.

We will be closed on Wednesday, September 30 for Truth and Reconciliation Day.

UPCOMING PROGRAMS
Dark Skies presentation in Griffith. Details to come.
Ottawa Valley Community Arts visit. Details to come.



Learn about our watershed with Watersheds Canada Discovery Kits. We are so much more than books. We are about learning and exploring our world.

REMINDERS

Remote/curbside printing: Print and lamination services are available. When sending documents to print, please specify the following:

- Number of pages to be printed (Do you want the entire document, or one section only?)
- Single-sided or double-sided
- Colour or black-and-white

Membership renewals:

Library memberships need to be renewed annually. This helps keep our database up to date. Please ensure that the library has a valid email address on file so that you get a system cue to renew each year. Without a renewal, some on-line services will be unavailable (such as Libby/OverDrive).

Library of Things

Access with your library membership the following items:

Health & Safety

- Radon detectors
- Water Rangers water testing kits (use these to begin building a collection of lake water data)
- Dementia Kit 1 – for individuals
- Dementia Kit 2 – for groups

Exploring

- Ottawa National Museum passes
- Ontario Parks passes

Learning

- Watershed Discovery Kits (learn about our watershed!)
- Education Kits:
- Soil science
- Patterns in nature
- Animal tracks & traces
- Bees & pollinators
- Fire trucks
- Early literacy
- STEM: Crazy Forts
- STEM: Marble Run

The library is a community space. We invite you to get in touch if you have program ideas, talents, abilities and/or resources you'd like to share.

Library Hours:

Sun, Mon: CLOSED
Tues, Wed 9am - 6pm
Thurs, Fri 9am - 1pm
Sat 9am - 2pm
12629 Lanark Rd, Calabogie
Inside St. Joseph's School
613-752-2317
staff@gmpl.ca

Addington Highlands Public Libraries - Denbigh & Flinton

By Bonnie Leoen

Addington Highlands Public Library board would like to thank everyone that came out and supported Denbigh and Flinton Public library's Annual Book and Bake Sale. All proceeds help the continuing growth of our libraries.

Scientists in School presents Science Meets Art - A 60-minute program for ages 4-12 at the Denbigh Library on Wednesday September 16th 6-7pm and at the Flinton Library Saturday September 26, 10-11am
Please call your library branch to register as kits are limited

Flinton Library - **Adult Book Club** is the 1st Saturday of the month
Flinton Library - **Woolly Wednesday** (Adults) 3rd Wednesday of the month 10am-noon
Flinton Library - **Youth Knitting** 3rd Saturday of the month 10-11am



TD Summer Reading Club activity in Denbigh

Denbigh Library Hours:
(September 1 - May 31)
Monday 4pm - 6pm
Tuesday 10am - 2pm
Wednesday 3pm - 6pm
Thursday 12pm - 3pm
Friday Closed
Saturday 9am - 12pm
Flinton Library Hours
Monday 4pm - 6pm
Tuesday 10am - 2pm
Wednesday 10am - 1pm
Thursday 3pm - 6pm
Friday Closed
Saturday 9am - 12pm

40 Years a Sawbones - Getting Better all the Time

By Dr. Max Buxton

When conversation turns to the current state of healthcare in Canada, there is much wringing of hands and gnashing of teeth...

Lack of access to primary care, long wait times for surgery and overburdened emergency departments are among the frequently bemoaned issues. Despite all that, there is a strong case to be made that the health of Canadians has never been better served than it is now. Over the 40+ years that I have been a doc, advances in medical technology, better understanding of disease processes, and expanded public health programs have made our lives longer and better. So how do you assess overall quality of healthcare in any given system? Statistics that are commonly referred to include longevity, survival through the process of birth, and expenditure as a per cent of a country's GDP.

For men in Canada, life expectancy at birth rose from 72 years in 1984 to 79 in 2025; for women, it increased from 79 to 83 years. That is an amazing achievement. If our lifespan were to continue to increase at that rate, the next century would see men living on average into their mid-nineties, with many surpassing 100.

Neonatal death rate, the incidence of death within the first 28 days of life, fell from 5.5 per thousand live births in 1984 to just over 3 currently - again a striking improvement.

In 1984, 8.5% of Canada's GDP was spent on healthcare; now it is 12.4%; that is above the OECD average of 10%, but well below the nearly 18% expended by Americans, who experience much worse overall outcomes. Life expectancy for men in the US rose from 71 to 74 and 78 to 80 for women over the past 40 years. By all those parameters, Canada's system has outperformed that of our neighbour. The US is a poor benchmark, though, and many countries do better than both of us in terms of expenditures and outcomes. Japan boasts the longest life expectancy and spends 11% of its GDP on health.

Nonetheless, we have made great progress both in Canada and worldwide. So, what are the most significant changes that have taken place?

The incidence of death from In-



This photo was taken well before my time as a doctor, but it makes my point that health care in Canada and most of the world is getting better all the time.
Pic by National Library of Medicine - Unsplash.com

fectious disease has declined from 5% to 2% over the last 40 years. Some of that effect is from better treatments, such as antibiotic therapy and better surgical techniques. Much can be attributed to vaccines which have essentially eradicated the most horrific infections. As of 1984, Tetanus, polio and diphtheria, all horrendous fatal and/or crippling diseases, had been relegated to the poorest of third world countries without vaccine programs. The MMR (Measles Mumps and Rubella) vaccine which debuted in the 1970's prevented the infertility, birth defects and death that can occur as complications of those viral illnesses. The introduction of the Hemophilus B vaccine in the mid 1980's has made the often fatal childhood diagnosis of epiglottitis a thing of the past. Varicella (chickenpox) vaccine arrived in the late 1990's. The first meningococcal vaccine was introduced in Canada in 2001. Pneumococcal (Pneumonia) vaccines and "flu shots" have been around in some form since the 1960's or earlier but have received widespread acceptance over the past few decades. The list goes on...

Covid vaccination was probably responsible for millions of lives saved, though it is difficult to tease out those statistics. The shingles vaccine may not be saving lives, but it is certainly making them less miserable, as anyone who has

suffered through a case can confirm. Recent studies indicate that it may have one very significant side effect - a reduction in the likelihood of dementia. Not a bad side effect.

Other types of preventive medicine have reduced the burden of disease and death as well. Blood pressure and cholesterol control, and identification and treatment of atrial fibrillation reduce the risk of stroke and heart attack.

If you are unlucky enough to have a heart attack, the treatment is radically different than it was in 1984. Then, we tried to control pain and watched helplessly as the heart muscle and often the patient succumbed to lack of blood supply. Now, our objective is to have the patient in the "Cath Lab" - the place where clots are extracted from coronary arteries and stents are inserted - as soon as possible. Many go home feeling back to normal the next day. A similar process can occur in cases of stroke caused by obstruction of a blood vessel in the brain.

Cancer continues to vie with heart disease as the number one killer of Canadians. Despite that fact, prevention, screening, diagnosis and treatment of most cancers have come a long way. Immunization against the sexually transmitted human papilloma virus, was introduced in 2006 and reduces the risk of cervical and oropharyngeal cancer. Public campaigns which identify carcinogens such as tobacco, alcohol, radon gas, asbestos, ultraviolet light exposure, bisphenol -A (BPA) and perfluorinated compounds (PFC's) have raised awareness of the risks, and encourage people to reduce or eliminate exposure. Screening programs now allow for early detection of cancers of breast, colon, cervix and lung. Cancer treatments such as radiation and chemotherapy have become more focused and refined, with novel treatments like immunotherapy becoming ever more important. For the cancers that remain incurable, their ravaging effects can often be delayed and attenuated. Melanoma was a death sentence in 1984; now it is for many a chronic disease.

In 1984, dialysis was an exotic treatment, offered to a few select patients

in urban settings. Now it is literally a life saver for patients with severe kidney disease from every remote corner of the country.

Surgical outcomes have benefitted from better imaging, and the development of minimally invasive techniques such as laparoscopy. Using tiny incisions and a camera instead of having to create a large incision means less pain, shorter time to recovery and fewer complications such as hernia and wound infection. Organ transplants saved and improved over 3000 lives in Canada in 2024, more than twice the number 40 years earlier, and with better outcomes. Access to advanced diagnostic studies has improved outcomes in all settings. CT, Ultrasound, MRI and rapid, specific, accurate lab studies make the job of diagnosis much easier for clinicians. Death from an unknown cause was a frequent event in the 1980's, mandating the performance of an autopsy. Autopsies are extremely rare these days because very few people die undiagnosed.

Much of the improvement in longevity results from social changes driven and supported by the healthcare community, though not "medical" per se. The biggest one may have been Smoking cessation; 40% of Canadians reported being tobacco smokers in 1984; around 15% do so currently. That change alone accounts for reduced rates of many kinds of cancer, cardiovascular disease including stroke and COPD. Motor vehicle deaths have declined from 16/100,000 to 4.9 in 2023 due to improved vehicle and road safety, reduction in impaired driving and improved education for new drivers. Firearm deaths were 5.4/100,000 in 1984; they are roughly 4/100,000 currently.

Sadly, the incidence of death due to opioid overdose is ten times what it was in 1984, reflecting both a greater number of users and increased potency and toxicity of street drugs.

There is, and always will be work to be done, but by every indicator, it is better to be a patient now than it was when I started.

The science of medicine will continue to advance in ways that we can scarcely imagine. The challenge will be how to allocate those incredible benefits using the limited financial and human resources available - especially in a universal system such as ours.



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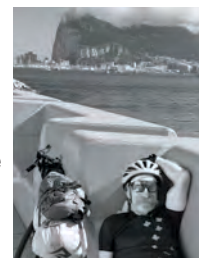
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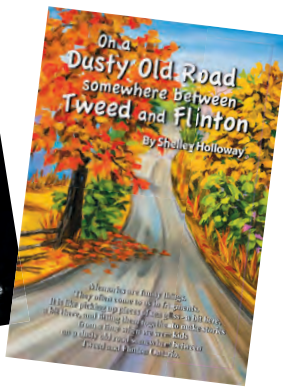
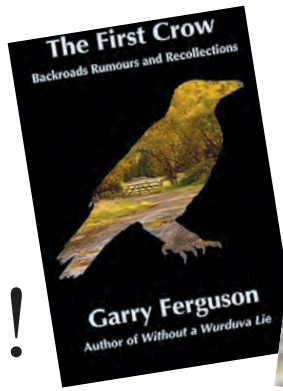


Max Buxton was a Calabogie GP for 37 years providing primary care, inpatient services, obstetrics, surgical assistance, and ER work at the Renfrew Victoria Hospital. He was the doctor on numerous mountain, arctic, cycling and ocean expeditions, including the Polar Bridge Expedition in 1988. He has a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



SHORT STORY CONTEST

Both books of short stories by Highlander contributors are available on Amazon.



FINAL CALL FOR ENTRIES!

**Enter by Midnight
September 25**

By Lois Thomson

Entries are already trickling in, including one that was sent to the Highlander in May. That seems early, but it was actually one that the writer wrote in 2025 but forgot to send in by the deadline. I suppose that proves it's possible to be late and early at the same time!

We are keeping track of when each entry comes in. So far, we have been able to include all of the entries, but if we receive more entries than we have space for, the later entries won't make the print version. Don't worry, all entries will be sent to the judges, and all the entries will be available to read online for the People's Choice Award judging.

Still, isn't the fun part seeing your story alongside others in your favourite publication, suitable for framing?

There is plenty of time left to check in with your muse and come up with a story that will stir our readers. We print 6,000 copies that are distributed around the Highlands from Northbrook to Eganville, and Renfrew and Arnprior

through Calabogie to Griffith and Denbigh. That's a lot of readers who are looking forward to the Short Story edition, a highlight of the season, so please get at it and send it in. Encourage a young one under the age of 15 to write something too!

If fourteen hundred seems like a lot of words, it really isn't. That's the average length of the articles our talented volunteer contributors write for every issue... except the Short Story Special Edition in October. Even then, it's the maximum word count - stories can be as short as you like. You know, when you get to the end, stop.

So, give our regular contributors a break in October and keep our readers happy with a story of your own. You never know where it might lead you. The two prize books above feature some of the short stories that have appeared in the Highlander. It's a good feeling knowing that people appreciate reading something you wrote, so get to it and...

...Enjoy!

Categories and Prizes:

Adult Fiction - 1st prize \$200

- 2nd prize *The First Crow* by Garry Ferguson

Adult Non-Fiction - 1st prize \$200

- 2nd prize *On a Dusty Old Road somewhere between Tweed and Flinton*

by Shelley Holloway

Youth Fiction or Non-Fiction

(specify subcategory) - one prize of \$50

People's Choice (Adult Fiction or Non-fiction) - One prize \$50



Judges:

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

Kenneth Puddicombe, author

Garry Ferguson, author, writer, editor, Madawaska Highlander contributor

Diane Bickers, writer, and enthusiastic reader

Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state their age on their entry email and must be under 15 years on October 5, 2026. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be: Primarily in English. Original. Never published before. 1,400 words maximum not including the title. Should not include your name or identifying information. Should only include category and title.

Sending Stories: Enter any time before **Midnight on September 25, 2026.** Email your story as an attachment to info@reelimpact.tv

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

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



DR. MAS'UD ADEWUSI IS SET TO ARRIVE SEPTEMBER 1ST AND WILL START TAKING APPOINTMENTS FOR PATIENTS THAT HAVE ENROLLED WITH HIM, BEGINNING SEPTEMBER 3RD.

ENROLLED PATIENTS SEEKING HIS EXPERTISE ARE ENCOURAGED TO SCHEDULE AN APPOINTMENT FOR THEIR SPECIFIC HEALTHCARE NEEDS.

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Dr. Adewusi will be in Northbrook Clinic Monday, Tuesday and Wednesday and in Denbigh Clinic on Thursdays.

✓ please call the clinic to schedule an appointment

✓ we are still accepting new patients, please stop by the clinic to enrol.



GRIFFITH TERRY FOX RUN SEPTEMBER 20, 2026

FINISH IT.

Join the Griffith Terry Fox Run. Open to runners, walkers, cyclists - dogs welcome! 5K & 10K out-and-back along Church St. & Flying Club Rd

Register: Griffith Lions Hall, 9:00 AM

Run Starts: 10:00 AM



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Trails and Weather: Seeing Nature's Signs By Lesley Cassidy



Learning to read the sky is an essential skill for outdoors people. This is a cold front moving through, with severe weather and a storm on Centennial Lake in summer 2025. Pic by Leslie Cassidy



You checked the forecast before your hike, so you prepared for that weather, but conditions can change quickly, so be alert to nature's warnings. Pic by Leslie Cassidy



Carelessness with fire is inexcusable in any weather conditions. The forest is slowly recuperating after this fire on Centennial Lake in 2023 threatened homes and caused evacuations. Where there's smoke there's fire. Pic by Lesley Cassidy

Summer 2026 has been rather rainy. But is it actually rainier than most summers? According to weather guru David Phillips, a Senior Climatologist at Environment and Climate Change Canada, the Ottawa Valley and Ottawa area have experienced the same number of rainy days as a normal year; it's just that the rainfall has been heavier on those days. For those who love outdoor recreation, the weather forecast is always top of mind.

Paid advertisement

"Someone once said it really well: the best instrument to deal with weather is the human eye," mentioned Mr. Phillips. "We really need to be our own weather forecasters."

When planning adventures, whether for hiking, dirt biking, paddling, or other activities, most people check their favourite app, research technical information about the trail, and pack gear for the day or weekend. But how do we plan and prepare for more intense and changing weather conditions these days?

Mr. Phillips continued: "Nature's fair, nature doesn't sneak up on us. Look at the sky, colour of the sky, the clouds, types of clouds; clouds are billboards for the day's weather. If clouds are high or low, there will be fair weather; if high clouds are getting lower and the wind picks up, nature's changing."

Mr. Phillips suggests assigning one person as the weather watcher in the group heading out on the trails or waterways to brief the group. This role involves three steps: finding out what has happened over the past few days, checking the forecast for the day of the activity, and watching for signs once out on the trail.

He recommends: "Don't assume it's going to be the same; get a sense of what happened the last 2-3 days." For example, if paddling, consider whether the water level has risen due to heavy rain, which can change river conditions and whitewater. Or whether the trail will be dry or very muddy. Understanding recent weather conditions helps outdoor enthusiasts prepare for what they might encounter.

Secondly, reading current forecasts may seem simple, but the language isn't always clear. Mr. Phillips mentioned that we have all heard the term: "30% chance of a thunderstorm." What does that really mean?

It does not mean that it will rain and thunderstorm over 30% of a specific area, and it does not mean it will rain and thunderstorm for 30% of the day. What it does mean is that, somewhere in that area, the forecaster is confident that, in 100 similar situations (weather conditions and setup), thunderstorms and rain occur one third of the time. Thirdly, it is about reading the weather.

"It's really about how to get out of a difficult situation, and not leaving decision-making and reacting until it is right upon you," emphasized Mr. Phillips. He put together a list of suggestions of important signs to consider when you are out on the trail or the water, including:

- the amount of cloud cover and number of clouds decreases in the late afternoon (brighter weather)
- winds blow strongly in the early morning (cloudy, unsettled weather)
- winds blow from the south or

southeast (unsettled weather)

- clouds rapidly move in various directions at different levels (unsettled weather)

Several popular weather sayings are scientifically true, including "red sky at night, sailor's delight, red sky in morning, sailor take warning." Another saying goes: "When clouds appear like rocks and towers, the earth's refreshed with frequent showers." The towering clouds are storm clouds associated with thunderstorms and severe weather.

The Farmer's Almanac, a long-referenced weather predictor, notes other signs to watch for, including pinecones closing when humidity rises, dandelions folding inward before rain, birds typically flying low, and cows lying in a field, which generally indicate a low-pressure front (clouds, rain, and storms) is on the way.

Preparing for thunderstorms is an important part of preparing to explore outdoors - because there is no safe place outdoors during lightning. Mr. Phillips suggested that being the lowest object is the best defence: crouch in a frog-like position, don't touch other people, and spread out a bit. There are over 8,000 lightning flashes in the Ottawa area a year, on average.

Mr. Phillips explained that the timing of heading outdoors for a hike or an ATV ride is just as important. He used the example of mountain climbers: "It is best to organize trips in the morning, instead of the afternoon. Numerous mountain climbers have been killed by lightning in the afternoons."

Today, weather alerts pop up on your phone advising that a severe thunderstorm or changing weather is imminent. But it wasn't always this way. Canada's original weather keepers were the Hudson's Bay Company, explorers, trappers, traders and British officials. Records from some Hudson Bay posts date back to the 1700s, including explorers' diaries and ship logs.

In 1839, the Toronto Meteorological and Magnetic Observatory was established, beginning the official recording of weather, time and the Earth's magnetism. In the spring of 1871, Canada created a weather-tracking system through the Meteorological Service of Canada (MSC). Now, the MSC's main

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Towering clouds are storm clouds associated with thunderstorms and severe weather. "When clouds appear like rocks and towers, the earth's refreshed with frequent showers." Pic on the left by Max Larochelle - unsplash.com, Pic on the right by NOAA - unsplash.com



goal is to provide timely weather information to the public. It also researches air, water and ice and monitors weather conditions.

Surprisingly, early weather forecasts were posted on trains and buildings and published in local newspapers. Trains carried large metal disks shaped to communicate the general type of weather expected, and rural communities and farmers could look at the sides of trains as they passed and see what weather was expected. A national weather warning system was established after a tragedy on the East Coast.

In August of 1873, residents on Cape Breton Island were pummelled by a hurricane that left almost 1000 people dead, over 1000 ships destroyed, and bridges and homes uninhabitable. Meteorologists in Toronto knew about the weather a day in advance, but the telegraph lines to Halifax were down, so a warning did not reach the communities.

Not long after, politicians funded the first warning system.

By the 1920s, technological advances improved access to timely weather forecasts, with wireless radios allowing information to be shared across remote weather stations nationwide. Today, these forecasts are carried through AM and FM radio stations, the internet, low-powered VHR-FM, and weather alerts on phones. Apps now deliver instant weather forecasts, wind, cloud speed, storm and rain risk, smoke and fire locations, and more.

Today's forecasts are not the same as they were in the past. The changing climate is impacting outdoor experiences. For example, events like the FIFA Fan Festival on opening day were cancelled because of poor air quality from forest fires and severe weather and the gravel cycling championship in British Columbia was called off because sections of the course reached over 40 C. Back to this summer's rainy feel. "The

Ottawa area has been keeping weather records longer than most cities in Canada," shared Mr. Phillips. "Over 150 years, there have been 17 summers with a really heavy dose of rain. It is normal to expect it to be spread out over that time. When I looked at the data, the first 50 years had three very wet summers. In the second 50-year period, there were three years with very wet summers. The last 50-year period, there were 11 years that we had extremely wet summers."

This change, he went on to explain, is because the air is warmer now; it traps more moisture, leading to more thunderstorms.

"It's the same weather we have always had; it's just bigger, bolder and more impactful than our grandparents' weather," shared Mr. Phillips.

Several interesting weather projects are underway to understand the changes and intensity better. A project at McGill University investigates historical records to understand how Canadian

weather is changing. Dr. Victoria Slo-nosky, a historical climatologist, heads the DRAW project (Data Rescue: Archives and Weather). This citizen science project aims to find historical weather observations from across Canada and make them available for scientific use, including thousands of records from the Montreal Observatory.

Environment Canada has introduced a new tornado warning system this year. This system targets areas in the direct path of the most dangerous part of the storm, resulting in faster, more precise alerts and tornado information to the affected area rather than sending alerts to a much broader area, which can lead to alert fatigue.

Mr. Phillips shared his final thoughts for people who love the outdoors...

"We won't become tropical. The future will be warmer. But it's really that the weather will be more variable and more whiplash, which is more challenging for people who love the outdoors."



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.

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How to Choose and Use Handheld GPS Units By David Arama

Most campers and outdoor adventurers now prefer to use Handheld GPS Units or Smartphones for navigation in the wilderness, compared to old-fashioned magnetic compass and paper maps. Selection of the most appropriate GPS is critical. There are several brands and models, e.g. Garmin, Magellan, Lawrance, Brunton, and Eagle.

My personal preference is Garmin brand. Recent Garmin models are all compatible with many types of mapping software, including Backroads Topo Canada with Crown Lands. The newest Garmins are the 67 and 66 models at \$400 - 600 (depends on features), and the older 64 and 62 can do the job for most outdoorspeople for \$100 to \$200 cost. I like having extra features eg digital compass and altimeter.

Pushbuttons vs Touchscreen GPS is always a debate. I highly prefer buttons since they are labelled and easier to use in tough conditions e.g. cold hands. However, the larger screens on touchscreen GPS make sense on ATVs, sleds, and boats.

Tip: there are many excellent GPS cases that can strap easily onto your upper arm, or via lanyard.

In-Reach Options versus Starlink on Cellphone? Limitations and Pros of Handheld GPS? Handheld GPS Units are very rugged, have a double protective screen, have a tinted screen, and are waterproof and temperature resistant, compared to using your fragile smartphone that needs frequent charging.

Cellphone GPS vs Garmin? I prefer to secure my smartphone for emergency communications, and severe weather alerts, when travelling in the backcountry.

Having a Backup Compass & Paper Map is highly recommended for several reasons. Firstly, if you are trained in using a magnetic compass and physical map, then you have the foundational skills to use handheld GPS effectively. Secondly, if the GPS unit fails e.g. batteries, extreme weather, solar flare, internal computer chip, then you have a backup that rarely fails. Lastly, it's highly efficient to combine the usage of compass with GPS in many circumstances.

Mapping Software: Backroads Software is my favourite since its exceptionally detailed, has 3-D relief, and has Crown lands overlay. You can also upload Backroads to your smartphone. Trackbak software has Crown lands, and is cheaper, but not as detailed, and Garmin Proprietary maps are also not as detailed and don't have crown lands. I-Hunter App is downloadable to your smartphone, and a fav of hunters. There are several specific map software available e.g. OFSC Snowmobiling, Off-Road, and Provincial Basemaps (more detailed for hunting).

Programming: The "Enter" button is used to accept a request, and the "Quit" button is the get out of an action or screen. The "Page" button changes pages. The arrows/cursor are the up/down and across the map screen. The +/- buttons are for zooming in or out. Saving a Waypoint is easy with any Garmin GPS. Simply hit the "Save

or Mark" button, and then give the waypoint a name e.g. camp, walleye fishing hole. You can also add map symbols and more details.

Tip: always double check when you turn the unit on, that you are in good satellite coverage on the sat screen, and double check in saved waypoints that you actually saved the point!

Newer GPS Units can get as accurate as 1 meter, however getting 3 - 10 meters under forest cover is very good. New units are enabled for North American, European, Russian, and WAAS Satellites. Tip: if you move the cursor to a point on your map screen, you can double click the enter button to quick-save that waypoint.

Finding a Waypoint is simple, hit the Find or Go-To button, then look in waypoints for the saved point you want to get to. Then hit Go and change screens to the Moving Compass Screen. If activated, you will see a Trip Pointer Arrow on this screen. When you start moving, it will work and point to the top-centre of the screen if going the right way. Also see "Distance to Next" to see how far to the waypoint, and this should be decreasing if you are going the right way.

Tip: the beauty of handheld GPS compared to magnetic compass is that you always know where you are, and that you don't have to navigate in a straight line e.g. take easiest route. As long as you are decreasing the distance to next, you can choose any route. Breadcrumb Trails are very useful in

many situations. If activated in systems, it records your movement when hiking trails or boating. This allows the option of backtracking back along the same trail, versus going cross-country. It's also known as a Track Log.

Positioning Systems allow you to note your precise location. The satellite and map screens can have your Lat/Long Position in Degrees/Minutes/Seconds. You can plot these coordinates onto a paper map or simply align the map screen with the paper map. There is also the more precise UTM Coordinate system that is more accurate, and mainly used by Search & Rescue Crews, and Hunters.

Annually in Canada, more than 12,000 people become lost. Don't be one of them. Know your GPS and Compass skills!

Enjoy the rest of the summer.

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



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

courses and camps. marblelakeridge.com wscsurvivalschool.com



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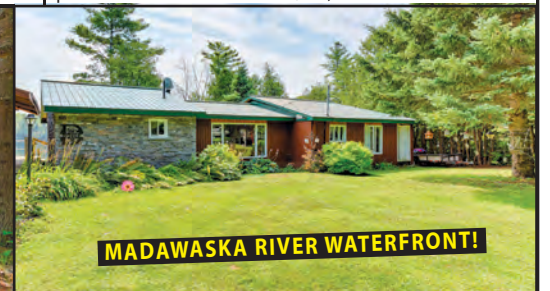
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The First Signs of Fall Migration By Tony Beck



American Bittern are one of several types of herons to inhabit our local wetlands. Although a reasonably common breeder here, it's a furtive animal that's well camouflaged amongst reeds and other aquatic vegetation.



Bay-breasted Warbler The highlands are blessed with many different species of nesting Wood-warblers. Migratory songbirds moult before their southward journey. Adult warblers lose their bright spring plumage in exchange for drabber colours. Look for the last of these long-distance migrants as fall approaches. Birds like this Bay-breasted Warbler should be gone before the leaves change colour.



Midland Painted Turtle. While exploring the Bonnechere River, Cheryl Beillard photographed these Painted Turtles shedding their "scutes". This is a natural growth pattern for turtles. photo courtesy of Cheryl Beillard



Adult Eastern Kingbird feeding three youngsters – Eastern Kingbirds had a successful breeding season this summer. However, most will be enroute to tropical America by the time you read this. photo courtesy of Nina Stavlund



Juvenile Broad-winged Hawk Cheryl Beillard is pleased to report that a family of Broad-winged Hawks are currently hunting around her home near Douglas. I took this photo of a youngster soaring over Cheryl's laneway.



Monarch Chrysalis We have good stands of milkweed this summer – the host plant for Monarch Butterflies. They're doing well this year, in part thanks to weather, and improved conditions at their wintering grounds in Mexico. The caterpillars feed on milkweed making them toxic to predators. Look for their ornate chrysalis amongst milkweed plants.

As we reluctantly say goodbye to summer, many highlanders prepare for fall. We survived summer's threat of intense heat by setting local rainfall records. Although some might feel it's a bit much, this should help some of nature's life forms to thrive. While El Nino is creating havoc worldwide, it's sparing the highlands from serious weather upheaval. And there's still a chance it brings us mild conditions through winter. We will see.

Several butterflies graced our garden this summer. Our various Milkweed plants have been hosting Monarch caterpillars, some already advancing into their chrysalis stage. We've noticed a few types of Swallow-tailed Butterfly species including several Giant Swallowtails – a spectacular new arrival to the highlands. New in our garden this summer are Compton Tortoiseshell and Mustard White.

I'm thrilled to have large numbers of birds gathering in gregarious flocks. The region is hosting many family groups of ducks, geese, loons, blackbirds and others. Our Blue Jay families remain bold and noisy. Over a hundred Common Grackles visiting each day. Nothing is more rejuvenating and energizing than being surrounded by an abundance of life.

Some birds, including adult grackles and Mourning Doves, continue with courtship activities. However, most birds are finished with the breeding season. Their songs have transformed into monotonous chirps and chatter. Generally, bird song has diminished substantially in our forest compared to previous months.

One of our local grackles has white marks in its tail. This type of aberrant plumage is rare but occurs regularly in most species. I see odd-looking bird plumages a few times each year.

Adults were very busy throughout August feeding their young. Each summer, Eastern Kingbird families are highly visible along our roadsides and clearings as they feast on an abundance of flying insects. Like most fly-catching birds, they migrate south fairly early.

Driving around the region, I'm detecting the first signs of fall migration. Along the Ottawa River, I'm seeing shorebirds like Semipalmated Plovers, Black-bellied Plovers, Least Sandpipers, Solitary Sandpipers, and both Lesser and Greater Yellowlegs. A Willet, a large shorebird rare in our region, was spotted at the Pembroke Marina recently. Several species of warblers have begun their southward journey including Bay-breasted, Blackburnian, Northern Parula, Cape May, Canada, American Redstart, and others are being reported travelling throughout the region. This first wave of migration includes the insect-eaters like flycatchers and warblers. Mixed flocks move in loose groups through thick vegetation. Check these flocks for other interesting species like Scarlet Tanagers and Rose-breasted Grosbeaks. Most will be gone from the highlands by mid-September. The second wave arrives with the fall colours. These flocks include finches, sparrows and kinglets.

Our Ruby-throated Hummingbirds are doing well feeding on local blooms including our Cardinal Flower. We're currently seeing mostly females

and juveniles at our feeders. They too will move out well before the end of September.

Broad-winged Hawks breed throughout our forested hills. Not much bigger than a crow, they hunt small prey like snakes, frogs, small mammals or large insects. They enjoy winter in Tropical America. They're all gone from here by the end of September. At key staging areas during migration, they often form impressive flocks that include hundreds of birds circling overhead.

In late August, Cheryl Beillard reported seeing Common Nighthawks flying overhead. They migrate southward over the highlands in late summer.

Besides lush forests and rolling hills, the Madawaska Region is blessed with a variety of wetlands including highly productive swamps and marshes. These waters attract many interesting creatures, including different types of herons. The Great Blue Heron is our most visible wading bird, usually making communal nests in dead trees of Beaver Swamps. However, keep your radar out for other smaller species. This year, the diminutive Green Heron appears to be thriving here. At the northern limit of their range, they nest around local woodland swamps. Once extremely rare, Great Egrets have recently increased in Eastern Ontario. They're still rare in the highlands. However, they're now a fairly common sight in lowlands south and east of us. Look for them in the highlands as they expand their range northward. Big and white, they're easy to spot. Black-crowned Night-Heron are mostly nocturnal and shy. Uncommon in the highlands, they're reclusive

nature makes them difficult to observe. Considered rare in Madawaska, the tiny Least Bittern is an extremely shy wetland species. They prefer our lowlands. Regardless, they're notoriously uncooperative. American Bitterns are fairly common here, but their secretive behaviour and cryptic colours make them difficult to spot. Listen for their low frequency pumping call coming out of local Cattail Marshes.

How was your summer? Noticing any interesting wildlife in your proximity. I see a lot of active bird feeders in the area. Are you currently enjoying any interesting wildlife in your garden? Have you detected any bird migration yet? Let us know what you're seeing. We'd also love to see your recent nature photos taken here in the highlands. Feel free to share your observations and photos with us by sending them to TonyFMBeck@gmail.com.

There's a chance we'll mention your sightings and possibly publish your images.

Enthusiastic Naturalist/ Tour-Guide, Tony has taken groups across North and Tropical America, Tropical Pacific, Africa, and Polar Regions. His work appears in many books, websites, magazines & calendars. As a professional photographer, he teaches Birdwatching and Nature Photography through many institutions and is currently a Nikon and Vortex Ambassador. Tony and his wife Nina Stavlund run Always an Adventure: alwaysanadventure.ca



Griffith's Allyson Parkes wins Bronze at Special Olympics National Summer Games

Submitted by
Dave and Brenda Parkes

Good Morning,

We'd like to make you aware of our daughter's recent participation in the Special Olympics 2026 National Summer Games in Medicine Hat, AB. We've lived on Centennial Lake in Greater Madawaska for 20 years and our daughter, Allyson, was a member of Team Ontario at the 2026 Summer Games. Team Ontario consisted of over 300 athletes and coaches in a National Games that saw over 1,700 athletes and coaches competing in 10 sports come together from every Province and each Territory to celebrate and recognize the abilities and determination of those among us with special needs.

The Special Olympics National Games are held every 4 years and this was our daughter's third National Games, once as a swimmer and now twice in Bocce. Allyson represented our area, the Province and herself very well; winning a Bronze medal in Women's Bocce.

I've attached a portion of the keynote remarks from Canada's Governor General at the Opening Ceremonies and a picture of the Opening Ceremony (so you can get a sense of the magnitude of the Games) as well as, one of Ally returning to the Ottawa airport and lastly, Allyson in one of her competition uniforms proudly displaying her Bronze medal.

Best wishes!
David and Brenda Parkes



Transcript of Governor General Louise Arbour's speech to athletes at the opening ceremony in Medicine Hat Alberta on August 10... "Athletes, I know you have some incredible moments in store for us. In the course of my work I do have the opportunity to appreciate excellence in all its forms, and I admire the way all of you shine in your own disciplines. I also admire how you embody some of the very best qualities of the human spirit – confidence, resilience, and courage. How many of you, through Special Olympics, have discovered talents that they never knew they have? And how many have gained confidence and independence? And how many have learned to enjoy benefits from leading active lives, surrounded by friends and supported by family?"

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The Night Sky - How to Reclaim It Part 5 of 5 in a series about Light Pollution and the Damage it Causes, by Rick Scholes

Why are gas stations lit up like hospital operating rooms? A fraction of the light would be sufficient, and when you drive away your night vision would be far less impaired. Changes are always possible if a society decides they're necessary. Collectively we need to be less tolerant of unnecessary light at night.

Light pollution has been called a "global disruptor". Whatever your concern might be – sleep, the climate, power waste, being a good neighbour, birds, fireflies, nocturnal creatures, glare, road safety, or the night sky – there is good reason to support reducing light pollution.

The majority of light pollution results from lack of awareness, not malicious behavior. We can all help by implementing the simple light pollution abatement (LPA) techniques described below.

Timing and Shielding

Light at night makes us feel civilized and safe. A certain amount is necessary. I'm not here to tell you to turn off all your lights.

Tip #1: Switching off lights that aren't needed, however, is a good start. Few of us have visitors after bedtime. Bright outdoor lights aren't needed at 2am.

Tip #2: Inexpensive wall switch timers for outdoor lights can be programmed to come on at sunset and go off at, say, 9 or 10pm, whatever suits.

Tip #3: A properly shielded fixture directs most of the light downward, a little sideways, and none upward. Two



Examples of properly shielded light fixtures – "barn light" (left) and modern style (right) Pic by R. Scholes (CC-BY-NC 4.0).

examples of such fixtures are shown in the photos above. They illuminate the doors and the threshold, only what's needed. The bulb isn't visible unless you're right under it. This reduces glare and improves night vision.

Totally unshielded fixtures such as floodlights (often over garages or decks), globes, and bare bulbs are polluting. The harm they cause depends on the intensity, colour temperature, and how long they're on. Consider shielding

them, choosing lower intensity bulbs, and/or directing them down as much as possible.

Tip #4: Motion detectors are an effective solution that only activate the light when necessary, to welcome a visitor or startle an intruder.

Pot lights in roof eaves and lights under porches are naturally shielded from shining upward, but they still may cause both glare (if the bulb is visible) and skyglow (by scattering off of the ground, cars, etc.). Those problems can be mitigated by using timers, leaving them off unless needed, and/or choosing lower colour temperature lights (as described next).

Intensity and Colour Temperature

Shopping for lights is a challenge. LED technology has changed all the rules: intensity is given in lumens (with "equivalent watts" quoted) and an array of colour temperatures are offered (instead of just "warm" and "cool"). Other choices include dimmable/non-dimmable and now "smart lights", adding more layers of complication.

Tip #5: Choose the minimum intensity level needed for each situation – your steps and door for example. Usually 800 lumens (equivalent to 60W incandescent) is enough. Lighting up the entire outdoors is impractical, wasteful, and counterproductive.

Tip #6: 2700K is the most commonly available "white" LED that contains least amount of annoying blue light. Those at 3000K have slightly more blue (therefore whiter) and those around 2000K have little to no blue (they appear amber). Different colour temperature 800 lumen light bulbs are shown in the photo on the opposite page. A great choice is the yellow LED "bug" light, which has no blue content at all.

More glaring 4000K and 5000K lights are best restricted to indoors where attention to detail is needed: kitchens, bathrooms, workshops, or for reading. It is best to use lower colour temperatures even in fully shielded fixtures, covered

porches, and pot lights, because they generate less glare and blue light.

Decorative Lights

The practice of leaving decorative lights on well after the end of festive season began during the COVID pandemic. Recently there has been an explosion in the use of decorative patio lights and soffit lights. Because LED lights are perceived as inexpensive to operate, some are left on 24-7-365. A sizable portion of this light reflects back up into the sky and may trespass into a neighbour's windows. Even though soffit lights are mounted under roof eaves, their light bloom is plainly visible from above, sometimes even outshining streetlights.

Tip #7: These systems are often programmable so switch them off in the late evening. Decorative lights don't make sense when nobody's looking. Warmer colours like red and amber will do less harm.

Municipal Lighting and Bylaws

Roadway lighting is under municipal or provincial control. LED luminaires are now offered at 2700K at competitive prices. They have less blue light content, therefore less glare and light pollution.

Tip #8: Consider writing your town councillor if you support this or any other light pollution reduction initiatives.

Flagstaff, Arizona (population 77,500 city/145,000 metro) includes the Lowell Observatory and was recognized as the world's first International Dark Sky City in 2001. It is bathed in a warm amber glow at night and has mandated night sky friendly lighting for residential, commercial, and civic infrastructure including roads and public spaces. They transitioned to LEDs with lower colour temperatures. There are now Narrow Band Amber (NBA) LEDs, developed for ecologically sensitive areas, that contain no blue light. So why not use them everywhere?

Bylaws are a tool to limit light pollution. They force us to address

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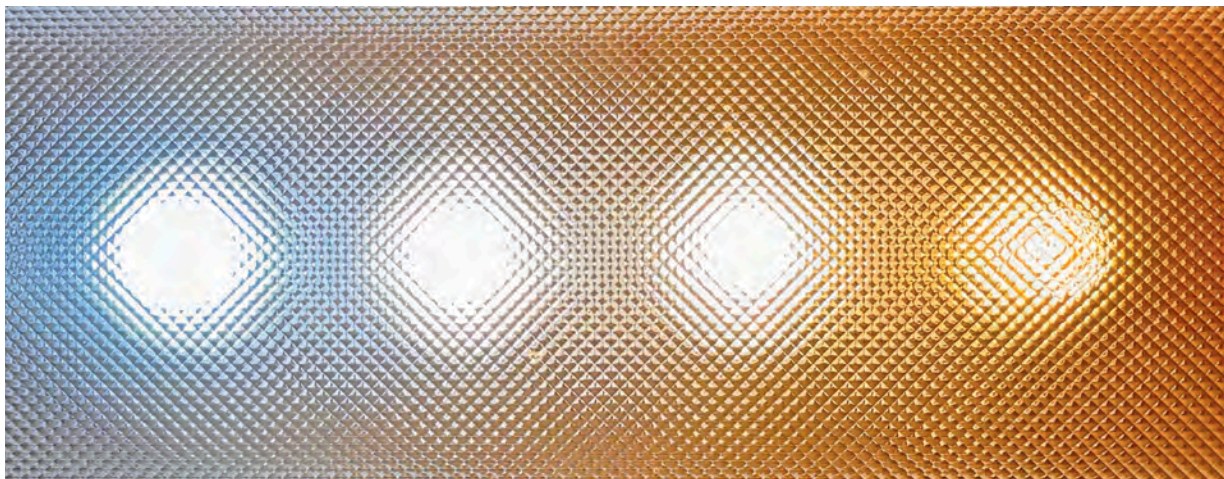
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LET THERE BE... DARK SKIES



Decreasing colour temperature from left to right: 5000K, 3000K, 2700K, 2000K
Photo: R. Scholes (CC-BY-NC 4.0)



Dark Sky International educational graphic showing good and bad lighting
Image credit: Darksky.org

questions like “why pay to light up your neighbour’s property?” and “is it right for a street light to glare into your bedroom?” A bylaw is a great way to raise awareness. And a bylaw may be the only way to control corporate light pollution. Municipalities in Ontario with outdoor illumination bylaws include Mississippi Mills, North Frontenac, Manitoulin Island, Huntsville, and several townships in both the Muskokas and the Georgian Bay Peninsula. The city of Guelph has one in development. Over a dozen municipalities along the Ontario lakeshore from Kingston to Burlington prohibit “nuisance lighting” in their property standards, but these seem less effective. North Frontenac Township was the first municipality in Canada to be designated as a Dark Sky Preserve in 2013. It is noteworthy that places still enjoying dark night skies

want to preserve them.

Elsewhere, France has taken significant light pollution abatement steps. Since 2013 their laws require that store lights must be dimmed after 1am and business lights after the last person leaves. It has been estimated that these measures save the energy consumed by 750,000 homes, equivalent to about 250,000 fewer tons of CO₂ dumped into our atmosphere. And that’s just one country.

Summary

More is manifestly not better where artificial light at night (ALAN) is concerned. Light pollution is a fixable problem, one light bulb at a time. Here’s what you can do:

1. **Switch off lights that aren’t needed, both outdoor and indoor (and close curtains)**

2. **Use timers to automate on/off cycles (on at sunset, off later on)**

3. **Use shielded fixtures (bulbs not visible); minimize the use of unshielded lights**

4. **Use motion detectors**

5. **Choose the minimum intensity level necessary (typically 800 lumens)**

6. **Choose lower colour temperatures such as 2700K or less, including yellow “bug” lights**

7. **Program decorative lights to use warmer colours and switch off at bedtime**

8. **Write your elected representatives in support of light pollution abatement**

I’ve appreciated the wonders of the starry night sky since my teenage years in suburban Montreal. Then, as

now, you had to leave the big city to experience truly dark skies that create a sense of awe. Dark skies help humans, birds, plants, and trees to get a proper night’s rest, while nocturnal creatures go about their business. Now, we realize that light pollution is an ecological and safety problem too. We’ll be healthier, wealthier, and safer with darker night skies ... and less unnecessary light.

A final tip: talk about it with others. Spread the word.

This article was originally published in the MillStone News online. As lighting technology and implementation continues to evolve, so must light pollution abatement efforts.

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Ontario Investing \$25 Million to Support Indigenous Energy Projects designed to advance diesel reduction and support community energy plans and initiatives.

Alberta judge shot down Kevin O’Leary’s bid to throw out a Sturgeon Lake Cree Nation legal challenge aimed at water permits issued for a massive AI data centre

ON investing \$7M through the Indian Residential School Community Engagement Fund to support activities that address impacts of the System.

Asylum seekers entering Canada is down 1/3, temporary foreign workers is down by 1/2 and foreign students down by 2/3, releasing pressures on housing, local jobs.

Ontario is enacting new rules for social assistance payments so people without legal immigration status in Canada cannot receive the benefits.

More than 160,000 people have signed a petition to the Canadian Parliament, calling for the removal of US ambassador, Pete Hoekstra.

Toronto’s largest DVD store is celebrating 33 years in business, with its manager saying younger generations are helping fuel a renewed interest in physical media.

Canada has approved plans for the Crawford Nickel Project, owned by Canada Nickel, in N. Ont., a project estimated to add up to \$70 billion to Canada’s GDP.

Rock Tech Lithium mine in N-W Ontario to begin producing in 2 years. 3 other major companies compete to develop untapped lithium resources in the region.

Blackwater gold mine to triple production in \$1.6B expansions. Beedie-backed Artemis Gold project expected to grow permanent BC workforce to 1,200.

Construction has officially started on what could become one of the world’s largest uranium mines in northern Saskatchewan.

A N. Ontario mine sits on rock that absorbs carbon dioxide on its own, and the mine’s own waste could lock away 1.5 million metric tons of CO2 in a peak year.

Canada plans to spend \$1.6 billion to replace 45 of Via Rail’s aging locomotives and another \$357 million to build a new assembly plant and maintenance facility.

Port of Churchill expansion could cost \$80B and include offshore LNG terminal. Studies suggest freighters hardened against ice can extend shipping season.

Canada will pour \$11.3 billion into Quebec’s shipbuilding industry to build six new icebreakers for the Canadian Coast Guard that will be ready in five years.

Canada working to strengthen food sovereignty by processing more food at home, keeping the whole food supply chain in Canada before exporting products.

Canada awarded \$768.6M contract to build science and research laboratories, advanced technologies and digital systems in Ottawa for NATO-security, resilience.

Ontario broadening eligibility for Protect Ontario Financing Program to support workers and businesses targeted by new U.S. tariffs.

Ontario Investing \$32.5 Million to Protect Border Security. New tools will help police services fight illegal drugs, guns and cross-border crime.

Defence Investment Agency awards Telesat and MDA Space a major Arctic security connectivity contract initially valued at \$2.3 billion.

New Canada-China strategic partnership provides a foundation to identify clean technology, batteries, solar, wind and energy storage for potential cooperation.

Japan turns to Canadian crude as Asia feels Hormuz supply pinch via the Strait of Hormuz pushing Asian states towards Canada’s TMX crude oil.

B.C.’s Howe Sound Pulp and Paper announces mill operations stopping indefinitely due to global market conditions, affecting approximately 400 employees.

A study has found the discussion about Alberta separation has gone far beyond Canadian borders -- mainly to Russian and American ‘content farms’ and influencers.

Canada announced dollar-for-dollar counter-tariffs on \$27.6B worth of U.S. goods, which will go into effect Sept. 8 and \$7.5B in support for workers and businesses.

The U.S. President said the U.S. may change the name of Lake Ontario to “Lake America.”

Ford Motor announced that its new midsize electric truck will have a starting price of \$28,350 as they look to offer an affordable option in the pricey EV truck market.

ON investing \$55.8M to support the planning and operations of York University’s new school of medicine, the first in Ontario focused on training family doctors.

Ontario Investing \$10.9 Million to Strengthen the Health-Care Workforce to prepare nearly 2,000 workers and jobseekers for in-demand careers in healthcare.

Canadian and US jets flew over US Ambassador’s house on the 250th anniversary of the Declaration of Independence, costing costing Canada approximately \$23,280.

New Saudi Arabia, Pakistan, Turkiye Defence agreement is the beginning of the post-American Middle East not fully dependent on American power for security.

Antisemitism on campus is ‘systemic’ and going unaddressed, says new report. 95.7% of Jewish students say they saw or experienced antisemitism in 2025

Montreal city council adopted an amended motion on Gaza, “affirms its solidarity with the Palestinian people” and civilian victims of hostilities across the Middle East

500 arrests and 4,000 charges laid in a years-long, retail theft probe involving repeat and prolific offenders” with ties to larger organized crime groups that sell the goods.

Ontario to require cash deposits for bail, creating a two-tier system. CCLA says it will launch Charter challenge, because the province cannot rewrite federal laws.

Fraudsters are making fake offers from real companies in new cellphone scam. Victims who get unsolicited calls are being left with bills for expensive phones, plans.

Halifax woman shares cautionary tale after ‘very sophisticated’ scam involving stolen wallet and is out \$1,200 after scammers impersonated a bank representative.

Scammers are selling downtown parking spaces in condos that they do not own. Beware of offers made in social media posts. Always contact the property manager.

The FBI logged over 1 million complaints of suspected internet crime in 2025 in the US and tabulated \$20.9B in losses, a 26% increase from the previous year.

Waterloo Regional Police Service is warning Ontario residents after reports of Bluetooth tracking devices being found on vehicles and belongings before break ins.

Updated alerting system for storms, tornadoes will allow for faster warnings to be sent to more targeted areas, sending warnings only to those affected.

Ontario Strengthening Local Emergency Preparedness Province launching \$5 million Community Emergency Preparedness Grant.

Kelowna man sentenced to 21-months prison, 3 years probation for starting fires.

Mariah Banning Baer, of West Kelowna, has been arrested and charged in connection with two grass fires in Vernon’s Commonage earlier in August.

Langford BC tries new tool for mitigating wildfires: a herd of goats. Goat rental company typically works to tackle invasive species, now helping to lower fire risk.

Canada’s first fully remote air traffic control system will start a year-long testing period at the Kingston airport this fall alongside traditional air traffic control work.

10 children died as a result of e-scooter incidents, report notes amid rising concerns

453,000 lbs. of local fruits and vegetables given away at “Ugly Potato Day” to 30,000 people in 24 hours in Vancouver in August set the Guinness World Record.

Invasive plants are available across Canada. Banning the sale of new introductions is one method that many hope Canada will enact to cover all jurisdictions.

Florida’s Everglades is facing an invasive threat as the Asian swamp eel spreads through wetlands and preys on fish, crayfish, frogs and other aquatic animals.

An invasive Boxwood Moth species that first appeared in Toronto eight years ago has since taken over much of Ontario, and its favourite food is your boxwood shrubs

Sharks off NS beaches are causing some concern among beach-goers, with some calling for new monitoring measures as officials stress existing safety precautions.

Quebec clamping down on refunds for empties from Ontario. New restrictions will weed out beverage containers purchased in another province.

A drill core in Northern Ontario storage rack formed a white crust, because the rock pulls carbon dioxide out of the air and turns it into stone, and a mine approved last month plans to grind 120,000 tons of it a day

Record-low water levels in the Danube have exposed dozens of WWII ships, motorcycles, and unexploded bombs in the riverbed during an intense drought.

NASA will no longer attempt to save its aging Swift space telescope. NASA has spent \$30 million US to try to raise the telescope to a longer-lasting orbit.

Morgan Lane's Chronicles By Antonia Chatson

Morgan Lane - 1919-2019 Morgan lived all of his life on his farm on Chatson Drive in Denbigh except when he volunteered to fight in the Second World War. He was in a POW camp for two years before he finally returned home. This is part 2 of a series of stories he told to me and my daughter Irene.

Photo is from a May 2014 article by George Ross. It was based on an interview he did with Morgan on his farm.

It is on page 23, available for download here... madawaskahighlander.ca/archives



Morgan Lane, working on his farm in the Denbigh Highlands in about 2014. Pic by George Ross

Sunday night was always very special. My daughter and I would take supper down to Morgan. He would offer us peanuts in the shell and as we crunched our way through them, Morgan would reminisce over a variety of topics. One night he recalled the early days of Ice-cutting and cheese-making.

Ice was cut on Denbigh Lake for use during the summer. Once Morgan remembers that they cut ice on Flake's Lake. Morgan and Oscar (Chatson) would first cut a hole in the ice then begin to saw. The ice saw resembled a crosscut saw but with only one handle. They would cut blocks 18" by 18" and load them on the back of the sled. They would then draw it home and put it in the icehouse and cover it with sawdust. About a hundred blocks would last the summer. It was a hard, cold and dirty job and many people would ask for help but they were not so forthcoming to pay for services rendered.

When one block was taken out, one had to make sure that sawdust was packed tightly around the rest of the blocks, allowing no air to get in and melt the rest of the blocks.

Early ice boxes (refrigerators) were made of wood and metal. The lid opened from the top down in which the ice block would be dropped. Later ice boxes were made entirely of metal. There were two compartments in it, the lower one for food and the upper one for the ice. A block would be placed there and melted ice drained down a pipe to a drawer which had to be constantly emptied. These ice boxes were taller and just looked like a fridge with a freezer on top.

Morgan worked for seven years in the bush with Oscar (Chatson). Oscar would see to the cows and there were quite a few to milk, do other chores and have the wood brought in by the time Herb got home and see to the horses. They left before daylight and returned after dark. When Morgan was not working with Herb, he and Oscar would go wood cutting. Half of the day they would cut in Morgan's bush for Morgan's wood and the other half they cut on Chatson, for their wood,

Morgan's Dad, Al, built the cheese factory which was situated where Kenny Berndt used to live in Denbigh. Al furnished the lumber and built it although another man had started it but backed out so Al finished it and owned it completely. The old Highway 41 was behind where Kenny's place was, and the cheese factory was situated right under where the present highway now runs by the lake. It was called the Cheese Factory Hill because of the little rise that goes up to where Ernie Berndt lives.

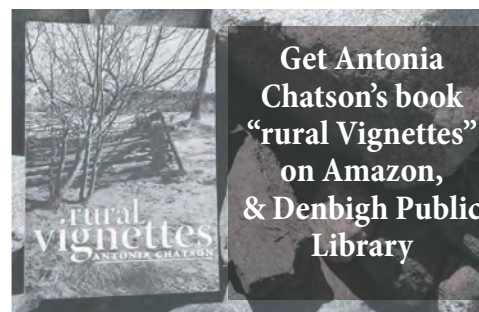
The factory was a gabled building, higher than a one-storey house. It was in three sections. The south section was the boiler room and a lean to beyond that was for storing wood. The vat was heated to pasteurize the milk, only one vat was there. There was a canopy under which you drove with your wagon on which were the milk cans. Two arms came down and lifted the tin up and dumped it into the vat. The amount that was yours was dumped into the vat and weighed and you got the equivalent amount of whey that was owed to you on the way out. The whey was used for pig feed. When the milk was pasteurized, it was taken out of the vat and the whey pressed out of it.

There was a door between the vat room and the curing room. The third section of the building was the curing room on the north side of the building so that it would always be cool. The curing room was lined with shelves on which the cheeses were loaded, and it was there that they were inspected. If it passed the inspector's standards, it was then loaded onto a wagon and taken to a railway station, either Kaladar or Caldwell Station.

It took three days to make the round trip to Kaladar. The first night the driver stayed in Cloyne and the next day he went to Kaladar, off loaded the cheese, then returned to Cloyne and on the third day he returned to Denbigh. When Morgan was a young lad, he drove the wagon and took milk from their farm, the Chatsons, and from Dick Thompson's farm. The men took turns taking the cheese to the railway

station. On the return trip from Kaladar and Caldwell Station, things were brought back for neighbours that were not available in the Denbigh stores. Kaladar had a railway station, hotel and a store and there were also stores in Cloyne and Northbrook.

Morgan's Dad made cheese box belting which was sawed very thin like veneer. The top and the bottom of the box was called the heading and was half an inch thick wood. The cheese was wrapped in cheese cloth, then the belting was put half way around, then nailed into the heading, then the second half was put around the cheese then nailed. Ab Faulk helped Al make the cheese boxes. The belting had to be boiled so that it would be flexible enough to bend around the cheese. They would make a large batch at one time.



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



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

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

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Progress Erases History - The St. Lawrence Seaway Story By Carol Morrow, from the Spring 2011 Newsletter

The story of the St Lawrence Seaway is bitter-sweet, one of progress and commerce with an underlying theme of loss and compromise. Following the American Revolution and the War of 1812, the great river was an uneasy border between two hostile neighbours. Two canal systems ensued: the Rideau, an all-Canadian route to move troops and bypass the narrowest part of the River and the rapids at Long Sault; and the Erie across NY state to provide an all-American shipping route from the Great Lakes to the Atlantic. A system of locks was established in the St Lawrence after 1834 near Cornwall to bypass the Rapids so that small ocean-going vessels at least could travel to Lake Ontario. Over the last half of the 1800s, tensions between the two countries eased and the St Lawrence route took traffic away from the Erie Canal. Lake freighters and ocean vessels were becoming too big for the existing canals, and their cargo had to be off-loaded and shuttled between the Great Lakes and the Gulf of St Lawrence. Enthusiasm for the idea blew hot and cold in both countries depending on the politics of the administrations. Canada did most of the pushing for it after WWII, mostly at the urging of Ontario Hydro.

Once the US realized the whole thing might be built entirely on the Canadian side, the American government jumped into the project. They would operate 2 of the 7 new locks between Montreal and Iroquois, and dole out \$130M of the \$400M projected cost. There would also be a new dam to service power generating stations in both Cornwall and Massena, NY. Building the dam meant



Watching the water rise, July 1958 from Lost Villages website

a large part of the river valley would be flooded, doubling the depth of the shallowest part. This wasn't a big problem on the sparsely populated American shore, but meant major upheaval on our side. Uncle Sam shook hands with the Mountie.

Thousands of properties were expropriated, nine 130-year-old communities were wiped out, Highway 2, and the main CNR Toronto-Montreal rail line were rebuilt. The downtown core of Morrisburg was totally destroyed and Iroquois was completely uprooted and moved lock, stock and barrel a mile inland. The villages and communities of Aultsville, Farrans Point, Woodlands, Dickinson's Landing, Moulinette, Maple Grove, Wales and Mille Roches became blips in the memories of former citizens, names no longer found on maps. These are the "Lost Villages of the St Lawrence". Two new communities, Ingleside and Long Sault, were created for the displaced villagers. Existing islands in the river shrunk in size and lots of new little islands, that had been high points on the landscape, sprouted up. Ontario Hydro had the job of clearing out the villagers.



House Mover, from Lost Villages Website

The families had 3 choices: take a market value buy-out; swap for a new home in a new town-site, or move their house to a new site with upgrades. About 530 homes were moved, 350 new houses were built, and over 2,000 residences were destroyed. The inside scoop is that not all residents were treated equally. What of the renters, the widows, the elderly, and the 8,000 natives? They were confronted first – and usually capitulated quickly. This gave the negotiators an edge with the rest of the neighbourhood. Stubborn families who held out longest got better deals just to get them to move. Other tactics were employed to gut the heart of the residents and make them comply. Shade trees along the roadway were cut down or sidewalks and streets were torn up prematurely. But the government and its agent, Ontario Hydro, had a policy across the board – with lots of exceptions.

What do we see today as we pass through the landscape, drive along the roadways? Vast basins of water, big as small lakes, serene in the sunlight, populated with waterfowl. Swaths of public green space along the new Hwy 2, Upper Canada Village, an artificial pioneer village, and Long Sault Parkway with its picnic grounds and campsites. Pleasure boats darting from island to island, a glistening wake in their rear. Blue water, azure skies, rippling currents – a breathtaking panorama dotted with private docks, native Ontario shrubs and wild flowers, and – a dazzling strip of white concrete signifying the Moses-Saunders Dam just before you come into Cornwall. Along the SL Parkway, between Long Sault and Ingleside is St Lawrence Union cemetery, founded in 1957, home to countless weather-beaten and faded headstones. That gives you pause to wonder, doesn't it?

What don't you see? The derelict one-room schoolhouse where you sat at a wooden desk and dared to dip a blond pig-tail in an inkwell, where you shivered beside a pot-bellied woodstove on those cold blustery days, or where you starred as the handsome hero in the play at the Christmas concert. That 300-year-old oak tree your old grandpa hung a tire from for your swing. The cracked sidewalk where you learned to play hopscotch or skip-a-rope. The disillusioned look on the faces of those forced to move from their ancestral homes. The places where they grew up and can never go back to. Historic hotels almost as old as Confederation. The white frame church built during the 1830s on ground donated by the original settler. The sprawling ancestral farmhouse with the wrap-around porch where you could sit and swat mosquitoes on a lazy spring evening.

Of the displaced villagers, scores of them could trace back to original Loyalist settlers who cleared the land back in the late 1700s. Some of the oldest homes

in Ontario – homesteads that had been in families for generations – and hundreds of precious heritage buildings fell by the wayside. Many buildings were moved to new locations. But how does one decide which is saved and which is destroyed? Vast tracts of aboriginal treaty land lay awash. Important to me, one of the most significant battlegrounds on Canadian soil lies at the bottom of the flood plain. A stone cairn that is no longer even on the battlefield itself commemorates the Battle of Chrysler's Farm where 1200 British, Canadian and Mohawk forces defeated an American force of over 4,000 in 1813. The battle was a turning point in the War and saved Canada from becoming another state.

Scattered among the lost communities were 18 pioneer cemeteries and burial sites. Some burials had originally been marked only with wooden crosses, long disappeared, so they never counted. Only one cemetery was entirely moved, against disinterment, those sites were sealed with stone slabs before the flooding and lie under metres of Seaway.

Yes, the Seaway construction was an engineering accomplishment, an amazing feat of incredible proportions for its day. New churches, schools and shopping centres were constructed, meaning more jobs for the area; it also meant some merchants had to change their business and farmers took unskilled jobs. The local area got improved roads, new streets, sidewalks, power and telephone lines, and there was in place a fully navigable marine route from the centre of Canada to the Atlantic. Those who moved received new homes, little matchbox houses instead of the rambling heritage home they grew up in. Residents who didn't have such amenities before, got sewage disposal, water on tap, indoor bathrooms, furnaces and full basements. They moved into treeless, muddy suburban neighbourhoods that replaced yards where giant oaks and maples had cast a historical shade.

The brief career of the bureaucrat who proposed the plan and the four years of industrious destruction pales in comparison to all the drowned history and traumatized lives. "It was the best of times; it was the worst of times".

An interesting footnote to the story: as late as 2008 we were still paying, in the millions, compensation to the Mohawks to address unresolved land disputes arising from the Seaway construction.

During the summer the Lost Villages Historical Society conducts an interpretive 4-hour tour through the area of these flooded neighbourhoods. Thanks to the June 28, 2008 edition of the Ottawa Citizen for background for this article. If you want to know more about the Lost Villages, visit the website of the Lost Villages Historical Society at: lostvillages.ca

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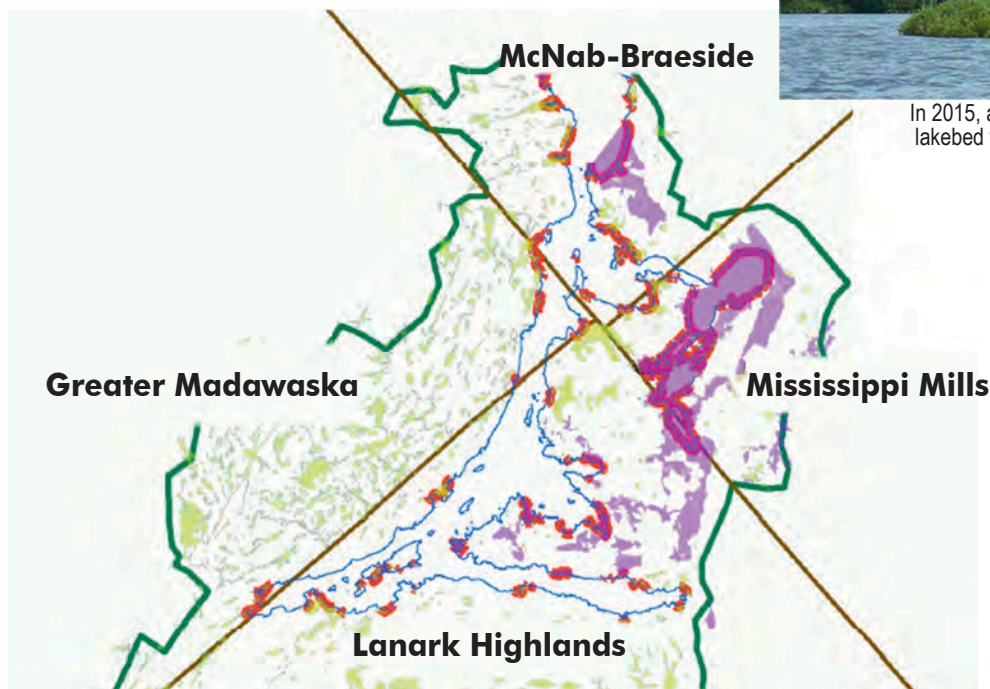


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Protecting White Lake's Wetlands

By Conrad Grégoire
and David Overholt

Originally published in the White Lake Property Owners
Environmental Bulletin



White Lake is what is known as a wetlands lake because it is relatively shallow. White Lake has a surface area of 22.7 sq. kilometres and a shoreline of 98 kilometres that spans four municipalities. 15.9% of the surface area of the lake is classified as wetlands as is 41% of the shoreline (shown in purple). In addition to this, about 14% of the catchment area of the lake (in light green) is also wetland. The White Lake Conservation Reserve was created in an effort to recognize the importance of White Lake wetlands and at the same time offer some protection against degradation, but management requires the support of all four municipalities.

When lake scientists talk about White Lake, they often refer to it as a wetlands lake. A wetland can be defined as a distinct ecosystem that is permanently or seasonally flooded by water. White Lake has a surface area of 22.7 sq. kilometres and a shoreline of 98 kilometres. 15.9% of the surface area of the lake is classified as wetlands as is 41% of the shoreline. In addition to this, about 14% of the catchment area of the lake (in light green) is also wetland.

Wetlands are divided up into different categories based on variations in soil, landscape, climate, water levels, chemistry, vegetation, and human disturbance. There are four main categories of wetland, each of which can be found in White Lake or its catchment area; 1) A pond has a well-defined basin filled with stagnant water and fringed with vegetation; 2) Marshes are located adja-

cent to the lake and are subject to periodic flooding and may even dry out; 3) Swamps are essentially flooded wooded areas which support trees, tall shrubs and mosses; 4) Peatbogs are poorly drained areas covered by mats of moss, and are further divided into bogs, which are acid, and fens, which are alkaline.

Wetlands are very important because they have a number of attributes that benefit people while at the same time protecting water quality. These attributes are called ecosystem services and include: water purification; ground-water replenishment; stabilization of shorelines; storm protection; water storage; storage of carbon, and removal of carbon dioxide from the air. Additionally, some nutrients and pollutants are prevented from entering the lake. Wetlands provide a home and nursery for fish, birds, mammals, insects, and mi-



In 2015, a large section of cattail marsh was detached from the shore and then allowed to drift on the lake, damaging the lakebed where it had been and causing a hazard to navigation. No one owns the lake or has the right to do such things.

croorganisms. Wetlands are reservoirs of biodiversity and have a role in climate change mitigation and adaptation. Since wetlands are so important to the health of White Lake, are these areas protected? In 2003, The White Lake Conservation Reserve was created in an effort to recognize the importance of White Lake wetlands and at the same time offer some protection against degradation. Unfortunately, in 2017, The Lanark County Council reclassified many of these lands as rural which allows for development and destruction of wetlands. It is now very difficult to protect remnant wetlands because of the small and highly fragmented nature of remaining locations.

We can help by contacting our Township and Provincial politicians and let them know that White Lake, and all wetlands need to be protected. We should also start at home and preserve wetlands adjacent to our cottage or home properties.

An extreme example of property owner irresponsibility was the wetland cut of a large section of cattail marsh. It was detached and then allowed to drift on the lake. This not only resulted in a serious hazard to navigation, but also compromised the lake bed and shoreline where the cut originated. There have been several significant occurrences since the 2015 event including the destruction of hundreds of square metres of marshlands. **If you see anyone damaging the lake, please contact the MNR Tips line at 1-877-847-7667**

Editor's Note

Another way to protect wetlands is by donating land or funds to the Mississippi Madawaska Land Trust (MMLT) or show your support by attending any or all of the following events. MMLT

is doing an amazing job of conserving lands and waters in the watershed and appreciate your support. See the July and August Watershed News columns in the Madawaska Highlander for more. madawaskahighlander.ca

MMLT Fall Events

Join a free morning **birding walk** led by Mississippi Madawaska Land Trust Executive Director Ramsey Hart and Mississippi Valley Field Naturalists' Birding Chair Ken Allison. Open to all experience levels - no prior birding knowledge required - this relaxed outing along the 3.7 km trail loop at Marble Woodlands will explore the sights and sounds of forest birds such as warblers, thrushes, vireos, and tanagers.

September 26, 2026 ; 8 am - 11 am at Marble Woodlands, Concession 4A, Mississippi Mills.

Celebrate the beauty of autumn with MMLT's annual free **Fall Colours Walk at Blueberry Mountain at cliffLAND**. Take in the breathtaking views and vibrant foliage at one of Lanark County's most beloved hiking destinations, all while supporting local land conservation. **October 3, 10 am - 2 pm (rain date: Oct 19)** at Blueberry Mountain, 502 Hills of Peace Rd, Lanark

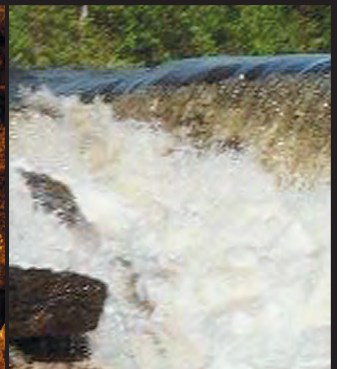
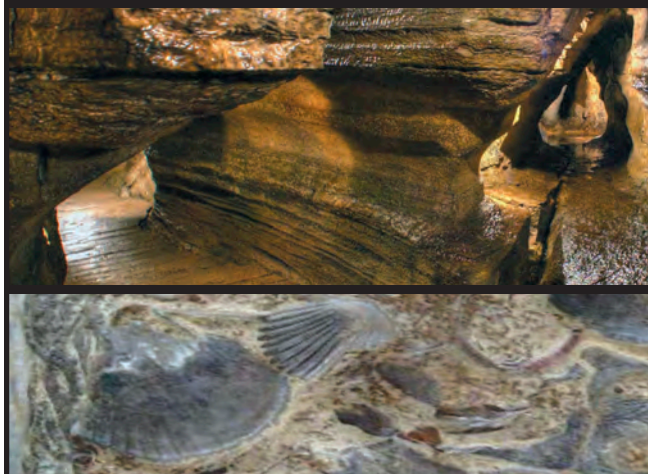
Enjoy **Notes for Nature IV**, an evening of live music, community, and conservation featuring Kellylee Evans, an opening performance by Six Pack, and a silent auction in support of the Mississippi Madawaska Land Trust on **October 17, 7 pm - 9 pm at Zion-Memorial United Church**, 37 Franklin St, Carleton Place. \$50 per person

We invite you to join us!
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HIGHLANDS HIKER

Fungi are not Plants or Animals, so What Are They? By Colleen Hulett



Hericium species are fruiting in the Highlands right now on logs and stumps. Scientists are discovering them to be an excellent brain food. Studies are underway right now for advances in Alzheimer disease and other brain function problems. Mature Hericiums are usually as large as your brain and look like brains also! The fungus below is the Comb Tooth, Hericium coralloides and is extremely delicious! You can also buy Hericiums in fine food and health food stores



Mutualistic / mycorrhizal fungi
Brittlelegs, Russula spp., come with many vibrant cap colours from yellow to red to purple. They are mutualistic and mycorrhizal fungi. They trade soil water and minerals for plant sugars to eat and fuel their energy. There are many major groups of mycorrhizal fungi that perform the exchange differently. From each other. Other common fungi in this group include fly agarics and milk caps.



Parasitic fungi
The huge Northern Tooth fungus is a parasite common to Maple trees. It grows on living trees and may eventually kill it. As it may not seem like it, parasitic fungi, and their host are actually working in a symbiotic relationship. Artist's Conk and Honey Mushrooms are also well-known parasitic mushrooms. The Artist's Conk below weakens living hardwoods as a parasite.



Saprophytic fungi
The Silky Rosegill, Volvariella bombycina, is a saprobic fungus. It feeds on dead and decaying matter rather than forming a living partnership with plant roots. Other known saprobic fungi are Turkey Tail and Oysters. Have you seen this mushroom this year? We have had perfect conditions for this rare beauty.



The 6 kingdoms of life on Earth. Humans belong to the animal kingdom. Oddly it is hard to find charts including humans. We are so in denial! Understanding and accepting our place in Nature will literally save our souls and the planet we belong to.

Taxonomy in biology is the science of dealing with the description, identification, naming and classifications of organisms. Our man-made obsession with labelling and classifying living things into an organized system in effect helps us make sense of our Earth's life and ultimately our life. Biologists give every living thing a universal scientific name showing how different organisms connect through evolution. For example, in Canada we have 3 commonly found Hericium fungus species... H. coralloides, H. americanum and H. erinaceus.

Their common names are Comb Tooth, Bear's Head Tooth, and Lion's Mane even though we commonly call them all Lion's Mane erroneously. The true Lion's Mane is super rare in Ontario and is plentiful on the pacific coast of Canada. Having unique identification names through taxonomy helps us know the true species from scientific analysis and not through local common names. In the mushroom foraging world, knowing the taxonomic names as opposed to common names saves lives as the system helps us to truly know a species and ul-

timately if it's edible or toxic to humans.

In 1969 fungi got classified into its own kingdom. Up until then fungi were understudied and grouped into the plant kingdom. Everything that scientists have studied and labeled has been grouped into kingdoms. These kingdoms are Animalia, Plantae, Funga, Protista and Monera. (Animals, plants, fungi, protists and bacteria). It is important to note that humans belong to the Kingdom Animalia and we do not have our own kingdom because we are animals. Today, with new technology

and DNA analysis, the Monera Kingdom has been further split into two: Eubacteria kingdom and Archaeobacteria kingdom making 6 kingdoms instead of 5. Some scientists want to separate the protists into two kingdoms as well, labelling them the Protozoa and Chromista Kingdoms, thus making 7 instead of 6 kingdoms. The idea of 'kingdoms' is changing rapidly with today's young scientists who tend to avoid the 'kingdom' label entirely. No Kings, right? As human brains and new technologies are expanding along with our universe, the



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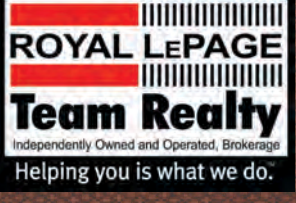
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taxonomic world is finding a lot of chaos within many miscategorized species.

So why do fungi get their own Kingdom? Why are they not part of the plant kingdom? Are they not basically non-green plants living in the forest? No, they are not. Plants and fungi get their food differently. Plants use their leaves and other green parts with sunlight to make their own food through the process called photosynthesis. Fungi cannot make their own food and instead hunt for it and dissolve it with chemicals before reabsorbing their food. Plants and fungi have different cell wall materials. Plant cell walls are made of cellulose and fungi cell walls are made of chitin (like some animals, namely insects and some sea creatures). Furthermore, plants stay fixed in one place and grow leaves, stems and roots. Fungi do not have roots or leaves and grow and move through a network of hyphae underground.

Fascinating. If fungi cannot make their own food, they are heterotrophic and need to hunt for food through movement in the forest. They break their food down with chemical enzymes in order to digest it. Fungi also perform cellular respiration like humans do, so why are they not part of the animal kingdom? Sounds like an animal to me. Even modern geneticists are saying that fungi are actually more closely related to humans than they are to plants. Nonetheless, Fungi are categorically different from humans and other animals because fungi have hard chitin cell walls and animals do not have cell walls. They have flexible membranes. The feeding habits of the two kingdoms are also different. Animals eat and digest their food internally, while fungi dissolve and absorb

their food externally. Fungi do not have lungs, noses or mouths.

Fungi are very different from all the kingdoms and although there are many reasons to report, it seems to be their feeding habits are the most interesting. Fungi move under shallow moist soil about 1.5 inches (3.8cm) daily when conditions are right. They travel to follow fallen tree vibrations and thunder and lightning vibrations. Some spores lying dormant for years are activated in forest burned sites and arrive on the scene early to grow and move around the site to speed up regeneration.

So, what do fungi eat? Anything, well almost. They eat anything from dead plants to rotting fruit. Their consumption performs an essential role in the decomposition of most organic matter, and their mycelia have fundamental roles in nutrient cycling and exchange. Fungi have evolved to use a large variety of organic substrates for growth including simple compounds like ethanol and ammonia. They grow on and in almost anything.

Fungi obtain nutrients in three different ways. They decompose dead organic matter, they feed on some living hosts and they exchange nutrients mutually with other organisms. A saprotroph is a fungus that obtains its nutrients from non-living organic matter like dead and decaying plant or animal matter. They eat by absorbing the soluble organic compounds. More importantly they have key roles in recycling ecosystem energy flow and biochemical cycles. They are primary decomposers in a forest. As parasites, these fungi live on or in their living host and feed on it. Parasitic fungi use enzymes to break down living

tissue, which may cause illness in the host. Believe it or not but both parasitic fungi and mutualistic fungi have a symbiotic relationship with their host. The outcome is different where one may kill the host, and the other doesn't kill the host.

Mutualistic or mycorrhizal fungi live harmlessly with other living organisms where everyone benefits from the relationship. They support all life on earth with over 90% of plants relying on beneficial relationships with fungi.

The fungus may grow directly into the root cells or by growing on and around the root cells. This association provides the fungus with relatively constant and direct access to sugars which the plant produces by photosynthesis. The fungus in exchange gives minerals and other nutrients to the plant. The mycelia of the fungi also increase the surface area of the plant's root system. The larger surface area improves water, and mineral nutrient absorption from the soil. Well known Chanterelles are one of many mycorrhizal mushrooms and they form their relationships with living oaks, beech and pines.

Many insects such as beetles, termites, ants and wasps, have a mutualistic relationship with fungi too. We need to further study mutualistic fungi to find out why they function. A very hard task as fungi can be tiny and invisible. One teaspoon of soil can contain hundreds of fungal species. They can also be immense and miles long, too. We know trees grow 10-20% faster with a mycelial network than captive trees. I don't have to tell you how important this is to know for the lumber and forestry management industries.

Among other things fungi eat cellulose and lignins from dead and dying trees and plants in the forest. At present, manufacturers use tree cellulose and lignans to make vehicles, packaging and clothing and their deforestation practices are essentially depleting fungi of its food sources. Poor compacted soils and construction are limiting fungi movement to carry on to recycle and restore forests. We need to examine the fungi kingdom more than we ever have to date. We have only examined about 10% of known fungi and more studies are revealing how fungi may be responsible for getting plants and animals out of the ocean to live on the land successfully in the beginning of this 'life' as we know it.

Losing mycorrhizal fungi is detrimental to fundamentals of life essential to humans and other host species to fully understand, protect and flourish on

this small blue dot we call Earth. Mother Earth. As mycologist Paul Stamet postulates – "let mycelium run and let governments bring on the funding for understanding fungi and all the ways it can spring inventions to save the earth and all its cool inhabitants".

Virtually ignored as chaotic plants, the study of fungi, Mycology, became a systematic science only after the development of the microscope in the 17th century.

In Canada, we still have a hard time finding complete fungi programs in universities. In 2020, we have reportedly studied 148,000 fungal species worldwide and still their global diversity is not understood. It is estimated there are 2.2 to 3.8 million species worldwide and ninety percent of fungal species are unknown or not studied.

Lately we are discovering approximately 1500 species a year. During the pandemic a whopping 2905 fungal species were discovered in part with the rise of citizen scientists joining Inaturalist and more importantly people leisurely getting outdoors and discovering their natural environment. I cannot say enough about less work and more play for everyone. Bravo to citizen scientists! Bravo to the indispensable Inaturalist app and program. Have you joined yet?

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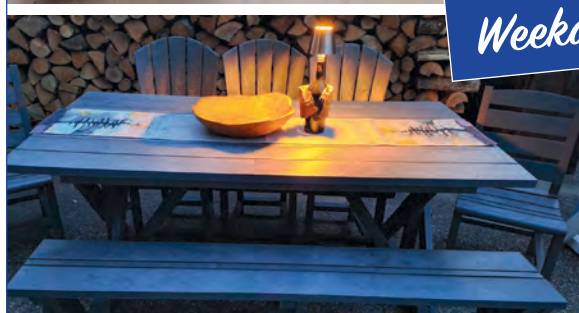
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