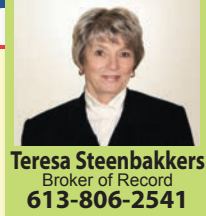


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Great news for Calabogie and the Greater Madawaska area as Buyers' strong interest continues, evident from the SOLD signs dominating the roadsides. The pandemic has caused people to re-evaluate their lives at home and workplace, making the need for space, affordability and quiet enjoyment of life high on everyone's wish list. Predicted continued low interest rates from the Bank of Canada until possibly 2023 will encourage this trend. With high Buyer demand and multiple offers often considered, Sellers would be wise to seek the guidance of an experienced Realtor. No better time to sell!!!



Yes! I have Buyers searching through new listings every day looking for their ideal country property. **Thinking of selling? Call me...**

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The Madawaska Highlander

June-July
2021

FREE Vol.19 Issue 2
Next issue July 21, 2021

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

Welcome!



Geese and goslings out for a paddle at Camel Chute on the Madawaska River.

...To early summertime – time to find your way to and through our beautiful hills, valleys, waterways, and trails, but before you head out read Happy Trails where Lesley offers options to help you find your way in the wilderness. And if you do end up in the nettles, Colleen suggests you eat them, but do it the right way and dry, steam, or boil them first to get rid of the sting.

There are right and wrong ways to be in nature and Survivor Guy asks us to pay it forward outdoors and leave no trace. Be nice to the forest and she will be nice to you. In fact, Mother Nature can kiss your scrapes and soothe your stings according to Robbie's Forestry First Aid in The Healing Trees. Do you know how to seal a cut without a Band-Aid? Soon you will.

Moving right along... Marcella takes us back in time along Highway 41 to Cloyne in her Historical Society story where the mystery of the giant Muskoka chair is revealed! Not all mysteries are as easily solved as we see in Ernie's inconclusive conclusion of the Mystery of the Sail Ship LeGriffon in the View from Here. Maybe these mysteries will be an inspiration for your entry in the Highlander's Short Story Contest 2021. Details on page nine.

Stories that get your attention are often about nothing major, as we see in Antonia's story, The Major, in Rural Vignettes. Ten-hut! In Wellness, Derek draws our attention to the relationship between diet and mood and Tamatha draws our attention to something in the air, the link between dental hygiene and aerosols – something to be avoided during a pandemic.

You would think that there would be nothing to report during stay-at-home orders, but Bogie Beat by Skippy and Griffith and Matawatchan News by John and Anne are loaded with facts and fancy you'll want to know even if you don't live in the villages. It seems all of our Highlands villages are Happening Places and the ads confirm it. Turn to the Madawaska Highlander to find just about everything you need to enjoy life in the Highlands, and... Enjoy!...



OK, you got me. Now put me down. I'll never understand why you humans think you can just pick a fella up without so much as a how do you do or an if you please. Nice to meet you too, by the way, harrumph. Pic by Colleen Hulett

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**Next advertising deadline:
July 9 for July 21 publication
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for previous issues**

Message from the editor:

Even though activities are slowly resuming, the Madawaska Highlander won't have space for the Events Page. Please make note of activities in Bogie Beat, GM News, and DV News and check the ads for updates.

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

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

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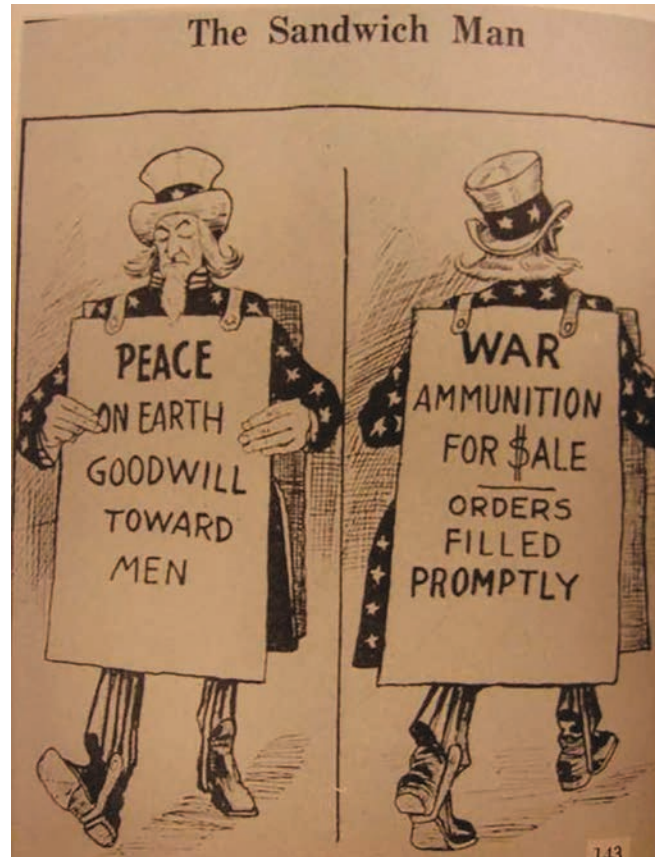
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When World War 1 broke out in Europe, the U.S. remained neutral in the beginning, meaning they stayed out of official military engagement with warring powers. Wilson won his 2nd Term using the slogan "He Kept us Out of War." The US profited from selling war goods to warring powers in Europe. Sold to both Central (Germany Austria-Hungary Ottoman Empire Bulgaria) and Allied countries (France Russia Great Britain Italy) it was not exactly neutrality. This trade also benefitted the US during the war of 1812 when Britain and France were the US's biggest customers as they fought for territory in North America.

The US economy was doing poorly prior to WWI and this was a way to revitalize it. US remains top arms exporter and grows market share, selling arms to 98

nations, many who are enemies of one another. Imports and exports remain close to their highest level since the end of the cold war, although this may change from the impact of the pandemic. The biggest growth in arms imports was seen in the Middle East according to Stockholm International Peace Research Institute (Sipri) who collected the data. (Info from World War I Unit 7, Lesson 3. Published by Kathlyn Clarke, and BBC Business News. Cartoon origin unknown.)



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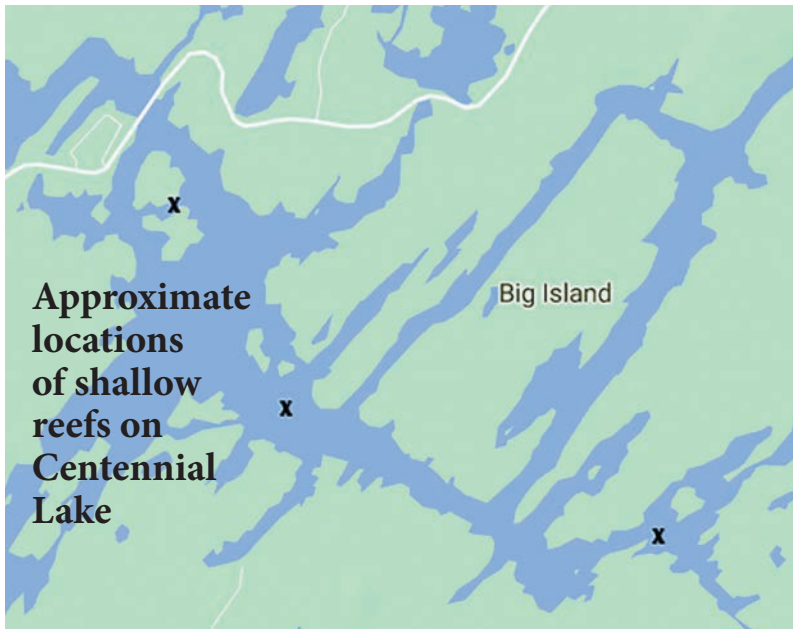
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By Anne Dougherty & John Neale



Centennial Lake is only a couple of feet deep in places and there are blind corners. It's also relatively narrow, so large wakes cause damage. All good reasons to take your time out there.



The only remnants of the Matawatchan Farmer's Markets are the annual Plant Market and the Christmas Market. Tables at the Matawatchan Hall were spaced far apart and COVID protocols for markets were adhered to. After many people lost plants to a late frost, the market made the difference between people being able to feed themselves from their own gardens or going without. Bedding plants are sold out at most garden centres now. It was so nice to see old friends again, socially distanced of course.



From a video called "Graveside service for the late Hugh Kelly" found on the Zohr Funeral Home website. We are sure there would have been hundreds to see Ardean off if we could have. R.I.P.



Culvert replacement, serious ditching and tree cutting amid giant rocks makes for slow progress on Centennial Lake and Matawatchan Roads, but it will make a huge difference.



Minister Barbara Creelman leads Drive-in church for Pentecost at St. Patrick's United Church in May. Praying for an early end of Blackfly Season? Pic by her husband Nicholas.



Cover illustration on Wendy MacFarlane's children's book, Hope Flies: Learning to Thrive Again When the World Feels Wonky. Read all about it in the article.

The weather continues to take us on a wildrollercoaster ride! From scorching heat to a cold spell that brought a hard frost on May 29. Records were broken! Many local gardeners lost plants to the frost. It has also been too dry. We need more rain. Crops are in jeopardy. At the time of writing, we are under a **Level 1 Fire Ban**, which means no open burning other than campfires.

Parking lot makes 508 safer. The popular **Eagles Nest Trail** is now served by a large parking lot. This has vastly im-

proved the safety of this section of County Road 508. No Parking signs have now been posted to discourage vehicles from parking along the side of the road. ATVs and vehicles with trailers are not allowed to use the new parking lot. The township, the county, MNR and The Algonquins of Ontario all gave their support to this project. Their team-work has provided a solution to a very dangerous situation. Thank you!

Construction on Centennial Lake Road (County Road 65) is current-

ly focused on culvert repair and clearing trees from the shoulders. The curviest part of Centennial Lake Road from Black Donald Road west towards Chimo Road is now completed. It is good to see the County putting a strong effort into improving the highway backbone of our township. The next phase should focus on further improvements to the section between Chimo Road and the White Pines Resort.

Road Blocked: A few weeks ago it took two days to pull a large truck out of the

ditch. Drivers had to detour via Kennelly Mountain Road.

It was sad to hear of **Ardean Kelly's passing on May 21st** in his 86th year at Hospice Renfrew. He attended St Andrews United Church in Matawatchan with his wife Carol Anne. One of his favourite activities was playing euchre at the Denbigh and Griffith community halls. He also enjoyed the Bingo in Griffith. He loved Country Music and his favourite country singers were Charlie Pride and Porter Wagner.

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My hip waders came in handy when it came time to install our new dock last month. This lake country attire is quite a fashion statement. What do you think? Posh?

St. Andrews United will say goodbye to Minister Barbara Creelman this month. June 20 will be the last service that she leads. In the time she has been with us, Barbara has touched the lives of many in our community through her church services, community choir, Facebook page and YouTube channel. We wish her and Nick all the best in their new community in Hamilton.

Ross & Cathy Duncan sold their cottage on Centennial Lake on Black Mountain Road. Ross & Cathy participated in local community events at the Matawatchan Hall selling baked goods and ceramic pens and spoons. We hope they will return to visit us and continue to follow the Highlander for news. Welcome to the new owners! Anne and I have known Jeff and Christine Drinkwater for over 30 years and are excited to have them and their family as neighbours on the lake.

Safety on the river. Boaters know that there are two main natural hazards when navigating Centennial Lake. These are unmarked reefs and floating logs. While logs are mostly a problem in May/June, unmarked reefs are a hazard all season, especially to those unfamiliar with the lake. Boaters try to keep the reefs marked but the winter ice often carries the markers away. There is also a blind corner at the point just upstream from the bridge. Some boaters cut much too close to the point. This is a collision waiting to happen considering that

boat traffic is increasing. It is also a hazard for swimmers from cottages on the point. The recent surge in the number of wakeboard/wave boats has also reduced the safety of our waters. Large waves are always a hazard to boaters and to nesting wildlife. These waves can also cause damage to the shoreline and docks. As always, the OPP will follow-up if complaints are received.

Councillor Glen MacPherson said that they are currently **"ditching" the Matawatchan Road.** No, they're not abandoning the project! The ditching has unearthed at least one extremely large boulder which is currently marked with pilons near Juniper Lane until it can be safely removed. MacPherson added that the resurfacing is unlikely to be completed before September.

In terms of programs offered by the Township, **swim lessons were cancelled for the summer. There will also be no township-sponsored Canada Day celebrations** in Calabogie, Dacre or Matawatchan. According to MacPherson, "It is just too hard for the Township to plan for these activities during the pandemic." Finally, Councillor MacPherson has not received any positive feedback regarding the reduced **60 kph speed limits on sections of Centennial Lake Road** and coming into Griffith on 71. Based on the many driveways, children playing, steep hills and blind corners, it does seem like a good idea to slow down in these sections. However, according to one resident

the problem is not cars and trucks but rather motorcycles going much too fast. Still others feel that most drivers ignore the new speed limit. Coming into Griffith there is only one sign with the new speed limit posted. Maybe there should be signs that say "NEW" above a speed change the same as they do when they put in new stop signs, so people will notice.

Border with USA open? It is possible that the Canadian border will open before the end of June. It sure would be nice to see friends from the States again. We miss you!

The Denbigh/Griffith Lions have no activities planned at this time. The **Show & Shine** normally held on the last Saturday in August has been cancelled.

The Seniors Group plans to open the **Nu 2 U Shop on June 19 from 1pm to 4pm.** The shop will be open on Wednesdays and Saturdays from 1 to 4pm. The first big **yard sale will be held on July 3rd** from 10am to 4pm.

The **Matawatchan Hall** plans to continue Saturday morning socials subject to provincial COVID guidelines. The **walking club** continues with up to 10 people. Although the Matawatchan Farmers Market is no longer, their annual **Plant Market** continues and came in especially handy this year, as many people lost bedding plants to a late frost. This year's market was held outside on June 5 at the Matawatchan Hall and featured bedding plants, seedlings & perennials, baking, and refreshments, no blackflies, and very few mosquitos. Yes! Social distancing rules were in effect.

There's not much happening on the local live music front. However, the **Tallboyz will host their third annual River Concert on Saturday, July 31st** in the usual location near the former Misty Morning Cottages. Participants are encouraged to anchor offshore and enjoy the concert from their boats. Rain date will be the Sunday. **Breaking News: The Festival of Small Halls has offered to come back to our area on October 2nd!** Hopefully COVID restrictions will be DONE by then!

Matawatchan has gained another book author. **Wendy MacFarlane's book, "Hope Flies!: Learning to Thrive Again When the World Feels Wonky"** hit #10 on Amazon for problem solving and decision making at one point. It's a children's book, but the philosophy behind it is equally helpful for adults. From her website hope-sunshine.com "My education is in psychology and behavioural science

and I have spent my career as a counselor in schools and the community working with children, youth and families. It was only recently as I was recovering from post-concussion syndrome that I decided I would like to do something positive to help others suffering from concussions." She is also designing a mental health and wellness package that is tied to the lessons in the book and will have an accompanying backpack of tools, so the kids learn practical strategies to improve their days by learning to relax, manage feelings, engage in positive self-talk to increase confidence and resilience and to be proactive in solving problems and managing stress etc. Isn't that something we can all use right now?

This just in - Now is your chance to have a say about the issue of **speeding and passing on Hwy 41 through Griffith.** Download the survey at greatermadawaska.com or pick up and drop off at BMR, Calvyn's, General Store, or Pine Valley, all in Griffith. And thank you. Griffith is a village not a speedway.

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

EDITORIAL

The Earth's human population has now topped 7.8 billion. Before the pandemic, approximately six million people were in the air every day. The world's cruise ships carry over half a million passengers every day. A stronger Canadian dollar makes it more expensive for foreigners to travel to Canada and cheaper for Canadians to travel abroad, so on any given day a large percentage of our population was in the sky, on the water, or just somewhere else. Suddenly we are all at home and there doesn't seem to be enough room for all of us. When the pandemic hit there wasn't enough room to park all of those planes and cruise ships. They are supposed to be in the air and on the water. It's as though we have been juggling people and all of the balls just dropped.

Suddenly our entire population has no other option than to staycation and with social distancing orders, the great Canadian outdoors beckons. People who were used to being pampered on cruises and at all-inclusive resorts flocked to the country and started camping, hiking, cycling, motorcycling, boating, and ATVing. For many it was their first time doing so. Larger crowds with less experience has caused some big problems. Packed trails, garbage and destruction of habitats, injuries, people needing rescue, invasive species spread, even more speeding on ATV trails and through quiet villages in the back country...

Happy Trails, The Healing Trees, and Survivor Guy articles in this issue all offer some hints and tricks to help you before heading into the wilds

or campgrounds. Even experienced outdoor enthusiasts will learn something new from them. Most newbies don't know what they need to know.

Another consequence of the pandemic has been a boom in cottage buying and building. To address some of this, the Federation of Ontario Cottager's Associations (FOCA) produced a "New to cottaging" video resource with this statement, *"We know lots of folks are having their FIRST cottage country experience this year and may be thinking about buying or building a cottage. FOCA has created a video with key information about choosing an area, understanding the nature of your property, considerations for buying or building, and ways to get the most out of the experience including connecting with the local lake association!"*

This, and other important

information for new cottagers is available on FOCA's new webpage: foca.on.ca/cottage. Many first-time cottagers have never dealt with well water, septic systems, sump pumps, wildlife, private roads, no garbage collection, shoreline erosion, lake health issues, boating safety, fire safety levels, and cottage etiquette. Joining a cottage or lake association is the first step. Getting to know and respect your neighbours is a second step. A lake association can help with all of those issues. To find a lake association near you go to foca.on.ca/list-of-associations.

Most of all, when we move about in the city, we rarely make eye contact or speak to strangers, but when you come to the country you will find the local people to be very friendly if you greet them with a smile. They won't be strangers for long.

Bogie is a Happenin' Place! This is your column. Contact me to report on anything you find interesting. 613-433-1131 maryjoanhale@gmail.com

By Skippy Hale



I have had this photo in a frame on my wall for quite some time featuring three of who I believe to be members of the Renfrew County Fiddlers started by Joe Quilty. I don't remember who the fiddler on the left is or what the plaque commemorates. Please tell me if you know. Next is Tommy Sharbot and on the right is founder Joe Quilty who passed away recently age 103. He touched countless lives and hopefully the valley fiddling tradition will live on because of him.

Aah, the weather! The seesaw continues for extreme temperatures up and down to frost! I managed to save my tomatoes, but not some of my annuals. Now we are having a heat wave and need rain desperately.

On a cool, breezy day I met some volunteers at **Barnet Park** cleaning up the beautiful gardens. They are members of the 55+ Club and the Friends of

Barnet Park. The gardens were planted by the Calabogie Seniors' Club many years ago. Improvements started in and around the cottage and more and more gardens were added. Ron Huntley came into the library to research which flowers would attract butterflies and the **Butterfly Garden** was born! It's on a path just beyond the cottage near the exercise machines. There is a bench facing the



Hungry robins. Hopefully Mom and Dad will return with some juicy gypsy moth caterpillars soon.

garden, the lake and the hills beyond. It is quiet, serene and peaceful. On the day of my visit, the lake was choppy, and the breeze kept the workers cool. Over the years, many hands have toiled the soil here, weeding, pruning and planting. In the past few years Hank Schaly helped young people learn about gardening there. Maggie Legere called to ask me to come and see what was happening.

There will be a work bee on the first Wednesday of the month. Work for half an hour, then visit for half an hour, so bring a chair and water. Wear appropriate clothing. Bring gardening tools if you have them. Gloves are a good idea too. (I say that, but I usually take mine off because I love to put my hands in Mother Earth). All ages are invited: teens and young parents with children, who can play in the playground, are welcome. It's an experience to help the community, get exercise and perhaps meet new people.

The **Calabogie Lions Club** thanks everyone for their support of the new **Calabogie Catch the Ace**



The Lions Catch the Ace poster now has a QR code for easier website access. A QR code (abbreviated from Quick Response code) is a type of matrix barcode. All you need is a QR reader app. Point and click and you are ready to play.

progressive jackpot and their patience during the Club's learning period. Buy tickets and help Bernadette McCann House, Hospice Renfrew, Ronald McDonald House Charities, Ottawa and Lions Club Community Wellness Program calabogiecatchtheace.com For best results, use your Google Chrome browser and ensure your location is on for the device you are using to purchase your tickets.

I am so excited about the gentle illustrated **children's book** by **Sharon Nichols**. It all started when her young daughter was upset about the death of her Papa, Sharon's Dad. Karry-Lee Armellin was very close to her grandfather, Ed Woodhouse. They shared many adventures together, loved making up stories and after Ed retired, they spent much more time together until he died. Karri-Lee was angry and hurt that Papa had left. As a librarian, Sharon was used to explaining things through stories, so she decided to help Karry-Lee understand by telling her a story. She talked about how it's OK to be angry, sad and all the other

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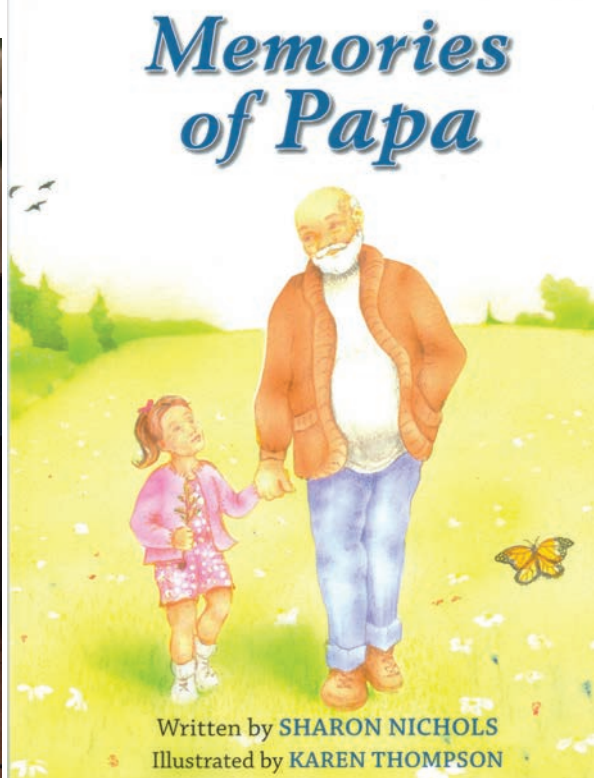
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...continued from previous page



Joe Quilty 1918 - 2021 R.I.P.



Cover of Sharon Nichols' book available at sharonnicholsbooks.com and kinderbooksh@gmail.com

feelings associated with grief. A few years ago, her daughter suggested that Sharon should write a book to share this story. Karry-Lee has a daughter, Danica and the story goes full circle. Sharon joined a local writers' group, some of whom also have published their own books.

She had a vision of what she wanted her final book to look like and found an illustrator 'who got it'. Karen Thompson did not just read the text, she wanted to know about Karry-Lee and Ed. She could see the love, respect and humour between the two.

Sharon does virtual readings to children in grades 1-5. Her first one was to her granddaughter's class in Australia, after Emmy brought her book in to show her teacher and classmates. She has read to a school in Alberta and plans were in process to visit St. Jo's here, but COVID interfered. After each reading, Sharon asked the children what the story was about. Kids picked out the environmental aspect; the family caring for each other, the symbolism of the trees surrounding the seedling, the illustrations and so much more.

Sharon is working on another book in verse about Inclusiveness. She belongs to The Society of Children's Book Writers and Illustrators which is an international organization, as well as the Children's Book Centre.

sharonnicholsbooks.com and kinderbooksh@gmail.com to order.

I enjoyed my virtual interview with Sharon. She was on the Library Board at one time and started a Friends of the Library group back in the day. It was fun going down memory lane talking about illustrations, influences and children's authors and illustrators we met during our careers. Thanks, Sharon for walking into the GMPL about nineteen years ago. It was the beginning of a treasured friendship! Congratulations on being the Winner of The Canada Book Award!

Those of us on FB, have seen pictures of wee doors in people's gardens under flowers, bushes or in the crook of a tree. They are **Faerie Doors!** Leave them be! Be very quiet and do not disturb the Faeries! You may want to stop and listen for the music, but the best time is just at dusk. If you see a quick spark, look and you may be lucky to see them before they flit away.

We are happy to see that

Corinne and Brian Sullivan are back in the food business! The name of the new company is 'The Paddock', since one of their locations is at the Track in a Chip Truck. I spoke with Corrine and they will not be serving her famous pizzas or (my favourite) meatball or other subs. They can be found if you turn onto Brown's Landscaping Depot on Calabogie Road (former Shooter's). Keep left and go to the back towards the laundromat. You will see their menu sign and the take-out window on your right. Good Luck Corinne and Brian and welcome back! We missed you!

Caterpillars, ugh! The last two years seem to have been the worst since I moved to the Valley, but this year, the Gypsy Moths seem worse! The trees mostly affected are oak, maple, poplar, willow and other broad leaf trees. Local lore is to put tape around trunk, sticky side out, but that is harmful to birds and small mammals who cannot escape once they are caught in the tape. Wrapping the tree in burlap and dumping the caterpillars in water to drown them the next day is another. Wrapping the tree with masking tape smeared with vaseline seems to be a deterrent. I have squished so many already. Google gypsy Moths or go to the MNR website.

When we moved here at the end of the last century, (been waiting for the chance to use that phrase), I met two wonderful people at church and the library. Madge and Joe Quilty were very active in the community. Joe played at my family reunions with Wes Baumhower and other local musicians. **On September 30, 2020 Joe Quilty passed away peacefully at the age of 103.**

Madge was born in Rowley Regis, England in 1921 and moved with her family to Oshawa Ontario in 1923. When she was 16 or 17 a family with 3 Irish boys move around the corner. Joe was one of them. They had moved from Ashdad where they lived on a farm on the Whalen Road. His dad was a logger and farmer. They had decided to move to Oshawa where Joes' older siblings were working at GM. That's when Madge met Joe and started dating. They got engaged when she was 18, but her father asked that she wait until she was 21. Joe was a Catholic and Madge's family were United Church, but love won out and they married in 1942 on her 21st Birthday!



Magical faeries have been moving into the village. If you listen carefully you might hear their music. Best to listen at dusk when they come out to play.



She converted and they married in a Catholic Church. Their Faith remained a central part of their lives. Joe went overseas for five years during WWII while Madge worked as a Legal Assistant and, like many women at that time, in a factory. Diane, their eldest child, was born in 1947 and her brother in 1952.

After Joe retired they moved back to his Valley roots building a home on Norton Road. He and a friend moved the wood from the old family barn on Whalen Road. The foundations of his family home are still on the property about a kilometre from Madge and Joe's Norton Road home, where they lived until 2009, before moving to the Quail Creek Residence.

During their time in Calabogie, Madge was on the Library Board, on the Committee to save Barnet Cottage from being sold by the Council of the day, on the Arts and Crafts and the Seniors' Clubs, and started the Calabogie Prolife group which merged with Renfrew.

Joe had been a fiddler from his youth. He and his brothers used to play around Oshawa and Madge often accompanied Joe to the dances before the war. After he returned to the Valley, he, Madge, Tommy Sharbot and Ed Mahew started the Ottawa Valley Fiddlers in 1978. Madge was their Secretary/Treasurer and planner. In today's lingo, she would be the manager arranging the gigs. They organized the first Jamboree at St. Joseph's School in Calabogie. Initially, there were about 300-350 members until the Fall of 2020. They supported many young fiddlers familiar to Valley folks, such as April Verch, Dennis Harrington, Terry-Lynn Mahusky and many more.

When they left to go to Quail Creek Residence, I missed seeing them at Mass in their regular seats in the Annex of our church. I have many fond memories of Madge in the library. I called her Mrs. Q and she called me Mrs. H. Joe had a beautiful smile and they both had a wonderful sense of humour. The Quilty family are among the founding families of St. Patrick's Church at Mount St. Patrick.

A private visitation will be held at the Goulet Funeral Home, followed by a Mass of Christian Burial at St. Patrick's Church on Monday October 5th at 11am. Interment Most Precious Blood Cemetery, Calabogie. Online

condolences may be made at www.gouletfuneralhome.com. Donations in his memory may be made to Operation Smile or Groves Park Lodge Auxiliary. Scith a ligean mo charaide!

I have nests in the rafters of my deck. There are wee robins soon ready to fletch and five Phoebe eggs, just laid. Last year, those pesky raccoons raided the nests for eggs and young birds. I hope they are luckier this year.

Speaking of eggs, this is **turtle laying time**. They can be seen crossing roads to find a soft area to dig a nesting spot. I wish we had a 'Watch for turtles' sign on our road, because they are crossing here as well as on Barryvale, 508 and elsewhere. The speeding is horrific even with the electronic sign, so the lovely creatures don't have a chance. Sharon White rescued several recently. I can still remember stopping on Calabogie Road as my hubby stopped traffic to upturn a turtle who had flipped onto her back. He carefully carried her across the road in spite of the irate drivers lined up both ways. As he was walking back to the car, the turtle was following him since he brought her to the wrong side of the road! Drive carefully!

The Brydges family mourn the loss of their mother Dorothy Brydges. Condolences go out to Randy (Penny), Linda (Bob) Smith, and Veronda (Danny Cybulski).

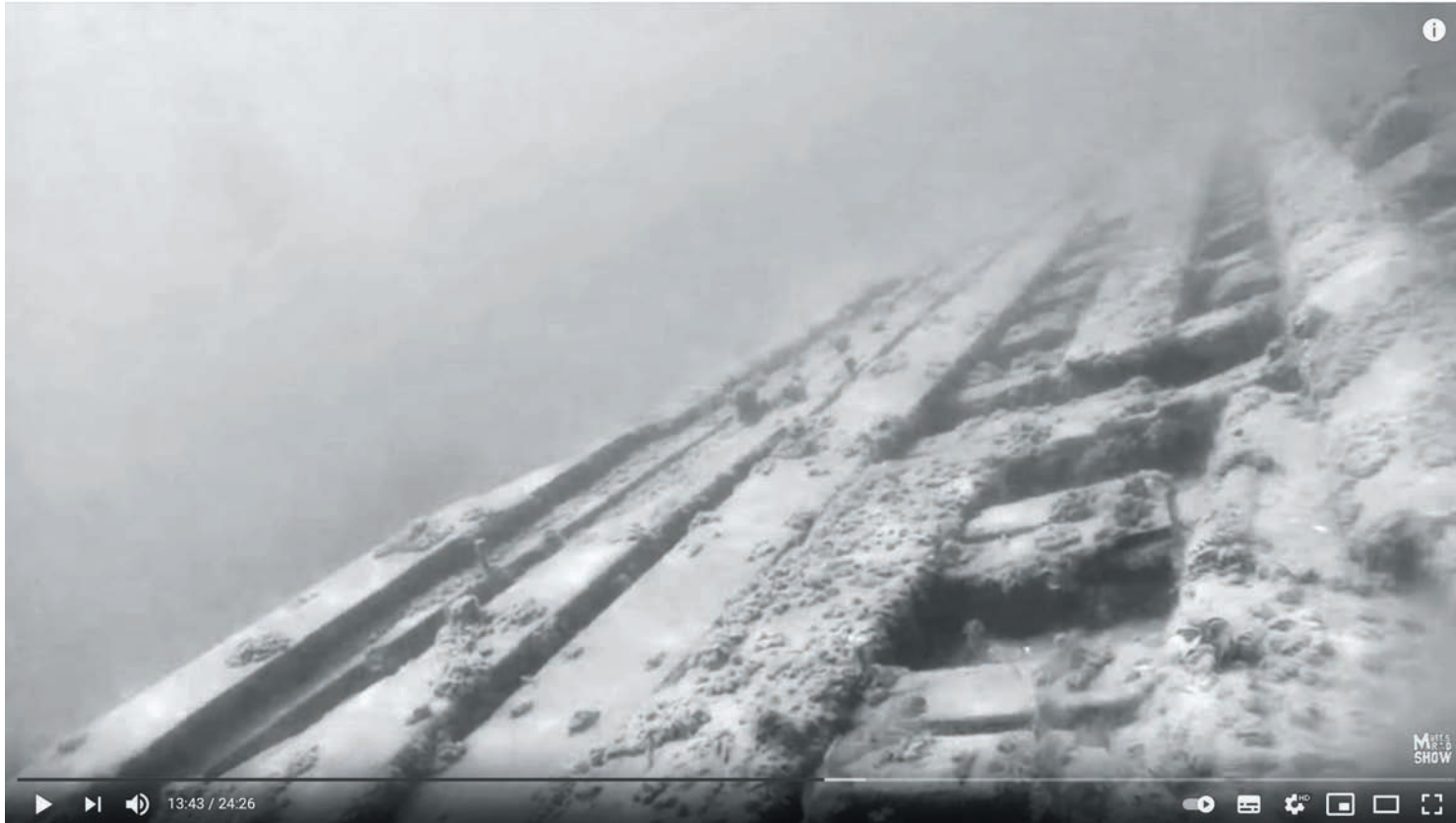
The Greater Madawaska Public Library and Learning Centre is open for curbside pickup by appointment on Tues, Wed, Thurs mornings and two Saturdays a month. Libraries can open in Stage 3 of the re-opening plan. Check out their new Facebook page facebook.com/Greater.Madawaska.Library.Calabogie. Call the library 613 752-2317 or email gmpl@bellnet.ca for information or for assistance in accessing their digital catalogue or to set up an Ebooks account for the Overdrive app.



Skippy Hale moved to Calabogie with her late husband Richard in December 1999. Living in the first Train Station in Calabogie, Skippy now has opened her home as an AirBnB, the Kick&Push Guest House. She travels between her home and away with family and friends when there are guests. It's the best of both worlds.

Mystery of the Ship "Le Griffon" - Inconclusive Conclusion

By Ernie Jukes - Artist, Writer, Rover



Screenshot and quote taken from an episode of MattsRadShow on YouTube: "On this episode of Matt's Rad Show. Go underwater to explore a real-life Great Lakes shipwreck. There is a lot of mystery surrounding this shipwreck. Some say it may be the skeleton of the first sailing vessel to ever explore the great lakes. Le Griffon Shipwreck is still undiscovered. Could this shipwreck be it? I included the story of the Le Griffon so we could all be up to speed on the Legend of Le Griffon Shipwreck. Some say it's a Ghost Ship now and it still sails the great lakes. Come with me as I explore every inch of this Ancient Ship and what's left of her." - MattsRadShow



When Hennepin saw the Niagara, it flowed unimpeded. All the Great Lakes waters hurtled over the brink, some 2 million gallons of water every second. Today, 60% to 75% of the river's flow is siphoned off above the falls to feed power stations on the American and Canadian sides.

The story about Le Griffon continues from the May 2021 issue, where the journey of the first sailing ship to sail the Great Lakes began in 1679. madawaskahighlander.ca

On December 8, 1678 some of the crew of Le Griffon stopped work building a fort to protect them from the Senecas long enough to visit the mighty Niagara Falls. Right near the ledge you would view it today Father Hennepin made the first drawing of it. Interestingly Champlain had also made note of it in his diary almost a half century earlier. But the priest got the nod as being the first white man to actually visit. The crew then continued to move all their equipment from the moored ship, up the escarpment to their rich new site in the wilderness. Here they would take on the huge task of building

the new ship, which was to be the first sailing ship on Lake Erie and beyond.

The site at Chippewa was nearly perfect, with good waterpower, abundant fish in both rivers, plenty of wood in the forest, and pine tar and firewood galore. Having muskets and traps they were safe and well fed. The frontier offered them an abundance of food such as deer, jack rabbits, and surprisingly even wild fruit. The Friars excelled in creating a wine from the local Catawba grape. It was the first wine made in the New World and we have been making it better ever since.

They went through the winter carefully cutting large planks and fitting this large vessel together, surviving another Iroquois raid meant to destroy them. Finally, in July of 1679 LaSalle christened his ship "Le Griffon".

A splendid, 3 masted Bark, with 6 cannons, and 3 rail guns, a 12-foot beam. At about 40 tons it obviously needed deep water for them to continue their journey. Hennepin did some sketches and later a wood cut of it. The strong crew towed it along the upper river's shore to Lake Erie and finally set sail in September of 1679. Good weather welcomed their first stop at the Peninsula's Long Point to pick up more ripening Catawba. Hunting parties were dispatched to take some ring-necked pheasants and ducks along the endless beaches. As they continued, they knew this shallow Lac Erie could be a dangerous body of water in a storm.

They also found that the route from Lac St. Clair was no better than the one down the Ohio River – both dead ended. They quickly cruised into Lake Huron and Lake Michigan. Here they built and manned a few trading posts, among them Ft. Miami, and Fort Crèvecoeur, all during 1680. In spite

of all this hard work they had to use large canoes to travel south from Michilimackinac to Louisiana. They sent Le Griffon back to Niagara with thousands of dollars in furs, destined for Montreal, but the ship, its crew and cargo, were never heard of again.

When they returned in 1682 to find their ship and crew had disappeared, Jacques Marquette went back to his mission at Fort Crèvecoeur. Father Hennepin went up to explore in Minnesota before returning to Europe. But if you can imagine, Robert La Salle and Louis Jolliet had to walk back to Montreal from outpost to outpost. LaSalle later became Governor of all French possessions in North America.

The peculiar mystery of the missing "Griffon" continues to this very day. Some modern treasure hunters want to find it in the U.S. But there are many old stories about it resting on the bottom of Lake Erie. It may have been right where it went down in a ferocious hurricane. This writer and others believe that it was close by Long Point. Possibly heading back for more Catawba on its return to Niagara. Strangely enough, its sister ship Le Frontenac also sank in a terrible storm about the same time on Lake Ontario while supplying trading posts.

Of course, many more ships were built and much more exploration and fur trading was completed. All helped build North America and Canada into one of the finest areas of the world. It is interesting how our Great Lakes still play an important part in our development and economy today. But hey, where is "Le Griffon" anyhow?



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

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Wed - Sun, 9am - 7pm

WarnerMedia, Netflix and Amazon have cut ties with the Hollywood Foreign Press (Golden Globes) citing a lack of confidence they will reform its lack of diversity.

Lightning's all-Black line makes NHL history after starting game versus Panthers

Anti-Asian slurs hurled at attendees of "Stop Asian Hate" rally in Richmond BC in May. Other non-Asians called the haters out in support.

Spain's postal service introduces skin-tone stamps to fight racism — and makes the whitest one the most valuable, hoping to stamp out racism, not perpetuate it. Oops!

Ontario principal removed after twice wearing hair of Black student like a wig. Students had been shaving their heads to support student with cancer.

UN human rights body passed resolution to intensify scrutiny of Israel's treatment of Palestinians — Israeli forces may have committed war crimes in 11-day war.

The remains of 215 children detected at a former residential school in Kamloops, B.C. One of the institution's survivors says he thought the missing kids ran away.

Canadian archeologists have used DNA analysis to identify the remains of a Franklin expedition sailor and to link him with his modern-day descendants in South Africa.

Report urges Newfoundland and Labrador to hike taxes, curb public spending to avoid bankruptcy

Man with Alzheimer's, wanted a TV, but was sold a Bell Fibe TV pkg., landline, tablet, 2-year contracts for high-speed internet and a cell phone. Bell is investigating.

A 2-year-old boy shows signs of puberty after using weed oil to treat severe epilepsy 1 month after the boy's mother began giving him cannabis oil without prescription.

Prominent anti-masker Chris (Saccoccia) Sky who founded a number of anti-mask organizations, accused of running down, fleeing Toronto cops, facing 5 charges.

Boat with two children aboard sinks but small fishing boat and Ottawa Fire get there in time. Life jackets, a siren to alert boaters, and many bailers made the difference.

NASA's OSIRIS-REx spacecraft began its two-year trip home to Earth in May after collecting samples from an asteroid, leaving the ancient space rock Bennu behind.

Voyager 1 NASA craft launched in 1977 is now the most distant human-made object in space and has detected the constant drone of interstellar gas (plasma waves)

Starlink got the nod from U.S. regulators to place thousands of broadband satellites lower than previously proposed, angering competitors who call it a space monopoly

May 26th, CSA announced that it will team up with NASA once again to send its first rover to the Moon within the next five years, the 4th after USSR, the US, and China.

NASA shared a view of the Milky Way's center, saying threads of superheated gas and magnetic fields weave a tapestry of energy at the centre of the galaxy.

With the space industry's rapid growth, rocket exhaust will increasingly accumulate in the atmosphere. How this accumulation might affect the planet is unknown.

Scientists are using the International Space Station to study Earth's climate

Google plans major facility in Quebec, saying hydropower will help meet green goals

59M hectares of forests have regrown worldwide since 2000, potentially absorbing 5.9 gigatonnes of CO2 — more than the annual emissions of the entire U.S.

386 million hectares of tree cover were lost worldwide, 7X the regenerated forests

137 arrests so far at B.C. protests against old growth logging in as of May 28. Media challenging legality of banning them from the site at Fairy Creek.

Danforth Gardens Neighbourhood Association has put up signs encouraging locals to forage and eat invasive garlic mustard to help restore the forest ecosystem.

Gypsy moths threatening Ontario's trees. Wrap bunched up burlap around trees where they'll shelter during the day. At night remove them and put into soapy water.

Discovery of rare Witches cauldron mushroom in northern B.C. a biology mystery. It is typically found in northern Europe, where it's threatened and in decline.

On May 12, Canada listed plastic as "toxic" under the Canadian Environmental Protection Act to allow us to manage the production, use and disposal of plastic.

Plastics giants, like Dow, Imperial Oil, and NOVA Chemicals, are suing the federal government saying plastics aren't harmful to the environment and our health.

Ford announced that it now expects electric cars and trucks to account for 40 percent of its production by the end of the decade.

City of Ottawa passed resolution of concern about the Chalk River and Rolphoton nuclear waste projects, calling for safeguards, cessation of imports of radioactive waste

Canada offers grants of up to \$5,000 to pay for energy-saving home upgrades with the Canada Greener Homes Grants program worth about \$2.6 billion over 7 years.

Greener Homes grants of up to \$5,000 for energy-home upgrades require energy audits. Canada providing up to \$10M to recruit, train 2,000 auditors.

Waste diversion plant possibly coming to Renfrew County to reduce CO2. About 10% of materials would be diverted to landfills without burning or gasification.

150km/hr gusts shatter Chinese Glass Bridge, stranding man 100 m. above ground. In an image shared on Weibo, a man can be seen clinging to the rail until rescued.

Prince Albert Mountie accused of murder 'accidently' led officers to the body.

After 20 public gang killings in Vancouver area this year and 20 attempted killings, police named gangsters and released pictures in a warning to stay away from them.

Guards slept and browsed the Internet instead of monitoring Jeffrey Epstein on night he died, admitted falsifying records — spared jail time in deal with prosecutors

AT&T's WarnerMedia merger with Discovery Inc. will form a streaming behemoth that includes HBO, CNN, TBS, and TNT, and will invest \$20 billion a year in content

The Parler App, taken down after Jan. 6 Capitol riot posters helped encourage, will be back with new moderation that will label and remove hate posts on some phones

@Google's new skin check tool, uses AI to instantly identify a wide range of skin conditions. Sold as Dr. Google, experts warn self-diagnosis still comes with risks.

'Milestone': Scientists Partially Restore Blind Man's Vision With safe and permanent 'gene Therapy'. Using a protein from algae he can see objects while using goggles.

Microsoft to Retire Internet Explorer in 2022 recommending IE users to transition to Microsoft Edge before June 15, 2022

First in Canada, Telus Health has launched a 24/7 emergency monitoring service provided through its LivingWell Companion response service on the Apple Watch.

University of Regina condemns professor's racist email to students that made reference to 'cheaters' with 'East Indian last names', says disciplinary action taken

"Contract Cheating": US\$15 billion global industry with no legislation against it in Canada. Students pay to cheat then stay indebted by threats of cheat being revealed

US\$15 billion global industry with no legislation against it in Canada. Students pay to cheat then stay indebted by threats of cheat being revealed

Canada announces \$6.1M for rural internet in Leeds and Grenville, Clarington, Lake of Bays Township, Northumberland County, Newtonville, Newcastle, West Guilford, Baysville, Dysart and Wasauksing First Nation, separate from EORN's proposal

In 2017, Ian Scott, a former lobbyist for Telus, was appointed to head the CRTC

In a victory for Canada's telcos, the CRTC reversed a 2019 decision to drop wholesale internet rates. Rates likely to go up, not down, as a result.

CN wins battle for Kansas City Southern, potentially creating the first North American railway, but CN faces two new battles at the U.S. regulator first.

Chinese AI firm blacklisted by US gave funds to 2 Ontario universities working with China's National University of Defence to develop models to identify people by voice.

Alberta calls for national security rules for academics to prevent intellectual property transfer to China.

Canada looks beyond China and quietly draws up new Indo-Pacific strategy amid worries over aggravating an already frosty relationship between Canada and China

Belarus will face 'consequences' after flight diverted, journalist pulled from plane in violation of airspace convention. Belarusian planes could be banned from Europe

Swiss email provider: Bomb threat cited by Belarusian authorities as reason for forcing Ryanair jetliner to land in Minsk was sent after the plane was diverted

U.S. tells Russia it will not rejoin Open Skies arms control pact. "The United States regrets that the Treaty on Open Skies has been undermined by Russia's violations"

Quebec premier argues province has power to amend constitution to affirm that Quebec is a nation and that French is its official language.

Proposed language reform gives immigrants to Quebec 6 months to learn French, but offers free lessons.

The premier responds to a survey showing that, out of 84 cities and boroughs, only a handful plan to drop the bilingual classification saying cities best equipped to decide

Ontario is reviewing funding that supports rural community infrastructure. Hastings County urges them to add trails to the list of eligible projects

MADAWASKA HIGHLANDER SHORT STORY CONTEST

Categories:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

Youth Fiction or Non-Fiction one prize of \$50

People’s Choice – 1st prize \$50

2nd prize “Unfathomable and Other Poems” by Ken Puddicombe

Entries:

- Maximum 1200 words not including title
- No charge to enter
- One entry per person
- Enter any time between May 12, 2021 and September 10, 2021
- Stories must be primarily in English, short foreign phrases are allowed if they support the story
- Stories must be original
- Stories must not have been published in any format on any media up to and including November 24, 2020 when winners will be announced
- Do not put your name on your story or include any identifying information in the story itself
- Story should only include the category, title, and word count
- Open to the general public including volunteer (unpaid) Madawaska Highlander contributors
- Youth entries must state the age they will be on the contest deadline date of September 10, 2021 in their entry email, and must be 15 years or younger at the time
- 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
- If the Madawaska Highlander can no longer publish a print edition for any reason the contest will be cancelled.

special edition of the Madawaska Highlander that comes out on October 20 and 21.

- Number of stories printed depends on space available in the 20-page Madawaska Highlander special edition.
- The Madawaska Highlander reserves the right to add images or illustrations to published entries to add interest. Entrants are encouraged to supply relevant original photos (not sourced from the Internet) to supplement their stories. The judges will not see the photos when scoring.
- People’s Choice winners will be selected by the general public by emailing their choice of one story to info@reelimpact.tv. People can vote for only one story, regardless of category and must include a name and address for their vote as well as one sentence about why they like the story. Story writers and people who know who wrote any story are not to vote.
- Online voting will begin on October 20 and continue until November 12, 2021 at midnight
- Winner names and story titles for each category will be printed in the winter edition of the Madawaska Highlander that comes out on November 24.

• Prizes will be mailed after November 25.

Good luck and good writing!

Sending Stories:

- Email your story as an attachment to info@reelimpact.tv
- Include your name, address, email address, phone number, story title, and category in the body of the email
- Do not put your name on your story or include any identifying information in the story itself.

Judging:

- A panel of volunteer judges, not connected to the current Madawaska Highlander, will score the entries based on a weighted scoring system.
- Judges will not see authors’ names.
- An average of judges’ scores will become the entry’s final score.
- Top-scoring finalist stories will be printed in full, in random order and without author’s names, in the October-November

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		<p>NEW LISTING WATERFRONT!</p>  <p>1010A Donald Trail 1.43 acre Waterfront lot on Centennial Lake \$389,900</p>
		<p>12 BARRYVALE Road 2.26 acres \$135,600 MLS1224596</p>

Finding your Way and Staying on Track

By Lesley Cassidy

Prefer to leave the phone at home? For some outdoor enthusiasts, it's an absolute must. They go to the woods to wander in solitude. But for many, carrying a mobile phone is part of navigating through the bush or confirming their location on a trail. But can we really rely on cell phones? That's a good question.

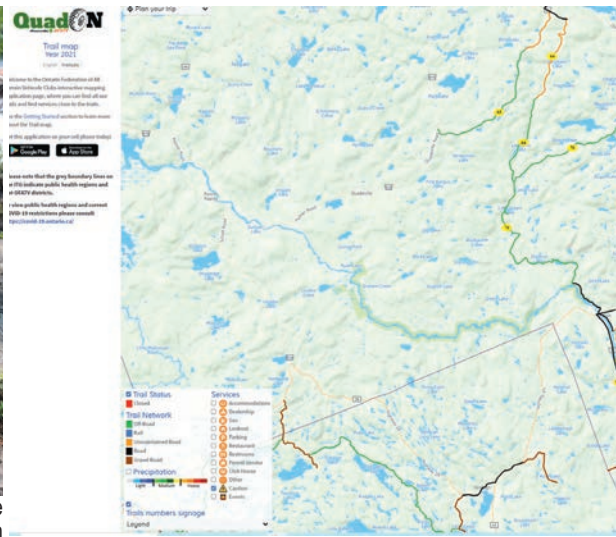
Cell coverage may be strong, but often, especially when you roam outside urban areas, cell coverage is spotty or non-existent for part of your adventure. Getting lost can be frightening. Paper map and compass are still the most dependable option; however, technology has come a long way. With new, easily accessible trail software for your mobile phone, our pocket-sized communication devices have become a practical safety feature of any trail visit, another tool to help us stay on the right path.

Matt Curcarro, an instructor with the Outdoor Adventure and Outdoor Adventure Naturalist programs at Algonquin College in Pembroke and a Senior Instructor with Rescue Canada, uses several apps but always carries a paper map. He shares that "the best navigation tool I have is my eyes" and that he uses technology "only to confirm where I am". Trail apps are just one option to help us navigate and plan a fun outing. Let's get started!

For a great selection of paper maps, check out the World of Maps in Ottawa or Pathfinder Maps in Carleton Place and hundreds of trail apps exist on the internet. Where to start? First, for the non-techy types - what is an app? According to Lifewire, an app (application)



Paper maps and compasses are still the most reliable tools to find your way, when you keep track of the features you pass.



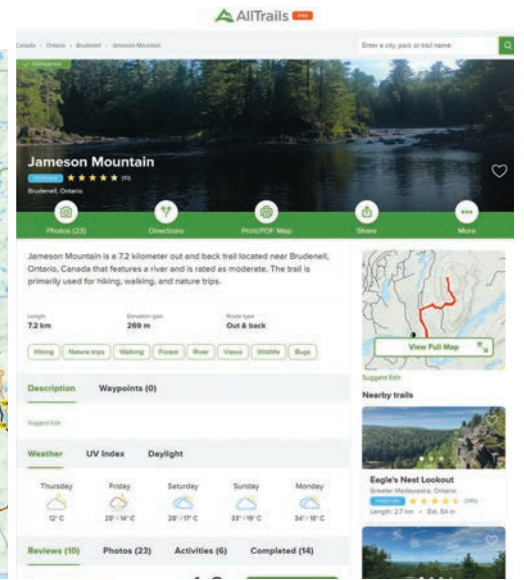
QuadOn.ca, developed by the Ontario Federation of ATV Clubs, allows you to track your location through GPS and gives you trail details.

is "a piece of software that comes pre-installed on your device, or it's software that you install yourself. You can find apps on your computer, smartphone, tablet, or other electronic devices, including smart TVs and smartwatches." Apps, in some cases, are just simpler versions of a software program that you use on your computer, except you're able to install it on your phone or mobile device. Many trail apps have a free version and a premium version (think annual fee); these offer more features.

Love viewing all the trails in one area? AllTrails.com is a popular trail planning website and app with over 25 million registered users. Looking for a short walk to a waterfall? Want to know how rugged a path is? AllTrails organizes information by trail popularity, how accessible it is, length, elevation, etc. Read

other users' reviews of the trail and photos they have shared about their visit. For a fee, the Pro version grants you access to download maps to your phone ahead of your trip so you know your location. Also, it gives access to satellite weather information, pollen, light pollution etc. Alltrails offers detailed information on pathways in 190 countries, 30 territories, and seven continents. Check this one out!

Popular with the hunting, fishing, hiking and four-wheeling crowd, Gaia GPS was developed in 2008. On your phone view trails, the nearby landscape, roads, mountain names, lakes, lookouts, and waterfalls. It's well-loved for its navigation prowess. The paid premium version gives you extra information such as overlays of forest fire conditions, historical maps, satellite imagery,



AllTrails organizes information by trail popularity, how accessible it is, length, elevation, etc., with reviews.

and access to the National Geographic Trails illustrated maps. Navigate based on your phone's GPS capability – it's a great safety feature to know where you are every step of the way.

Prefer a motorized specific app? Try QuadOn.ca! Developed by the Ontario Federation of All-Terrain Vehicle Clubs, it displays vital information about the status of the trail (open or closed), the type of trail (off-road, rail, unmaintained road, gravel road etc.) and nearby services (hotel, restaurant, gas, restrooms etc.). It provides excellent offline features for when cell coverage doesn't exist, allowing you to track your location through your phone's GPS signal. Load different routes and leave breadcrumbs for backtracking or confirming your way. It's a must-have for four-wheeling adventures.

Just a map, please! TopoMaps is

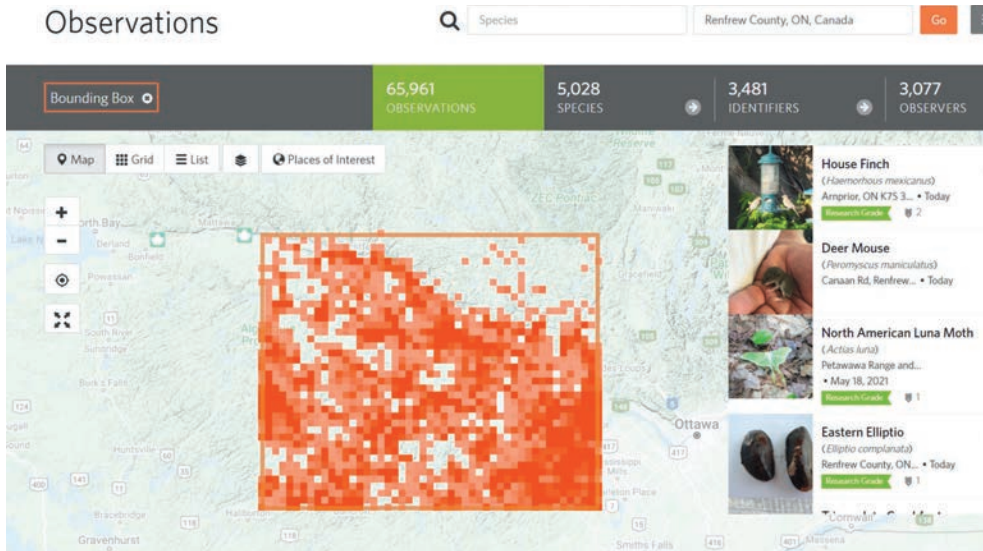
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In Renfrew County there are over 5000 species (of plants and wildlife) identified by 3000 viewers on iNaturalist. We are an active community of nature lovers! Each red dot is an observation (or several depending on how many people took a snapshot of a plant, animal or living thing).

an app of all the National Topographic Series maps across Canada and the United States. Download your map before you leave; it's an excellent tool for navigation and tracking your position using the phone's internal GPS. Measure the distance between two features, take a bearing, or search an area by name are just a few options. It does not have as many fancy features as other apps; nonetheless, it offers detailed maps for those who prefer to navigate a little closer to the old school style, relying on a well-known map series.

Seven hundred forty-eight thousand six hundred one kilometres of trail in 123 countries... welcome to TrailForks. TrailForks, popular with the mountain biking crowd, has recently expanded to include trails for hiking, dirt biking, E-bikes, ATV/SXS, backcountry

skiing etc. Pathways are ranked similar to downhill skiing (i.e., double black diamond for experts only), review photos, track condition, other riders' reports, elevation, and route. A "trail alert" feature will assist you to discover before you head out if the trail is closed or flooded, etc....which saves time. Download routes to other devices, and you can confirm your location without cell coverage. With maps of all bike parks in Canada and the United States, it offers just about everything but the kitchen sink about cycling trails. It also provides trail management functionality for trail builders and associations.

Roaming in Ontario? Check out the Ontario Trails Council mobile option that shows every type of trail from hiking to ATV to snowmobile. Identify routes within a 20 kilometres radius of

your location or across the province. It's not an app. No extra download required; it's simply the website presented so that it's easy to view on your mobile phone. Prefer to hike in a conservation area? Or ATV on county trails? It shares difficulty rating, length and type of route. Use this mobile trails software to help you plan your next Ontario trip!

Some fantastic extras... Like to identify whether that three-leaf greenery wrapped around your foot is poison ivy? Check out SEEK, by iNaturalist, an app that allows you to point the phone at a plant, fungus, bird or living thing, and snap a photo. On the screen, the name of what you are experiencing with your eyes pops up.

Love maps? Think Avenza. Gill Wilson, a local, long-distance hiking enthusiast in Calabogie, shares that Avenza is her go-to app. The first time she used it was in 2017 - "I hiked the John Muir Trail in California and needed an off the grid mapping system". Avenza fit that need. She now uses it for hunting, hiking and canoeing trips in the United States and Canada. She likes that the map library allows you to select a map based on your outdoor recreation activity (i.e., canoe routes in Algonquin Park). According to the website, the Avenza Map Store has the most extensive "publicly accessible collection of digital maps in the world, containing spatially referenced maps created by publishers, agencies, and cartographers". It has thousands of maps available for download to use for when you find yourself without a cell signal.

And many trail networks have developed their own apps. Like the 900-kilometre Bruce Trail that wanders

around part of Ontario. Ondago offers trail information mainly in Ontario and Quebec. It provides detailed information on the Ganaraska Trail, the Avon, the Credit Valley and the Grand Valley, all long-distance hiking rambles. The app allows you to download maps, use the GPS function on your phone to know your location and track your hike.

Hundreds of apps exist for your phone. Just remember, mobile phone batteries don't last, and the unit is rarely durable in crappy weather. Apps have their strengths and weaknesses, so be sure to read up on both so that you pick the one or two best suited to your trail plans. Some work only when you travel in cell range or offer a trail tracking option that lags in time when you are travelling out of cell range and then suddenly return to range; other's use the GPS on your phone to help track location. Carry a paper map, compass or stand-alone satellite phone/GPS unit as a backup.

Let's get out exploring this summer!



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

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Forestry First Aid

By Robbie Hanna Anderman

When we step out of town and into the woods to go hiking, camping, cross-country skiing, canoeing, and more, or even if we move into a cabin/homestead/cottage in the woods, we are visitors in the neighbourhood of the Trees of the forest. When a malady or injury occurs, our Neighbours often can help us, if we ask; and if we know who to ask and for what.

I'm listing below some situations and needs that might arise during the summer season while in the Forest (a.k.a. "The Bush"), along with the names of the Trees that can help if asked. The choice of Tree usually depends on which one is nearby when the need arises.

Antiseptics: A strong tea of Hemlock inner bark and/or twigs can be used as an antiseptic wash while cleaning a wound. Other Trees that have antiseptic properties are: Ash, Balsam Fir, Basswood, Beech, Birch, Oak, Pine resin, Tamarack, and Willow.

Band-Aids: Balsam Fir resin and Pine sap/resin will completely cover and seal a wound. Let it dry, then cover it with clean leaves and a cloth tie to keep everything else from getting sticky, while it holds on the resin.

Poison Ivy: There are several Trees that can help with poison ivy. While Jewelweed is known as "the antidote," sometimes it is not available; and sometimes, if you don't apply it soon enough, it doesn't completely do the job. A good handful of the twigs of White Birch can be boiled for five minutes in



White Ash leaves



White Birch



Hemlock buds



Hemlock cones



Hawthorn leaves

a cup of water to make a strong tea that can be lightly brushed onto the rash of poison ivy. Apply it, let it dry, apply it again, let it dry, apply it one more time and let it dry. Reapplying it later in the

day and before bed helps complete the process and ease the itch. Beech is also noted as a remedy for poison Ivy. When you can find some, the strong tannins found in the shells of an Oak's acorns can be boiled as an application and used in a manner similar to the Birch twigs. A Red Oak's acorns will make a stronger concoction for this.

Insect Bites: Birch leaves, applied as described under Poison Ivy, can be used as a poultice. A strong tea of Hemlock inner bark and/or twigs can be applied to insect bites as a compress and held on the site until ease is felt. Leaves of White and Red Ash have been rubbed on insect bites to reduce swelling and itching. Apple leaves, chewed or mashed, can be applied as a poultice to insect bites and thorn scratches. Pine also has qualities that can help ease the itch of insect bites. Apple cider vinegar applied to a bite helps resolve it.

Itch: Alder bark boiled in vinegar can be rubbed on to ease an itch. Ash leaves can also be rubbed on for the same purpose. Pine and Tamarack can help as well.

Skin Problems: A strong tea of twigs, bark, and/or leaves of the White Birch Tree can be made by boiling a handful of them for ten minutes in a cup of water and using them as a wash or poultice for skin irritations and problems. It also works well for acne, as do Alder, Oak, and Willow. Balsam Poplar buds made into a salve have proven to be a great help with skin problems. A wash of Oak tea also is a great help.

Sunburn: A strong tea of Hemlock inner bark and/or twigs can be used as a wash to ease sunburn. Balsam Poplar buds and salve can be similarly employed.

Upset Stomach: A handful of Hemlock's inner bark, or a comparable amount of Hemlock twigs, simmered

in two cups of water, then strained, and sipped over a day will settle an upset stomach and stop diarrhea. Chewing and sucking on Poplar twigs and buds has eased my upset stomach many times. Other Trees can help, too.

Wounds: Alder, Oak, & Hemlock are the first Trees I would approach to ask for help to stop bleeding quickly. First apply direct pressure to a bleeding wound. Next, gather chewed-up or mashed bark of the appropriate Tree and apply it as a poultice, holding it on with pressure. (If there is any Yarrow available, this would be a very effective alternative.)

Once the bleeding stops, make a tea with an antiseptic Tree part (see listing above), cool it enough to pour gently over the wound, using something to remove any dirt particles that do not easily come out with the wash. This can start blood flowing a little, so renew the astringent poultice with new material to help close the wound anew and completely. Follow this an hour or so later with a vulnerary herbal poultice, such as Alder, Balsam Poplar, Pine, or Tamarack. These will all help speed complete healing and prevent scars in the long run. If there are any particles remaining in the wound, Pine resin can help suck them all out while healing the wound.

(Herbalist Matthew Wood has written an excellent article titled "Herbal First Aide," which I have found to be very clear and helpful to understanding this subject: www.woodherbs.com/FirstAidHerbs.pdf.)

For more detail about all the Trees mentioned above, please see The Healing Trees book: healingtreesbook.com



Robbie Anderman has been a regular Madawaska Highlander contributor for many years. His book "The Healing Trees: The Edible and Herbal Qualities of Northeastern Trees" is available in many stores, through Burnstown Publishing House burnstownpublishing.com, His own site healingtreesbook.com, and E-book at Amazon.ca. Cover art by Kathy Haycock knhaycock.com



Robbie Anderman has had an intimate working relationship with Trees for several decades, as orchardist, Tree-nursery person, Tree pruner, luthier, woodwind musician, off-grid forest homesteader, sustainable Tree harvester, and Tree herbalist using Tree medicine for himself and friends and family. In 1969, Robbie co-founded the 100-acre intentional land-based off-grid community which is still his home. Morningglory Farm is an ongoing learning/teaching/pioneering experiment in co-operative Earth-friendly living, consensus decision-making, natural building, organic gardening and farming, and home schooling for many of the children.

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Springtime and Anti-Depression Diet

By Derek Roche

For many of us, Spring is a time of great joy and renewal. This Spring is even more hopeful, as we look ahead to a summer with social gatherings, family visits and countless activities which have been restricted over the past year. The daylight hours are longer, the temperatures are warmer, and the birds and animals return.

However, there are those who may not feel the joy and excitement, who do not look forward to Summer and all that it brings, and who may feel tired and lethargic. This is especially true at the present time as we slowly come out of a world pandemic. Levels of anxiety and depression, especially in young people are at alarmingly high levels. Depression is often misunderstood, and the frustration of not being able to “snap out of it” can lead to a further sinking into emotional and physical lows. Let me introduce a different approach to understanding how diet affects this common affliction.

Scientific links between sugar, processed foods and depression keep getting stronger. Research shows that the food you eat can have a profound effect on your mental health. For example, researchers recently found that fermented foods helped curb social anxiety disorder in young adults.

Gut bacteria produce mood-boosting neurotransmitters like serotonin, dopamine, and GABA. In fact, the greatest concentration of serotonin is found in your intestines, not your brain. At the end of the day, if you're trying to address your mental state, optimizing



Fermented foods aren't the same as foods pickled in brine. Pickling involves soaking foods in an acidic liquid; when foods are fermented, the flavor is a result of a chemical reaction between a food's sugars and naturally present bacteria — no added acid required.

your gut health should be toward the very top of your list.

The Strong Link Between Sugar and Depression: A number of food ingredients can cause or aggravate depression, but the number one culprit is refined sugar and processed fructose, which feed pathogens in your gut, allowing them to overtake more beneficial bacteria. Diets high in sugar also trigger a cascade of chemical reactions in your body that promote chronic inflammation, which over the long term disrupts the normal functioning of your immune system and wreaks havoc on your brain. Other processed food ingredients that can contribute to depression and/or other mental health problems include:

- Many Genetically Engineered Foods - can significantly alter your gut flora, thereby promoting pathogens while decimating the beneficial microbes necessary for optimal mental and physical health.
- Glyphosate- The most widely used

herbicide on food crops in the world with nearly 1 BILLION pounds applied every year — has been shown to cause nutritional deficiencies, especially minerals, which are critical for brain function and mood control. Roundup, in which glyphosate is the active ingredient, has also been shown to increase the antibiotic resistant strain of E. coli and Salmonella.

- Artificial food additives- especially the artificial sweetener aspartame, can wreak havoc with your brain function. Both depression and panic attacks are potential side effects of Aspartame. Food additives such as artificial colorings are also known to impact mood.

- Gluten- a protein found in grains such as wheat, rye, and barley, may negatively impact mood and brain health. In fact, a number of studies indicate that wheat can have a detrimental effect on mood, promoting depression and even more serious mental health problems

such as schizophrenia. Most non-organic wheat is also treated with glyphosate.

A plant based diet, is one of the best ways to improve your intestinal flora. Plants provide a wide variety of healthy bacteria. Fermenting plants in products such as Sauerkraut and Kim Chi can increase the levels of these helpful bacteria even more.

The importance of fermented foods in our diets is more important than ever. In North America, with our excessive use of antibiotics, chemicals such as pesticides, and a consumption of sugar at unprecedented rates, the state of our intestinal flora has become a critical health issue. Symptoms such as fatigue, brain fog, gas, poor digestion, malabsorption, poor sleep, sore joints, and finally, SUGAR CRAVING may all be a result of poor gut bacteria and excess candida. These yeasts actually manipulate our brain to crave the foods that yeast craves, namely sugar and carbohydrates. The remedy is to replace our depleted intestinal flora the way that our grandparents, and many nations around the globe still do, by eating fermented foods.

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



Aerosols and Polishing Safely

By Tamatha Strachan

You have no doubt noticed things are a little different when you have your dental hygiene appointments these days. Covid 19 has had a profound effect on how your dental professional delivers safe care to you. People routinely expel airborne particles composed of debris and microorganisms into the air when they cough, eat, sneeze and speak. Similarly, certain dental procedures create a fine mist of droplets in the air, as in the case of an ultrasonic scaler and the polishing/stain removal tools used by hygienists. These droplets are known as aerosols. During the COVID-19 pandemic many dental professionals have discontinued or minimized any procedures that create aerosols.

In a dental setting, to protect patients, aerosol generating procedures must be performed in a room that is capable of containing these aerosols using barriers and enhanced airflow changes in addition to proper PPE.

This requires floor-to-ceiling walls and a door (or other barrier) that must remain closed during and after such procedures. Temporary walls and doors are permitted, provided they create an area to contain aerosols and are constructed of materials that can withstand repeated cleaning and disinfection. A period of time after each patient to allow the clearing of the air called fallow time is required. If dental offices have not had the rate of air changes for their office confirmed by an HVAC professional, they must adhere to a minimum fallow time of 15 - 30 minutes between patients. HEPA air purification systems can decrease the fallow time further.

Dental hygienists must have the proper PPE. This means an isolation gown,



Certain dental procedures create a fine mist of droplets known as aerosols - what we need to avoid in a pandemic.

surgical scrub cap, fit-tested N95 mask, full face shield, safety glasses and medical gloves.

Some dental procedures can be done with hand tools which minimizes the aerosols, but not all can, or to the same result. This has led patients to wonder if these procedures are even necessary, proving communication is essential to patient education and understanding.

When you visit your dental hygienist, they conduct an evaluation of your needs based on a set of indices. These indices include how deep the space between your gums and teeth are (pockets), how much bleeding was present when they measured that space, how much plaque, calculus and staining is present, how sensitive your teeth are, and how susceptible you are to cavities. These indices allow your dental hygienist to formulate a customized treatment plan and decide which tools and products are needed to get the job done to the best effect. We then perform a “Per-

sonal Risk Assessment” to determine if the risk of using aerosol generating procedures is outweighed by the benefit to the patient. Your medical history is heavily considered. Hand scaling removes plaque and calculus by manually using small metal picks to gently scrape it away. Ultrasonic scalers use vibrations to blast away plaque and calculus, removing it faster and easier. They are as effective as manual instruments for calculus removal in shallow gum pockets and significantly more effective in deeper pockets. Their small tips can penetrate further into gum pockets than manual instruments and are typically more comfortable.

For many years, the standard of care for the dental hygienist performing a cleaning included polishing your teeth until new research discovered that routine polishing with a coarse paste can remove valuable enamel. At that time, the recommended standard of care shifted and the concept of “selective polishing” was established. The current standard of care now

states, “Polishing should be performed only as needed and not be considered a routine procedure.” In other words, rather than polishing every tooth surface, the dental hygienist should evaluate which teeth require it and then polish only those tooth surfaces, paying particular attention to areas of exposed root and working around ceramic and porcelain restorations.

A new generation of polishing pastes has emerged. Ingredients that are beneficial to the tooth surface have been added: Amorphous calcium phosphate (ACP) to aid with enamel remineralizing, Xylitol to reduce the risk of decay, stimulate saliva and alleviate dry mouth and NovaMin to reduce tooth sensitivity and remineralize the tooth surface. As more research is conducted, dental hygienists must evaluate if these new ingredients will be of benefit to their patients.

It is important to remember routine dental care is essential for overall health; especially for those managing diseases such as diabetes, heart disease, and immunodeficiencies. As always, your safety is the number one priority to your dental professional. We are dedicated to providing quality care while keeping our patients and staff safe during this pandemic.

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



Paying it Forward Outdoors - Leave it Better than you Found it - Leave no Trace

By David Arama

Why am I writing these articles? Well, I have taught Outdoor and Environmental Education for nearly 40 years, did my undergrad degree in Environmental Science, and I'm a very concerned citizen of this region, and planet earth. One thing we always taught our students and campers is the simple rule: *If you can carry it in, then you can carry it out. Also known as "no trace camping". Our philosophy is to always leave a campsite or outdoor space better than when you used it.* For example, leave some kindling and firewood for the next camper(s), do a scavenger hunt and clean up every piece of garbage that you find, whether it's yours or not. *Lead by example. Don't trash the great outdoors.*

When teaching youth, we often begin with the Rs. Respect for yourself, for your parents and teachers, for laws, and respect for the environment. When a person has zero respect for the environment, they typically have no respect for anything or anyone. They trash their own home and surroundings, trash the laws, trash themselves. They don't know right from wrong, with weak moral conviction.

We have all seen a noticeable increase in trash on the sides of roads and highways, at public beaches, at campsites, and at more remote interior Crown Lands sites. I believe the pandemic staycation craze has made this much worse, since some newbies don't know any better, or they just don't give a crap.

Trashing and dumping is not only destructive to nature, it's also highly illegal, and can lead to substantial fines and even jail time. Plus, if deemed neces-

sary by the Ministry of the Environment, or the OMNRE, charges can include site remedial restitution costs. Also, Townships can administer hefty fines.

As a College Professor teaching Environmental- Ecology 101, I frequently noted to the students that Canadians, per capita, produce more waste and garbage than any other peoples on the planet. If the entire earth was inhabited by Canadians, we would quickly require another new planet.

Most of the time, I'm sickened by the total disregard that some humans have for the land. Some examples of environmental destruction that I have witnessed in the past few years near my properties in Frontenac and Renfrew include the following:

- A nearby North Frontenac RV campground that had their own open garbage pit on site, where campers could dump anything, e.g., oil and gas cans, daily garbage, old appliances etc.

- Another nearby RV park that left numerous trailers in a floodplain zone over the winter, and spring flooding washed hazardous materials and full septic tanks down the lake.

- ATVers Washing their ATVs at a public beach on Marble Lake and leaving their garbage

- Day users leaving beer bottles in the woods at my Campgrounds

- Brush fires and forest fires needlessly caused by folks tossing lit cigarette butts and leaving campfires unattended.

- A cottage owner burning leaves, without a burn permit, during the daytime when banned, and when there was a gale force wind! This one cost these folks in

the pocketbook, dearly.

- Rave parties on Crown Lands near Quadeville, leaving hundreds of beer bottle caps, cigarette butts everywhere, and a fireplace filled with broken glass (several hours of hard work of cleaning it all up)

- After a hunting and fishing trip that I was attending at a friend's hunt camp, we pulled into a McDonald's in town, grabbed some food, ate in the car, and then, I witnessed Nick toss all of his garbage under his car. I asked why he did that. He said, "so he won't see it". I said, what happens when you drive away?

I could list a hundred more.

Our local landfill manager requires that we dispose of garbage in clear plastic bags, and to recycle as much as possible. But he also notes that 90% of recyclables are never recycled, they go into the landfill.

Biodegradable?

Glass, Plastic, Styrofoam, Oil Cans, Metals, and Polyester Clothing all have slow breakdown times when discarded in nature. Plastic and Styrofoam slowly breakdown into small beads that permeate over centuries, and then are nearly impossible to remove. At least metal cans will rust out and decompose over a few decades.

Tips for outdoor recreationists:

Hiking

Stay on the marked trails. Avoid excessive off-trail use, since it affects wildlife and vegetation. Dog poop should be scooped up, bagged, and taken out. If you're going to bag the poop in a plas-

tic bag, and leave it in the woods, then please just let the dog poop in the woods without the bag, since the poop will biodegrade, but removal is always best.

Campground and Car Camping

Emptying car's ashtray and garbage into the woods, etc, is disgusting, and a fineable offense. Don't do it. Firewood is not allowed from other regions due to transport of invasive insects, e.g. gypsy moths, spruce budworm. Don't bring your trash from home and dump it in campground bins. This costs the camp owners dumping fees, and I consider it to be theft.

Backcountry Camping

Most Provincial and National Parks have banned glass bottles and cans and you can be charged if you break that law. Denuding green trees for firewood is not only stupid, it's hugely destructive.

TIP: Go a few hundred meters from a heavily used campsite and gather firewood there. I usually fill my canoe with wood found down the shoreline.

Don't burn food wastes in firepits. This attracts unwanted animals, e.g., bears, raccoons.

Washing in the Lake. Use phosphate-free soaps.

How to shit in the woods seems to be a lost art. Unless there's a thunderbox or outhouse go well away from the campsite and any water source, dig a small pit, cover up when done.

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SURVIVOR GUY

ATVing

Washing ATVs in the Lake and ATV Snorkeling, is not only highly illegal, it also destroys the fishery. One litre of gasoline, oil, or antifreeze can be enough to destroy a fishery in a small lake. Noise pollution, irritating revving engine near other properties, excessive idling and Co2 emissions are increasingly the norm for rude ATVers. Parents teaching kids how to be irresponsible towards nature is a common sight. For example, I see parents allowing kids to ride without a Helmet and allowing kids to ride 2-up on a solo ATV. It is extremely dangerous.



Boating

Fueling Motor while on the water causes accidental spillage. Respect for wildlife and nesting sites, with noise and large wakes, e.g. avoiding Loon nesting sites along the shoreline.

Cottaging and RVing

- Maintain septic systems. Use septic-friendly toilet paper. Don't flush diapers or pharmaceuticals down the toilet.
- Do not dump leftover contractors' materials to avoid dumping fees. It's illegal and destructive.
- Do not burn scrap wood that is pressure treated or chemical soaked.
- Spraying pesticides and insecticides to deal with moths etc., also kills off other insects, amphibians, and wildlife. If you come up to enjoy nature, then get used to living in harmony with flora and fauna.
- Cigarette Butts and COVID mask disposal is a growing problem everywhere.
- It's Illegal in Canada to walk in the forest while smoking tobacco or pot.

We all want our camping fees and tax dollars go to more productive programs than trash management. Backcountry cleanup is particularly expensive, time-consuming, and icky!

Backcountry camping requires specialized equipment like a waterproof, bearproof food barrel. Pack only what you need and plan on taking back any refuse. And pack a garbage bag!

A snorkel attachment for your ATV does not turn it into a watercraft. It's meant to protect your investment if that puddle turns out to be deeper than you expected. Never wash your ATV near water. And really, why wash it at all?

From ontarioparks.com/parksblog:

- Backcountry equipment is specialized, and is most often made with lightweight materials. What you bring to a campground may not be practical for backcountry camping.
- Leave the charcoal barbecue and coolers at home! For every item you pack, ask yourself: do I truly need that item, and do I want to carry it on my back for the duration of my trip?
- Use a food barrel backpack. Pack food items strategically, and look for ways to reduce food packaging.
- Quality equipment is often worth the investment. Our rangers often find equipment that failed its owners and was abandoned in the middle of the backcountry. Poorly-made chairs and tents are regular culprits. Non-burnable garbage must be packed out, so bring a sealable bag and store it in your bear-hang during your trip.
- Never leave food items or garbage in the fire pit.

Remember: as park-lovers, it's our responsibility to dispose of all our garbage items correctly!

Respect the rights of others, follow regulations, and clean up your mess. Leave the land better than the way you found it. Report anyone who is abusing Crown Lands to the OMNRF, Ministry of the Environment, and if needed, the O.P.P.

Okay, I've l ranted enough. Enjoy the great outdoors - with respect!

Remember, be prepared, you are biodegradable.

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



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

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Historical Journey North on Hwy 41

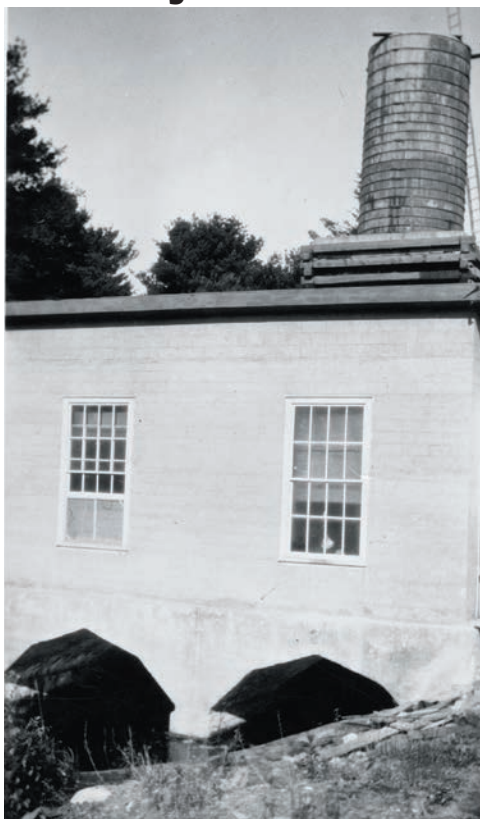
By Marcella Neely

Continued from the Winter 2020 edition of the Madawaska Highlander...

We just left the corner of Bosley Road & Highway 41. Heading north there are areas of rock and bush then Harlowe Rd. appears on the west side. (It will take you into the hamlet of Harlowe.) The corner of Harlowe Road was the site of Ore Chimney Mine in the early 1900's. There were large deposits of quartz that lead to some gold and silver in the rock. Production was not sufficient to be profitable. The mine was eventually abandoned. We pass by more of the same rugged terrain before some flat areas begin to show. A small blueberry and baking stand is on the west side in front of a private home. It is a seasonal business. People drive into this area from miles away for the wild blueberries. Along a little farther is Paquette's wood yard and home. This business supplies cut and split campfire wood to Bon Echo Provincial Park. Previously this property was a prosperous farm operated by the Hawley family. Long spaces of open land in this area may have also been farms in the past.

We come to O'Donnell Road on the west side of the highway. The O'Donnell Family farmed a large portion of the land on the south side of the road for generations. Some of the family members still live there. We head further north and on the east side is Wintergreen Road. It was once called Old Harlowe Road. Hooks' Castle Building Supplies is a little farther along and on the west side. It was built and is operated by Tracey & Sandra Hook and family. They purchased the vacant property in 1984 and built their house. Then in 1995 they built the store. It has had several upgrades since. Across the road is Bishop Lake Tent & Trailer Park owned and operated by Bob and Allison Yearwood since 1986. This property was previously the home of Bob's uncle and aunt, Clarence and Ruby Bishop who were among the founding members of the Pioneer Club. (There is a suspected connection between the Bishops and the Madawaska Thurston's.) Bob built the trailer park during 1986/87 and added the store in 1998. The old barn on the property was once used as a fish hatchery.

Close by on the north side is a small green house, Home of Stafford and Annie Hunt. During the 1990's this was all you would see on the property. It has since been sold to Doug Potts who moved



Ore Chimney Mine Powerhouse on Skootamatta River. This power house used water on the Skootamatta River to generate power to the Ore Chimney Mine. The mine was located about 8 Km as the crow flies, on the Harlowe Road. The remnants of this powerhouse still stand approximately 4 Km from Highway 41 on the O'Donnell Road. It was fed from water in Slave Lake, an artificial lake upstream from the generating station. Part of the Jackie Bleecker Album

his Deck & Dock building business into the previously open area. A workshop building has been added. On the same side the next property was once the site of Patterson's Lumber Yard. This was a gem for the community. Stan Patterson could accommodate any unusual lumber requirement and did so willingly. If you needed a 20-foot length of oak or a 2-foot sliver of a board, it made no difference. Stan was also a meticulous craftsman. A shelf or cabinet or moulding was no problem. Describe it and he could make it. Sadly, the business closed in 2000. Also at the lumber yard, from 1993 to 1999, Dorothy Pethick operated her booking business.

Across the Highway is a bungalow that is now a private residence. During the early '90s Ken Douglas ran a building supply business from there. He sold it to John Fleming who eventually moved the business up to Denbigh. The



Lazy Days Muskoka Chair - Biggest in the East! The big chair familiar to anyone heading north on Highway 41 was built by Richard and Olive Hook when they operated the Lazy Days gift shop (now the home of Mike Scott). Located about 1 mile north of Cloyne the chair was built in 1989 as a tourist attraction. Thousands of people have stopped over the years to photograph the chair or have their photo taken in the chair. The chair was said to be 'the biggest in the East' by many travelers and was featured in several tourist magazines and newspapers. When the store closed the chair was sold to Maurice and Rose McFadden and moved to the Cloyne Village Foods (now the Shell Station) where it still is in use. Part of the Richard and Olive Hook Collection.

Cutler family bought the property from John Fleming. For a time, they sold corn, tomatoes, and apples in the yard. As the children became teenagers, they set up an ice cream kiosk along the driveway.

A little farther north, on the east side is Tim's Auto Body Shop and home of Tim and Lorraine McDonald. Hwy 506 runs east along this property towards Plevna. The small brick abandoned house on the corner was Savigny Real Estate Office. On the west side of Hwy 41 a golf course was built and operated for several years and is now vacant. Addington Rd 3 branches out about 1/2 kilometer along. We pass through some rugged landscape then on the east side of the highway just before the hydro towers, are the house and outbuildings that were Bill Volk's home and greenhouse. Residents looked forward to his spring starter plants and the beautiful Hanging florals.

Across from the hydro towers, set back in the trees, Jake Shiner built a home, then a store and a heating business in the 2000's. On the same side the blue church building was then the Cloyne Anglican Church and next to it is the school. It is one of the few remaining junior kindergarten to grade 12 schools. Before the school, this property was the store and cabins business operated by the Wise Family. Nowell's Garage on the east side was built by Bernard Inwood. He sold it to Harvey Brooks who later sold it to Eric Nowell (John's father). He tore it down and built the new garage. It has had additions and upgrades since the 90's. I remember a small bake shop at the back of it that had the best cinnamon buns ever. North of the garage are private homes. The one resembling a church was the vibrant Cloyne United back then. Next was the Health office and Little Pond Rd. The Health office was once a store with home

attached, then in the 1960's, the Mountain Air Restaurant.

Across from there is Finnegan's General Store. This store has survived many generations and owners: John Russell, Goodfellows, Grahams, Spencers, Howard Watson, Wheelers, and Grands. Across the road is the much-used Town Hall. It was also the Township office at that time. Sharing the parking lot is the Pioneer Museum that houses local history, archives and artifacts. Across the road from the museum is the Cloyne post office then a few homes and the Mazinaw Inn Motel. This was The Cloyne Motor Inn during the 1990s. Across the highway where we see the Shell Station, was the Cloyne Mini Mart owned and operated by Glen and Jean Watson. Glen told of his inexperience when he first bought the store, not at all familiar with meat etc. Over the years his acquired skills were passed on to his employees. Meat from this store became known all over the Province. Many summer residents would purchase a freezer order at the end of the summer to take home with them. When Glen retired, he sold the store to Maurice & Rose McFadden and Tim & Lorraine McDonald. They called it the Cloyne General Store and continued the finest quality meat reputation. They bought the big white chair from Dick Hook and eventually sold the store to Cory & Lisa Keller and Sonia & Robbie Mc Luckie who later sold it to the current owners. This is a nice place to stop, gas up, have a snack, take pictures in the big chair and stretch our legs.

Acknowledgement and thanks to the many people who have taken the time to contribute information and memories. This could not be done without your input.



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The Major

By Antonia Chatson

"Helen," my father pronounced, "you've got to get up". My mother, who rarely surfaced before high noon, rolled over, curled up in a ball and pulled the covers over her head. This time my father shook her shoulder, and just about roared, "You have to get up, Helen."

My mother slowly rolled back, peered groggily at my father, opened her mouth and whispered, "Why?"

With some semblance of relief in his voice, my father hurriedly responded, "The Major has spoken." I guess that settled it. My mother shot out of bed, and with the help of my father, threw on her clothes trying to accommodate some vestiges of respectability and hastened after my father into the living room. The Major had said she should get up. He did not specify in what state she was to make her appearance. I never did ascertain the reason for his command on that day. Perhaps there wasn't one. He might have just been testing his authority.

Let me explain. The "Major" was my father's father, Major Arthur Ernest Clifton. And having attained the rank of Major in both the British and Canadian armies, he expected his orders to be obeyed tout de suite. He definitely did not reach that rank by "suggesting" any plan of action. In retrospect, my father must have been a great disappointment to his father. With my grandfather's military background, the Major would not have understood my father's cerebral approach to life, nor would he have condoned the fact that my father was a Conscientious Objector during the Second World War. But both my mother and father said that he did try to understand him. The Major even made a bookcase to house all my father's books. And if this was any indication, he no doubt performed other tasks to show support for his "wayward" son. That must have taken a lot of courage and I admire him for it.

There were a few stories about my grandfather that my father recounted to me. He was in charge of medical supplies for the army. I still have two wicker hampers lined with leather (now hardened) in which he housed his supplies. He was in charge of supplies in a hospital in London during the First World War. He found that the nurses were breaking an exorbitant number of thermometers due to carelessness. He instituted a surcharge



of 25 cents to each nurse that broke a thermometer, and the carnage ceased.

Another time he was asked to remove a rather large cannon on its carriage from a mainland position to a nearby island. Whoever it was that required him to do this confided that those in authority had no idea how it was to be done. My grandfather and his team must have worked all night, for in the morning his superiors came and found the cannon re-positioned on the island. When asked how he had done that, he replied that he had taken the cannon apart and each piece was taken over separately and put back together on the island.

When he retired, he had his military pension and a bonus due to his heart condition. As the pension was not enough to keep him and my grandmother in the style to which they had been accustomed, he always worried that his heart condition might improve. He had an annual checkup during which he had to ascend and descend stairs and then have his condition assessed. It seems he passed with flying colors every year. But as cash was still a mite tight, he was on the lookout for some business that he might run on the side. A friend alerted him to a variety store and my grandfather, at the current owner's request, sat in during a day's business to ascertain what the turnover was in the store. Well, business was mighty brisk, so my grandfather put in an offer and took over the running of the store within a few weeks. I am not sure how long it took him to realize he had been "had", as the only things that a few people were interested in purchasing were broken biscuits.

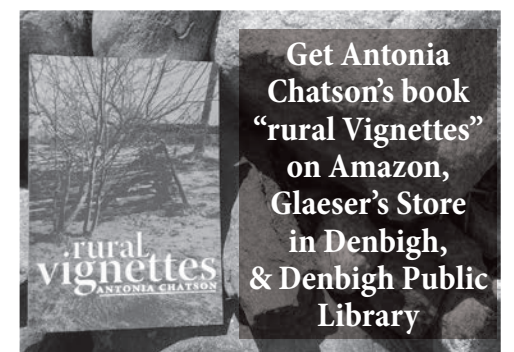
Another well-meaning acquaintance, who had moved to New Zealand, assured the Major that living was very

reasonable there and his pension would stretch farther. So, my grandfather and grandmother packed all their belongings including a Heintzman grand piano and headed south. In a few years they discovered that their friend's advice did not match up with reality, so they headed back to Canada and settled in Toronto. With friends like that, who needs enemies?

to be continued...



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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Stinging Nettles: Herbalist's Medicinal

By Colleen Hulett

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



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

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

ings for greens is a cry for help. These emerging miracle plants are just Mother Nature doing her thing at the right time as usual. Collecting Spring greens is very important to foragers because they have experienced the vitality kick greens give them. As I've preached many times, there is nothing comparable to eating freshly picked live plants.

With the exception of foods picked in the morning and sold at a fresh farmer's market, most produce we consume from supermarkets are 'dead'. Tasty for sure, but with little vitality, especially if they weren't sun-ripened BEFORE being picked and shipped to us North-Easterners. They have not been sun-kissed and therefore are not naturally energized.

I believe those who depend on imported 'dead' produce eat less veggies because their bodies simply do not crave them. We need food to live so avoiding sun-kissed veggies allows those old ancient survival genes to be triggered and these genes crave sugar, salt and fat for a quick survival fix. We all know what happens when we forgo veggies for sugar, salt and fat...we lose our vitality and get on the road to ill health. Greens are alkalizing to our bodies and disease cannot live or thrive in an alkaline PH-balanced body. Not eating enough greens and alkalizing foods makes us acidic, as does negative thought, stress and anger. In my past experience as a health food store manager and supplements consultant for many years, I have seen miracles happen with customers simply adding green food supplements to their diet. Also, If we eat enough greens all those many common nagging acidic ailments like itches, headaches, cramps, etc. disappear in the first week!

Okay as you read this, I know what you are thinking... Spring has sprung already so what greens can I forage during the summer? Well I'm happy to tell you that spring greens grow all summer too, but we need to eat the tender new young leaves only. There is a superstar plant out there you can forage all summer. A plant that is a universal favourite of most herbalists because when they are in doubt of a specific remedy to help a client, they at least know this superstar plant will come to the rescue and be helpful in any situation. That plant is Stinging Nettle or *Urtica Dioica* for you Latin lovers. Its medicinal uses are plen-

tiful because of its alkalizing effects and the fact that it is a multi-vitamin and multi-mineral plant you can consume daily as a steamed vegetable, tonic tea, or vinegar. Steamed nettles taste just like spinach and are yummy by the way. They are excellent as a replacement to basil in Pesto.

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

The nutritional content and medicinal uses of Stinging Nettles are plentiful. According to my Herbalist teacher, Rosemary Gladstar, this extremely nourishing, strengthening and versatile herb has been used since antiquity for food, cordage, fabric, dyes and medicine. Its

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



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

use covers many ailments of the urinary tract, liver, digestive tract, reproductive and respiratory system. She stresses that nettles are deeply nourishing and revitalizing due to their highly digestible form of vitamins and minerals that are excellent for nourishing the body from vitamin deficient ailments and after any lengthy illness or prolonged stress. As a daily tonic tea, nettles are excellent for our whole body's physical and chemical functions and to strengthen our vitality. No need to spend \$50 monthly on green supplements or buy 'dead' spinach and kale for your morning smoothie. Simply find your nearest reliable perennial patch

of nettles and harvest them. They will appear in the same spot every year. They are probably hanging in your yard right now. It is an invasive plant so one must eat it to control it in the yard. How interesting is that force of

Nature? Very interesting! Please leave them in your yard, according to the Herbal Academy, they are good companion plants for increasing the flavour of other plants, reducing bug infestations and they make a good mulch and compost. Nettles are trying their hardest for you to let them stay, so be nice.

Nettles are perennial and like full sun and slightly damp soil. They like



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

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

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

As a food or medicinal tea, we harvest only the tops of the plant just before it flowers. The roots and seeds are not eaten

but are used medicinally. Today, the roots are found in most male formulas for the prostate gland. Nettle leaf tea or tincture can be readily bought in any health food store but that's just silly as it's freely available to all of us to forage. Nettles contain: protein, calcium, magnesium, iron, selenium, zinc, potassium, boron, vitamins A, B, C, E and K, bioflavonoids, antioxidants, essential fatty acids, and chlorophyll. Nettles have been used for hundreds of years for anemia, muscle cramps, eczema, gout and arthritis. Now get out there and pick some for dinner as your vegetable tonight. Don't forget to teach a child to recognize this stinging wonder and how to quickly soothe the sting with dock or plantain so they don't come home crying and covered in blisters and freaking you out. Instead you can grab your scissors and basket and run over and harvest the Nettles for dinner.

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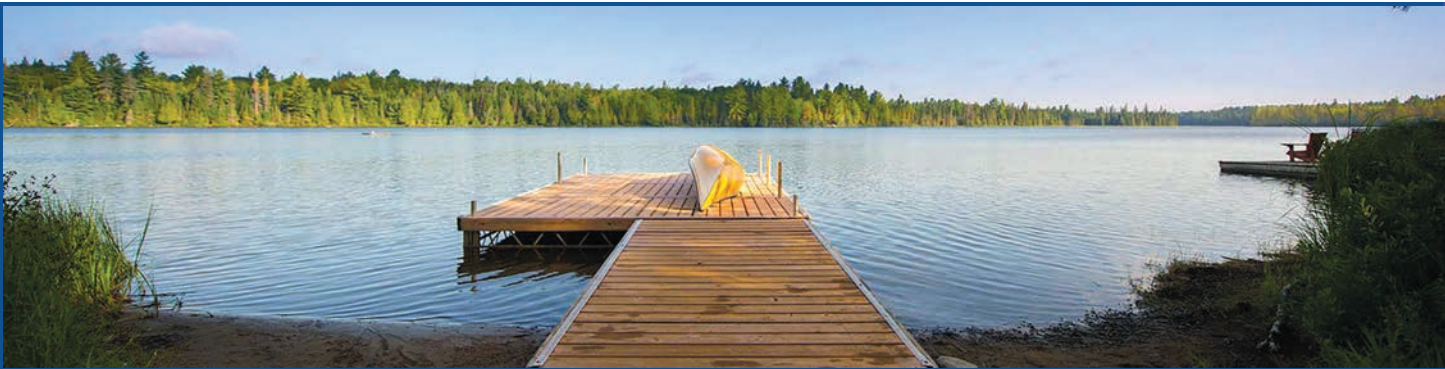
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