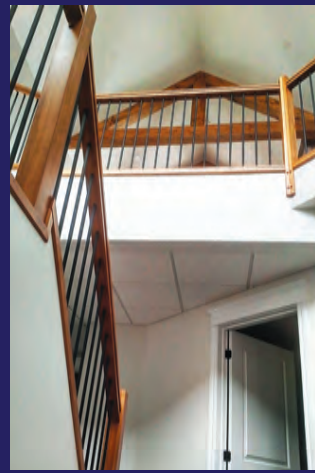


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THE MADAWASKA HIGHLANDER MAY 2026 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

**May
2026**
FREE Vol.25 Issue 1
Next issue June 3

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

Welcome!



What a long Canadian winter! So much to do... dam repairs and cute kits to love and teach to be environmental engineers like mama. Pic by Grant Dobson

...To another fabulous season of news, stories, and delights, as Winter Wanes in the Madawaska Highlands, chirps Tony in Wild Things. It's good to be back and good that the Mississippi-Madawaska Land Trust is securing more wilderness lands, so those wild things have something to come back to. Another 298 acres protected! ...along with The Night Sky - A Fading Beauty, which is part of a new series Let There Be... Dark Skies by Rick Scholes.

With Mother's Day on the bright horizon, it's time to give Hugs to Your Mother Tree! Trees are social beings and like to share the daily news on the Wood Wide Web, as Colleen shares in Highlands Hiker. Daily lives can seem dull at the time, but Everyday Moments become Generational Treasures, as the Cloyne and District Historical Society shows us. That concept is further demonstrated by Antonia in Rural Vignettes, in Samantha Youman's Diary from when settlers were taking a chance on a good life in Canada.

Risk and Reward - The Story of Canada by Bill McNaught tells how early immigrants built Canada by building community, in Memories of Vennachar. Our talented volunteer contributors are building a community of writers and readers. We hope their stories of success inspire you to enter this year's Short Story Contest and become part of a wonderful thing.

Wonderful things happen when volunteers see a need and run with it, or ski with it. Read about the Adaptive Ski Program at Calabogie Peaks - Building Community, in Out and About by Geoffrey Cudmore. Volunteers, municipalities, and the Ontario Highlands Tourism Organization are connecting the dots, so you'll be able to get out and about on A New Loop in Development, as the Eastern Ontario Rail Trail chugs along, as described by Lesley in Happy Trails.

It's good to get out and about, but before you do, Survivor Guy shares how you should Get Ready for a Safe and Fun Camping Season. Unrelated to that, we welcome Dr. Max Buxton to Wellness who gives us The Ins and Outs of the Emergency Room. We are grateful when we need it but like to avoid it. Don't avoid Charlotte's GMDV News, Morgana's Bogie Beat, or the ads to find out what's happening in your community and... Enjoy...



I might not be Canada's official animal or even a native species this far north, but you have to admit I add some spice to the place. Yo, ladies! Pic by Tony Beck



We have an a-MAY-zing line-up!

- Tues. May 5 - Cinco de Mayo Fiesta
- Sun. May 10 - Mother's Day Brunch
- Sat. May 16 - Long Weekend Band & BBQ Bash

BOOK YOUR TABLE NOW!
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981 Barryvale Rd., off Hwy. 511 in Calabogie

The Madawaska Highlander

The Madawaska Highlander
3784 Matawatchan Rd. Griffith ON
K0J 2R0
info@reelimpact.tv
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Thank you everyone!

- | | | | |
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| Morgana Dillingham | Colleen Hulett | Geoffrey Cudmore | Lois Thomson |
| Ruth Jones | Dr. Max Buxton | Bill McNaught | |
| Bonnie Leoen | Antonia Chatson | Rick Scholes | |



Premier Borden of Canada prays for US President Woodrow Wilson to sign the "PROGRAMME OF ARRANGEMENTS FOR THE DISARMAMENT OF THE WORLD" (Treaty of Versailles to create the League of Nations), which the US Senate later refused to ratify and did not join.

Sir Robert Laird Borden (June 26, 1854 – June 10, 1937) was a Canadian lawyer and politician who served as the eighth prime minister of Canada from 1911 to 1920. He is best known for his leadership of Canada during World War I.

While in opposition, Borden opposed Laurier's reciprocity treaty, stating that it would weaken ties with Britain, lead to Canadian identity being influenced by the US, and lead to American annexation of Canada. In the 1911 federal election, his Conservatives countered with a revised version of John A. Macdonald's National Policy, campaigned on fears of American influence on Canada and disloyalty to Britain, and ran on the slogan "Canadianism or Continentalism". Borden's early years as prime minister focused on strengthening relations with Britain. Within three years of taking office, World War I broke out. To support the war effort, he established the Canadian Expeditionary Force and enacted the War Measures Act. To finance the conflict, his government issued victory bonds, raised tariffs, and introduced new taxes, including the federal income tax. After the war, Borden sought to expand the autonomy of Canada and other Dominions at the Paris Peace Conference, including by signing the Treaty of Versailles as independent parties. In doing so, Canada established itself as a founding member of the League of Nations. Domestically, Borden's government dealt with the aftermath of the Halifax Explosion, introduced women's suffrage in federal elections, nationalized railways by establishing the Canadian National Railway, and deployed the North-West Mounted Police to suppress the 1919 Winnipeg general strike. He was the last prime minister born before Confederation and the last prime minister to be knighted, having accepted a knighthood in 1914.

en.wikipedia.org/wiki/Robert_Borden

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

By Charlotte Dafoe



Dec. 2nd, the Township of Greater Madawaska, all council members, and key staff met with residents at a Health & Wellness workshop in Griffith to identify needs and share ideas.



Caitlin Norton, left, and Lion Maurice Leveille, at the Christmas luncheon she organized - with the Village Voices Choir, music, and a fabulous meal prepared by the Lions.



The Christmas Market at the Matawathan Hall is always well stocked and well attended.



Left: The Lions prepared Christmas hampers for over 20 families. Right: More hampers going out at Hilltop Church.



Lion President Maurice presenting Gail Fritsch a \$2,979 cheque to the Denbigh Food Bank



Quick action to dig out obstructions and a culvert on Flying Club Rd. by Greater Madawaska roads crews averted a disaster for residents on Eastern Avenue in Griffith.



The weather was perfect, entertainment amazing, and prizes were piled high at the Matawathan Hall following the Fish & Game Club's annual Ice Fishing Derby.



Water was only flowing properly through 2 of the 4 large culverts on Flying Club.



The Madawaska River at Griffith is not dangerously high so far this year.

SERVICES AVAILABLE IN OUR COMMUNITY

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

EVENTS IN OUR COMMUNITY

Stay connected with what's happening in our communities! Follow the Denbigh Griffith Lions Club, Denbigh Recreation, Griffith & Matawathan Fish & Game Club, and Matawathan Hall on Facebook for news, updates, and upcoming events.

Volunteers Needed Across Programs

The Township of Greater Madawaska and GM55+ SALC are currently seeking volunteers to support a variety of programs and events for all ages. Opportunities include assisting with children's sports, day camps, community events, and senior programming. Whether you can lend a few hours or take on a larger role, all help is appreciated and no experience is required.

To learn more or get involved, contact cnorton@greatermadawaska.com.

ONGOING EVENTS

- Looking for friendly conversation over coffee or tea? Join the **Denbigh Wellness Group** every Tuesday at 9am at Denbigh Hall. To learn more, contact Gail at 613-333-2224.

- Land O' Lakes Community Services welcomes you to **Diners Club** on the first Monday of each month at Denbigh Hall—a friendly place to share a meal and good company. To learn more, reach out to Betty at 613-333-2366. Diners Club takes a summer break in July and August.

- You're invited to gather in **fellowship at St. Luke's United Church in Denbigh**

every Sunday at 10am. All are welcome to attend.

MAY

- Looking for a fun way to stay active? Greater Madawaska Township is excited to be bringing **kids soccer and baseball programs for children ages 3–12. Programs will take place at the Calabogie and Griffith ball fields** and are designed to encourage active play and community connection.

These programs are parent-volunteer led, and community members are encouraged to get involved by coaching, organizing, or assisting—no experience necessary. Registration is open until May 20th, with session dates determined based on volunteer availability. The cost is \$20 per child, with a maximum of \$50 per family.

GM55+ SALC Trip to Ottawa Tulip Festival. This year the GM55+ Seniors Active Living Centre (SALC) is partnering with centres across Renfrew County to offer a special trip to the Ottawa Tulip Festival on Monday, May 11th. Participants will enjoy an afternoon at Commissioner's Park followed by dinner at Buffet des Continents. Transportation and dinner are included, with pick-up locations in Renfrew, Calabogie, and Arnprior.

Registration is required. To sign up, contact Debbie Rooney at 613-366-4848 or debbie@renfrehomesupport.ca. For more information or to volunteer, contact cnorton@greatermadawaska.com.

- **Griffith Day Camp** registration is now open for children ages 4–12 at the Griffith Recreation Centre. Program runs July 20-24 9am-3:30pm (Late pick-up available until 4pm with advance request). There will be a variety of fun and engaging activities for participants. Register at the Township of Greater Madawaska website: greatermadawaska.com/play-and-discover/activities-and-recreation/summer-day-camp/

(or Google Greater Madawaska summer day camp). Children over 13 in the same family can volunteer at the camp if desired.

Cost: \$150 per child per week—Families enrolling three or more children in the same week receive \$25 off each additional child. Note: Children are required to bring their own lunch and water bottle. They should arrive ready for a variety of indoor and outdoor activities.

- Starting May 1st, **pickleball will be held Fridays at 11am at the Ginza Rink Park** in Griffith. Lessons will be available, and beginners are encouraged—just show up and play! For details, reach out to Sandy at 613-333-1932.

- Get ready for **Denbigh Recreation's Spring ATV Poker Run on May 2nd!** You can pre register at Rosie's Café & General Store on May 1st (4:30–6pm) or sign up the morning of the event from 9–11am. The trail kicks off at Heritage Park, 48 Lane Street. Entry is \$10 per hand—come out for a great day on the trails!

- Beginning May 7th, join the Denbigh-Griffith Lions for their new **cornhole league at the Griffith Rec Centre**, held every Thursday at 7pm. Everyone is welcome, no experience is needed. Bring a friend, meet some new ones, and enjoy a great night out. Call Moe at 343-943-7676 to reserve a spot.

- Join the **Griffith & Matawathan Fish & Game Club for a shore clean up on May 8th**, from 1–3pm. Bring your small boat and motor to the Centennial Lake boat launch, and they'll assign you a section of shoreline to help tidy up. Garbage bags are supplied, and everyone is invited to stay for a BBQ afterward.

- Celebrate **Mother's Day with Denbigh Recreation on May 9th**, from 1–3pm at Denbigh Hall. Wear your best outfit—or your most fabulous hat or fascinator—for a chance to win prizes.

- The Denbigh-Griffith Lions Club is hosting **BINGO** on May 12th and 26th at the Griffith Rec Centre. Doors open at 6:30pm with games starting at 7:30pm.

- **Adams Berry Farm & Country Market** reopens for the season on May 13th. Join them on **May 17th at 4pm for the launch of Music@The Market**, with The Barrow Gang performing on a beautiful new stage crafted by Lacourse Carpentry.

- Join **Lions Club's euchre and games** at the Griffith Rec Centre on May 19th at 1pm. For just \$2, enjoy snacks, refreshments, and maybe even take home a prize.

- Join the **Denbigh-Griffith Lions and community for Food & Fellowship** at the Griffith Rec Centre on May 20th, starting at noon. A great chance to connect and share a meal.

- Come to the **Matawathan Hall on May 23rd, from 10am–1pm, for the Spring Market & Plant Sale.** Interested in being a vendor? Tables are just \$5. Call Nancy at 613 333 9556 to reserve your spot.

- Mark your calendars for a **live musical event at the Matawathan Hall on May 30th, featuring Ryan Cook.** Doors will open at 6pm, music to start at 7pm.

- The **ladies exercise group** will continue to meet every Thursday at 9am at the Griffith Rec Centre until June 11th, with sessions starting up again in September. Each week is just \$2, covering a fun mix of exercises using bands, weights, balls, and balance work. All proceeds help support the Lions Club's Show & Shine and Christmas Food Basket programs, and anything left over goes toward a group lunch.

It's time to play ball! Registration for the 2026 children's baseball season in Denbigh is officially open for kids ages 3–15. Head over to Denbigh Recreation's Facebook page to access the registration form and get your child signed up for a great season. Registration deadline is May 31st.

JUNE

- There will be **euchre and games at the at the Griffith Rec Centre** on June 2nd at 1pm. For just \$2, enjoy snacks, refreshments, and maybe even take home a prize. Euchre will break for the summer and resume in September.

- Save the date for **Denbigh Recreation's 3rd Annual Horse Pull on June 6th!** Enjoy light and heavy classes, food from the canteen, and a 50/50 draw. Admission is \$10, with free entry for kids under 12.



Hilltop Church

Connecting with God, Connecting with Others

11am SUNDAYS

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

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Pastor Steve Green



Winners in the bed race at the Denbigh Winter Carnival put on by the Denbigh Rec Committee.



Youth Sports Nights are very popular and cover all kinds of activities including skating programs at the Denbigh Rink.



A lively time was had by all at the Denbigh Hall for St. Patrick's Day in March.



There was a lot of excitement in Denbigh when the Easter Bunny hopped by.

- Mark your calendars for **June 27th—Canada Day celebrations are happening at the Matawatchan Hall, 1677 Frontenac Road.** More information is on the way, but They're excited to announce that the Ghost Town Cryers will be performing.

- Mark your calendars for **June 28th! Adams Berry Farm & Country Market is holding their third annual Artisans @ The Market** from 10am–3pm. Browse the work of talented local crafters and creators and enjoy live music by John Allaire at 1pm.

JULY

- Mark your calendars for July 1st! **The Matawatchan Fun Run** is on its way. More information will be shared soon.

- Save the date! **The Kids Fishing Derby** hosted by the Griffith & Matawatchan Fish & Game Club is happening on July 11th. More information will be shared as the event approaches.

AUGUST

The Griffith & Matawatchan Fish & Game Club will hold its Annual Pork

Roast on August 8th. More details will be shared as the date approaches.

Dispatch from Hilltop Church

Hilltop Church has begun 2026 on a positive and forward-looking note, embracing its annual theme, "Adventurously Expectant," inspired by Romans 8:15 (The Message Bible). The theme sets a tone of faith, anticipation, and spiritual growth for the year ahead.

The church community gathered on Sunday, March 22, for its annual business meeting, which was marked by a strong sense of unity and gratitude. Attendees enjoyed sandwiches and coffee while reviewing reports from various ministries, including pastoral leadership, finances, worship and music, children's programs, Vacation Bible School, and the women's Zoom Bible study group. Members expressed appreciation for the many blessings and successes experienced throughout 2025.

Leadership updates were also announced. Andy MacPherson concluded his term on the church board,

and Karter Kelly was welcomed as a new member. The 2026 board now includes Karter Kelly, Kurtis Luloff, Caleb Vincent, and Cory Vincent.

In a spirit of fellowship and collaboration, Hilltop Church participated in a pulpit exchange on Sunday, April 12. Pastor Steve delivered a message at Fam-

ily Life Community Church in Barry's Bay, while Hilltop welcomed Rev. Peter Snow of Calvary Pentecostal Church in Renfrew as guest speaker.

With strong leadership, active ministries, and a hopeful theme guiding the year, Hilltop Church looks ahead to 2026 with anticipation and faith.

Be sure to follow

Denbigh-Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club, Township of Greater Madawaska, Villages of Matawatchan and Griffith Ontario, Greater Madawaska Seniors Housing Corporation (GMSHC) and Matawatchan Hall on Facebook for all the latest information on the events that are happening in our communities!

EVENTS AT A GLANCE

- May 17th - Adams Berry Farm & Country Market Music @ The Market
- May 19th - Denbigh-Griffith Lions Euchre
- May 20th - Food & Fellowship at the Denbigh Griffith Lions Club Hall
- May 23rd - Spring Market & Plant Sale at the Matawatchan Hall
- May 30th - Ryan Cook at the Matawatchan Hall
- June 2nd - Denbigh-Griffith Lions Euchre
- June 6th - Denbigh Recreation's 3rd Annual Horse Pull
- June 27th - Canada Day Celebrations at the Matawatchan Hall
- June 28th - Adams Berry Farm & Country Market Artisans@The Market
- July 1st - Matawatchan Fun Run
- July 11th - Griffith & Matawatchan Fish & Game Club Kids Fishing Derby
- August 8th - Griffith & Matawatchan Fish & Game Club Annual Pork Roast

BOGIE BEAT

Calabogie Folks & What they're Up To

By Morgana Dillingham



The Lions' Christmas Parade drew large crowds. Imaginative floats by local businesses and community groups included Greater Madawask Councillors, Fire Department, Baby Jesus, and of course Santa, who was kind enough to stick around later to meet the kids at the hall.



St. Patrick's Day Kitchen Party was a night to remember with great entertainment and those crazy Ugly sticks! Submitted by Peggy Williams



The Calabogie Winter Carnival was a whooping success thanks to those many hands who came out, donated food, prizes or their time to make it all happen, from games, wagon rides, local trivia, hockey... You all rock! Thank you Calabogie Custom Carpentry and the Township of Greater Madawaska for sponsoring the youth hockey game!

April showers bring May flowers, and I really hope this year that's true with all of the rain we have had. I am really eager for some new growth and blooms. The daffodils are usually the first sign of florals gracing us again. The amount of rain we have gotten has led to floods around the township, with road closures

and people's properties becoming temporary wetlands. After a long winter everyone is looking forward to the freshness that spring brings. Keep reading to learn about what our community loves most about spring, the new businesses and the exciting events.

What's Been Happening Around Town Over the Winter

Calabogie Peaks Resort had another great winter season. One thing that stood out this year was the noticeable shift in staffing, fewer of the familiar Australian faces that have long been

part of the culture there, and more locals stepping into those roles. It brought a different feel to the hill, especially up at Black Donald's Bar, and honestly, it was refreshing to see so many familiar faces from the community.

Winter Carnival brought the community together. The Calabogie

Winter Carnival made its return, and once again it delivered a full week of connection and fun. Evenings were filled with everything from euchre and bingo to trivia nights, along with the return of a Valentine's dance that brought couples and singles out to celebrate. There were hockey games, great meals (pancakes to spaghetti) from the Greater Madawaska Fire Department, and a strong sense of community throughout. The Calabogie Lions Club and everyone involved really outdid themselves. Saturday's weather felt like a tease of early spring, but as we all know, winter had a few more surprises left for us.

St. Patrick's Day Kitchen Party success! The Calabogie Lions Club's annual kitchen party at the Community Centre was another huge success, bringing out over 130 people for a night of music, food, and fun. With 24 musicians playing throughout the evening and a classic Irish Stew Dinner catered by Charbonneau's Store, the energy was incredible. The event raised \$1,900 in support of local initiatives, continuing a tradition that has now raised over \$24,000 since it began in 2016. Inspired by Newfoundland kitchen party culture, it's become a true Calabogie staple, complete this year with the always-entertaining Newfoundland Ugly Sticks adding to the atmosphere.

Calabogie Highlands Golf Resort opened their greens in mid-April, as they often do, one of the first in the area to welcome golfers back. Whether you're a seasoned player or just looking to get out and try something new, it's a great way to ease into the warmer months. And if you're there for the views as much as the game, stopping in at the clubhouse after a round is a must especially with those sunset views. Aside from being a great spot to stop after 18 holes, they also host some great events which is such a delight to our Barryvale neighborhood. I attended the St. Patrick's Day party they hosted, and I heard that the 80's party was out of this world!

Don't Miss What's Coming Up in May

As Calabogie eases into spring, the calendar starts to fill with those feel-good, community-first moments. Whether you're planning something special or just looking for a reason to get out (or stay in), here's what's worth marking down this month:

It's almost time for **Mother's Day and brunch** - a specialty in Calabogie. If you're looking to dine out this year, on Sunday May 10th you can choose from the Highlands Social House or Canthooks Restaurant at Calabogie Peaks. Both locations are offering special brunch experiences; think buffets, made-to-order omelettes, and a full, cozy dining vibe. Reservations are highly recommended (as these tend to fill up quickly). If you're leaning more casual, Oh-El-La Café is always a sweet and simple option. If you wish to stay home, that is also a great way to show your support for the mom in your life. Personally, I love having brunch at home. I can stay in my pajamas, my husband makes me eggs Benedict, and my daughter puts on a show.

55+ Summer Games Kick Off. The Ontario Senior Games Association is back with its District 5 Summer Games, welcoming participants aged 55+ to join in a wide range of activities; from pickleball and golf to

darts, bowling, and even prediction walking. Events are taking place across Renfrew County throughout April, May, and June, with **Calabogie hosting prediction walking and nordic walking on June 5 at the Community Centre.** It's a great mix of friendly competition, active living, and connection; with opportunities to advance to regional and even provincial levels. Please see the OSGA website District 5 webpage for the schedule osga55plus.ca. For further information please contact Val Hinsperger valhinsperger@gmail.com.

GM55+ SALC Trip to Ottawa Tulip Festival. The GM55+ Seniors Active Living Centre (SALC) is partnering with centres across Renfrew County to offer a special trip to the Ottawa Tulip Festival on Monday, May 11. Participants will enjoy an afternoon at Commissioner's Park followed by dinner at Buffet des Continents. Transportation and dinner are included, with pick-up locations in Renfrew, Calabogie, and Arnprior. Registration is required. To sign up, contact Debbie Rooney at 613-366-4848 or debbie@renfrehomesupport.ca.

Youth Soccer and Baseball Return to Greater Madawaska. The township is excited to be bringing kids soccer and baseball programs back to local fields for children ages 3-12. Programs will take place in Calabogie and Griffith ball fields and are designed to encourage active play and community connection. These programs are parent-volunteer led, and community members are encouraged to get involved by coaching, organizing, or assisting—no experience necessary.

Looking ahead the Township of Greater Madawaska invites you to the **GM Local Social - Bites, Brews & Business on Saturday, June 20 from 12-4 pm** at the Calabogie Community Centre. This free community event brings together local businesses, food, entertainment, and more for an afternoon of connection and fun. You'll find: Local businesses & vendors, food trucks serving up great eats, craft breweries on site (licensed event), live music & entertainment, tons of amazing raffle prizes, Food Bank on site accepting donations. This event is free to attend and free for businesses to participate. Come out, support local, and experience everything Greater Madawaska has to offer. To register your local business contact jmcewan@greatermadawaska.com

Also coming up this year will be the return of **Calabogie Motorsports Park's Guitars and Gasoline festival June 5 -7.** I was lucky to attend last year alongside many local residents and visitors to this area and believe that with such a good turn out it's no surprise they are hosting it again this year. I look forward to the live music, the food, and the great atmosphere. I hope to cover the event again this year sharing all of the exciting and fun pieces that go into a festival being hosted in our town.

New and Noteworthy Business Buzz

Sometimes the right people find exactly where they're meant to be, and for **Courtney Marie Wellness**, that place is Calabogie. Originally from Renfrew, Courtney has settled into the community with her family and is already beginning to make her mark in a meaningful way. Her work centers around breath-

work, offering both group and one-on-one sessions designed to help people slow down, release stress, and reconnect with themselves in a deeper, more intentional way. Courtney also weaves in holistic nutrition and yoga, creating a well-rounded, accessible path for those looking to feel better — physically, mentally, and emotionally. From private sessions to small group experiences and upcoming seasonal classes, her offerings feel both personal and adaptable to whatever someone might need.

She recently hosted a mama and me yoga series with the township which sounded like a really cool experience. Keep an eye out for pop-up classes and future gatherings. It's a gentle but powerful addition to the growing wellness rhythm of our community.

There's something special about watching local businesses come to life each season—new ideas, familiar faces, and little traditions in the making. Here are a few to keep on your radar this spring:

Forage and Connect with Jenneth & Bee. As the forest floor begins to wake up, Jenneth Boudreau is inviting the community to experience it in a whole new way. Her guided foraging walks (weather dependent) are expected to begin late April into early May, offering a chance to learn, explore, and reconnect with the land. What makes this special is the intention behind it; it's not just a walk, it's an experience rooted in curiosity and appreciation for what naturally grows around us. Keep an eye on Facebook for updates as the season unfolds.

Paddle, Play & Ice Cream at Mad River Paddle Co. Mad Shak. A true sign of summer's return, the Mad Shak is opening 7 days a week starting May long weekend. Known for their paddleboard and kayak rentals, they also host a weekly Thursday night paddle club and a wildly popular kids paddle camp during summer holidays (which fills fast!). But beyond the water, it's the little things that make this place a staple, like their rotating Kawartha Dairy ice cream flavours. For many (myself included), it's become a tradition — stopping in for a cone after a warm day, building those simple, sweet memories that define a Calabogie summer.

A new food stop is heating up at Trails Edge. The anticipation is building for the new food truck, **Dos Diablos, opening soon at the Trails Edge** hub, led by Mark McDonald and Rick Dillabough. They're bringing bold, flavour-packed tacos and burritos to the area,

something a little different and very welcome. Doors are expected to open shortly, and once it's up and running, this is definitely one to watch (and taste test).

We're all sad that the **Indian Curry Pot** is no longer operating as usual, but they're products and some from the Kitchen at White Lake are available in the **Bogie General Store.**

The Bogie Grill and Chill, J&J's Crazy Eats, and Fry Dayz are all on the must-try list this season. Each one brings its own flavour (literally), adding to that laid-back, grab and go summer vibe we all love.

Supporting local here isn't just about shopping or dining, it's about participating in the rhythm of the community. And this season, there's plenty to be excited about.

What The Folks Are Saying


Lost Dogs Returned Safely. A member posted in the Calabogie Folks group about two black dogs coming onto their property, and a day later someone shared in another local Facebook group that their dogs had escaped and were still missing. Thankfully, community members helped connect the dots, and it had a happy ending! I've heard some feedback that people don't love the "lost dog" posts, but I personally find them important and heartwarming. Sometimes our four-legged friends go on little adventures, and it's nice knowing we're a platform that helps bring them home.

Wildlife Spotted Around Calabogie. Through the winter and now into spring, members have been sharing some incredible wildlife sightings. One post featured a fisher/marten with a heads-up to neighbours, as they can be quite vicious. Another shared that the swans have returned to our waters.

When walking along the Calabogie Causeway I spotted the new resident beaver and was delighted to see their den off the side, and the tail slaps had me giggling as I was not intimidated but the beaver was marking their territory. The boiler is now very visible for any history buffs who would love to take a look at it!

An Earthquake in Calabogie? No, you didn't imagine it. A 3.7 magnitude earthquake in Shawville, QC was felt all the way in Calabogie. Group members quickly chimed in to confirm they felt it too, and were pretty surprised. Many thought it was a large truck passing by, until they looked outside and saw nothing there.

Tick Season Is Upon Us. For



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those who love the outdoors (and especially those with four-legged friends), it's the season we all dread. We've already found a handful on our dog, and others in the group have mentioned they're seeing more than expected this early. If you're out on the trails or spending time in the bush, it's a good reminder to stay on top of tick prevention and checks.

As we move out of the slower winter months and into the rhythm of spring and early summer, there's a no-

ticeable shift happening around Calabogie. Things are opening up again: businesses, trails, lakes, and even just people's energy. It feels like we're all stepping back into community, a little lighter, a little more connected.

This time of year always feels like a reset. The mud will dry, the black flies will (eventually) fade, and the long lake days we all look forward to are just around the corner. Until then, we get to enjoy this in-between season, the one

where everything is waking up, including us.

Thank you for being part of The Bogie Beat and for continuing to share what's happening in our community. Whether it's a story, an event, a new business, or something small that made your day, I'd love to hear about it.

Here's to a fresh new season in Calabogie
—Morgana.
thebogiebeat@gmail.com



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

LIBRARY MATTERS

Greater Madawaska

By Ruth Jones

Resources available with your library card:

Radon Detectors (2) Radon gas is the leading cause of lung cancer in non-smokers. It is present in houses across the country and in Greater Madawaska as well. Detectors are free to borrow from the library. Check your home!

Passes to Museums & Provincial Parks

- Canadian Museum of History / Canadian War Museum
- Ingenium
- Canadian Aviation & Space Museum
- Canadian Agriculture & Food Museum
- Canada Science & Technology Museum
- Canadian Museum of Nature
- National Gallery of Canada
- Ontario Parks

Each pass typically admits two adults and three children (check the pass). One pass per family.

E-books, Digital Audiobooks, E-magazines LIBBY APP – This is Overdrive's app for accessing e-books, audiobooks and 3000+ e-magazine titles

HOOPLA –Using this platform/ app, you can access e-books, audiobooks and video content No holds, no wait times. Currently, each library patron has access to 4 downloads each month. Some content will not be available to us due to financial restrictions. Use 'Binge Passes' to stretch your borrows: hoopladigital.com

Language learning tools: Mango Languages, Little PIM and ASL (American Sign Language)

Novelist (Use this tool to find your next favourite book!)

Teachers! We have some great tools available to support outdoor exploration:

Nature Discovery Kits (20) - Each Nature Discovery Kit has tools and reference materials for learning about the plants and animals that inhabit the shorelines of the Madawaska River watershed. Each kit also includes an activity booklet to keep.

Education Kits (3) – These are robust kits with book titles available to support classroom learning about Pollinators & Patterns in Nature, Soil Science, Animal Tracks & Traces.

Water Ranger water test kits (3) available for classes, communities, and groups to borrow. Collect and submit water data to help build a base of information about our lakes.

Weekly Programs

Tuesdays, 2pm - 3pm **Mahjong** – We are playing the Chinese version of this game. Learners and experienced players are welcome. (We will play until the end of June and break for the summer.)

- Every second Wednesday, 3:45 - 4:45

Chess Club – Contact library staff to pre-register. (Spring dates: April 29, May 13, May 27, June 10, June 24)

- Every second Wednesday, 6pm -

7:30pm **Jam Night** – Join us on for a night of music with Joe Sornberger in St. Joe's gymnasium. All levels of players are welcome. Our song list is available online: bit.ly/JamNightSongList (Spring dates: April 22, May 6, May 20, June 2, June 17)

- Every 3rd Wednesday of the month,

1pm - 2pm **Book Club** – This month we are reading Kate Quinn's 'The Diamond Eye'. The library has multiple copies available. Let us know if you would like to join remotely.

Thursday, 9:30am - 10:15 **Play & Learn**

– This is a drop-in program for children 0-4 years old and their caregivers. Join for free play, circle time, a story and a craft.

- Thursday, 12pm - 1pm **Seniors' Social (Brew-ha-ha!)** - Join us for coffee,

tea, and conversation. This program is offered in cooperation with Greater Madawaska's SALC. No registration required. Program will wrap up on May 21 with the possibility of restarting again in the fall.

Special Programs

Wednesday, May 27, 6pm - 7pm

Elizabeth Fournier will give a workshop on 'Invasive Plant Species': what to avoid planting, how to identify, strategies for removal, alternative plants.

- **Saturday, May 9 Submission deadline for short films for our first ever**

Small Town Short Film Festival in cooperation with Arnprior and Renfrew Public Libraries. Submit your short film for a chance to see it on the big screen at Arnprior's O'Brien Theatre!

This opportunity is for moviemakers and creators of all ages. We welcome submissions from community groups, individuals, businesses, and families.

You can tell, animate, or act out a story.

Pick up a copy of rules and regulations at participating libraries or find a copy online using the following link: bit.ly/STSF-Guidelines-SubmissionForm

Regular Hours:

- Sun, Mon: CLOSED
- Tues, Wed 9am - 6pm
- Thurs, Fri 9am - 1pm
- Sat 9am - 2pm

Holiday Hours:

- Wed. Dec. 24: 9am - 1pm (early closure)
- December 25, 26: CLOSED
- Reopening Saturday, December 27, 9am - 2pm (regular operating hours)
- Wed. Dec. 31: 9am - 1pm (early closure)
- Thurs. Jan. 1: CLOSED
- Reopening Fri. Jan. 2, 9am - 1pm (regular operating hours)

Flinton & Denbigh

By Bonnie Leoen

Mobile hotspots are available to borrow with your Library card! Get instant internet access wherever you go. Available at both library branches.

We offer a selection of digital resources for all ages. Our databases are available through the library's website 24/7 from the library, home, school or work addingtonhighlandspubliclibrary.ca/resources will need your AHPL card.

Our Seed library is open at both branches

Flinton Library Programs

Adult book club 1st Saturday of the month 9:30 - 10:30am

Adult, Woolly Wednesday 3rd Wednesday of the month 10-noon

Youth learn to knit 3rd Saturday of the month 10-11am

Monthly children's craft program May 9th, June 13th 10-11am

Denbigh Library Program

Monthly children's craft program May 6, June 18, 6-7pm



NEW! Cognitive Care kits contain an assortment of books, activities, games, puzzles and other items intended to help support and maintain the skills and abilities for people living with cognitive impairment issues such as dementia and Alzheimer's. Each kit contains dementia-friendly activities that can be shared together or used by the person with cognitive impairment on their own. The kits encourage social engagement and success with daily activities. Kits assembled by the Addington Highlands Public Library.

Nature Discovery Backpack Lending Program. 5 Ontario-curriculum themed Backpacks are available at both branches for students in grades K-12 to borrow with your library card



NEWS CLIPPINGS WE HAVE GATHERED

Arnprior ranked as the most affordable city in the province with Kanata, Nepean, Carleton Place, Rockland, Ottawa and Pembroke all in the top 10.

Data from the Pew Research Center's Spring 2025 Global Attitudes Survey shows Canadians and Indonesians as having the most positive view of fellow citizens.

Ontario issued a Request for Proposals to design the expansion of Highway 17 from two to four lanes between the Town of Renfrew and Arnprior.

Ontario adding 205 kilometres of railway between North Bay and Washago, marking another milestone in the province's plan to bring back Northlander passenger rail.

Renewable energy surpassed coal electricity generation globally in 2025.

New gas pump uses ambient CO₂, hydrogen extracted from water, and renewable electricity, to produce liquid gasoline suitable for any combustion engine.

Between 2019 and 2023, California added hundreds of zero-emission vehicles per area, and the TROPOMI satellite measured a decrease in pollution from space.

Japanese researchers have developed shopping bags made from potato starch that dissolve in water and leave no microplastics behind.

Scientists develop quantum-powered material to make hydrogen using just sun and water. Excitonic quantum superlattices enable solar-powered hydrogen production

Baffinland Iron Company says it's cleared to break ground on railway, port at Steensby Inlet, having received all 'key regulatory authorizations' to ship more iron.

Researchers aim to map trade route through ice and enable year-round shipping from Churchill to Europe, extending season could be game-changer for the economy

Halifax to become North America's first decarbonized shipping port to facilitate the export of Canadian green hydrogen and fuel decarbonized transatlantic ships.

Canada announces \$28.9M for carbon capture, smart grid, renewable energy research and application projects, and other clean tech projects across Canada.

An aluminum deposit in east central Saskatchewan contains so much of the critical mineral that it's a "possible game changer" for North American supply chains.

Denison builds Canada's first uranium mine that injects a solution into wells, separates uranium from the ore and pumps it to the surface - no digging or crushing

Nuclear regulator grants licence for Nexgen to build uranium mine in northern Sask. Rook I project is 2nd uranium mine in Sask. to get federal approval this year.

A U.S. company, developed a "gravity nuclear reactor" a mile underground, saving up to 80% on construction and allowing on-site storage of spent nuclear fuel.

U.S. scientists are developing an innovation that could reduce nuclear waste storage time by 99.7%, turning long-lived radioactive materials into shorter-lived isotopes.

After decades of construction, the world's first facility for permanently disposing spent nuclear fuel is set to begin operations in Finland, deep within 1.9B year old bedrock.

Canada poised to become 'one of the largest suppliers of LNG in the world': energy minister. More projects needed to hit goal of 100M tonnes exported yearly.

Canada commits \$6M to fund cross-Canada research aimed at driving productivity, that affects affordability, trade competitiveness and public finance sustainability.

The government plans to cut more than 9,000 positions from departments in the core public administration, which includes the RCMP, Treasury, Border Security.

Canada secures new economic, security, and talent partnerships with Luxembourg for financial stability, sustainable finance, fintech, and capital markets development.

Canada and Germany have signed a joint declaration of intent on AI, marking a further step in efforts to strengthen international partnerships amid global tensions

Canada officially joined the European Union's Security Action for Europe (SAFE) program, which offers loans to member states to invest in defence capabilities.

Canada secures 30 new critical minerals partnerships and unlocks \$12.1B in mining project at the 2026 Prospectors & Developers Association of Canada Convention.

13 new MOUs have been signed between Canadian and Indian universities to enabling student and faculty exchanges, research opportunities, and more.

Energy-hungry India tells Carney 'we are willing to buy whatever Canada is offering' India needs oil, natural gas and uranium.

Canada, Argentina and Brazil expect to have free trade deal in 2026, noting that talks were progressing well and could be wrapped up before September.

India and Canada have announced a 10-year nuclear energy deal and agreement in areas such as technology, critical minerals, space, defence and education.

Canada expands the relationship with Japan in defence, energy, critical minerals to trade and technology, developing deeper ties to Indo-Pacific countries.

Ontario and Nova Scotia signed a first-of-its-kind agreement to allow consumers to purchase alcohol directly from the other province's local producers.

Canadian and Nordic leaders have agreed to continue working to deepen economic ties as technology and international trade are increasingly used as a "coercive tool"

Canada aims to create 125,000 jobs by increasing military spending to 5% of GDP over the next decade, shifting away from US arms manufacturers.

More than \$1 billion going to Base Gagetown as part of military rebuilding. PM says spending on base will cover new air defence systems and transition centres

Wait—Laser Guns Are Real Now? A staple of sci-fi and children's entertainment is now being deployed by actual militaries in actual combat. Silent. Invisible. Dangerous

Labatt is the latest to join Ontario Corps, a network corps of dedicated volunteers ready to respond to local emergencies and deploy critical resources quickly.

China has built more than 1,000 waste incineration plants and now lacks enough waste to feed them, so it will begin excavating landfills as if they were fuel mines.

Canada's defence minister has signed an agreement at an international security forum to strengthen co-operation with Denmark on defence matters.

Canada announced plans to ship Ottawa-built modular homes to Nunavut

More than 30 years after Canada's military allowed women to serve in combat roles, it's now specifically designing uniforms and body armour to fit their bodies.

The Canadian navy has test-fired a new lightweight anti-submarine torpedo, achieving a major milestone in the modernization of its warships.

BMW to put humanoid robots on production line at German plant as industry turns to AI-powered robots to cut labour and manufacturing costs.

China sending humanoid robots to work at a busy border with Vietnam. UBTECH Robotics has won a \$37 million contract, to deploy its Walker S2 machines.

NPR, PBS and more than 1,500 local public radio and television station have ceased operations due to withdrawal of funding by the US government.

CRTC documentation cites two changes to the Wireless and Internet codes, one that prohibits activation and modification fees, and one that prohibits early cancellation

Scottish scientists engineered bacteria that converts chemicals made from plastic bottles into a painkiller called paracetamol, which is the active ingredient in Tylenol.

Heavy bottled water users may ingest tens of thousands more plastic particles each year than those who drink tap water, affecting lungs, hormones, brain, cancer risk.

Deli ham is now classified by the World Health Organization as a class 1 carcinogen along with smoking, asbestos, arsenic.

Lean pork (not ham or bacon) could help you live longer, with minimally processed cuts boasting the same health benefits as chickpeas, lentils and beans scientists say.

A Spanish research team says it has developed a treatment that completely eliminated the most aggressive form of pancreatic cancer in laboratory mice.

University of Waterloo researchers develop bacteria to eat cancer tumours. Clinical trials will take 2 or 3 years - widespread use in 5 if successful.

A new study links Parkinson's disease to gut bacteria and reveals that something as simple as a vitamin B supplement could slow the disease.

Bird watching - being able to remember fine details for a wide variety of bird species, help to create brains that were more efficient in attention and memory skills.

A new study reveals that short-term antibiotic treatment can significantly reduce neuroinflammation and brain cell death following a traumatic brain injury.

With the combination of LED light and tin oxide nanoflakes, we've developed a method to precisely target cancer cells while leaving healthy cells untouched.

DNA evidence indicates male Neanderthals and human females interbred more often than opposite. Perhaps females with those burly traits weren't as attractive as males.

Operation Atlantic disrupts more than \$45 million in cryptocurrency fraud, freezes \$12 million in stolen funds with the goal of returning the money to 20,000 Bitcoin accounts

Canadian, US and UK Investigators identified an additional \$33M that is believed to be linked to investment fraud schemes, and these will be investigated further.

Get Ready for a Safe and Fun Camping Season

By David Arama

At a recent Outdoors Tradeshow, I listened to a renowned presenter, talking about his extensive canoe trips into the Hudson Bay Lowlands. When asked about the life-threatening dangers of canoeing alone through endless swamps, with hordes of bloodthirsty bugs, he answered that he felt a lot safer than driving on Highway 401. That was an eye-opening statement, however, statistics bear that out. Although approximately 12,000 Canadians are reported lost annually, only a handful perish. And in Ontario, it's mechanized ATVs, snowmobiles, and motorized boats that kill the most. Camping and canoeing and hiking are very safe outdoor pursuits. In addition, numerous research studies point to wellness benefits of experiencing camping and the great outdoors. However, there are dangers of not being prepared and respectful of mother nature.



Your time camping is statistically safer than the drive there, but you wouldn't drive a car without training. The rules of the road and rules of the wild must be understood and respected for your own safety.

Don't set up tents near tall trees, or out in the open, especially if they have metal poles. Avoid low lying areas or near streams that can flood quickly.

Outdoor Functional Clothing: While fashionable clothing is always good, functional clothing for camping is more important. Having a base layer, insulation, and an outer shell, are the proper components of a camper's clothing. For cool and damp conditions, I prefer woolens and alpaca. They keep you warm even when soaked, and they dry quickly. Wool socks prevent blisters. Have a warm wool hat for the evenings, and a sunhat, especially for canoeing and kayaking. Goretex raingear is great to keep the elements out.



Paddling isn't as simple as it looks. Just getting in and out of a canoe requires a bit of know-how. Learning how to camp before you venture into the wild is as important as learning to drive before hitting the 401, but time in nature is much more rewarding.

Tip: I use Merino Wool long johns to stay cozy warm and dry in a sleeping bag. And I wear a wool hat and wool socks.

Outdoor hiking shoes are crucial when camping, best if they have high ankle support. Use water shoes when swimming and boating.

Basic Survival & First Aid Gear:

For emergency scenarios, a smart camper carries essentials for shelter, fire, water, signaling, first aid, food, and communications. Some examples are waterproof/stormproof matches, a ferro-magnesium sparker, a lightweight silicone coated tarp, solar blankets, rope and duct tape, tin can for boiling, chlorine drops, granola bars, fox-40 whistle and/or air horn, knife and saw.

Tips: Silky folding saws are high quality and cut wood like butter. For larger wood, Boreal Agawa bucksaws are amazing.

Quality Camping Gear versus Junk:

For tents and sleeping bags, I like quality brands like Mountain Hardware, North Face, Marmot, Swiss Army, and Woods. **Tips:** A sleeping bag's temperature rating only works if an underpad is used e.g. Ensolite or closed cell foam, or core-foam self-inflating like the Thermarest brand. A great weatherproof camp setup is to incorporate a silicone tarp e.g. MEC Scout or One Tigris brands, placed over your tent in one corner, and campfire in the other corner.

Lyme Disease: Wear high socks and long pants and spray your clothing with a DEET insect repellent to prevent ticks. I use Permethryn spray to treat my clothing. Its way more effective than insect sprays.

Tip: if you get a tick bite, immediately contact a pharmacy to get potent antibiotics to treat as soon as possible. Assume you might get Lyme disease, don't gamble. Lyme disease is on the rise. I try to avoid areas that have high rates of Lyme.

Insects & Wild Animals: Never leave food in or around your tents. Hang food in a tree or put it away in a vehicle trunk. For backcountry camping, I carry



bear mace spray and a whistle. Keep the cooking area and camp stoves away from your tents. Never gut fish near the campsite.

Physical & Mental Health, Experience & Skillsets: Understand your limits and current health. Select camping experiences based on your level of camping skill and experience. If a novice, start with car camping and campgrounds. Car camping at Provincial Parks, National Parks, and Private Campgrounds provides good necessities and safety, compared to interior and backcountry, and Crown lands.

Leave a Trip Plan Behind: Especially for interior camping, file a detailed trip plan with loved ones, park staff, or the O.P.P. This should include your trip route, campsites, vehicle and license plate, and description of campers, plus contact info like cellphone numbers.

Communications: Satellite Tracking Devices are inexpensive e.g. Globalstar, Garmin Inreach, Zoleo. New Roger's 5G and Starlink Satellite on Cellphones is a game-changer in less populated areas of Eastern Ontario and a paradigm shift. For a monthly fee, you can now have data and phone/SMS via Starlink satellite technology almost anywhere in the world. I still use a cellphone booster unit, even with all the new 5G cell towers.

Tip: survival and safety courses and camps for youth and adults give you an advantage by having rehearsed and learned important skills.

Now get outdoors. It's a necessity for wellness during these crazy times!

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

The Ins and Outs of the Emergency Room

By Dr. Max Buxton

A mention of the Emergency Department conjures up a variety of opinions and emotions; it is a place of desperation, hope, boredom, change, relief, and disappointment. It is seldom a place that you plan to visit, but for many it is reassuring to know that it is there and open.

The ER performs several functions; to mitigate crises when possible to alleviate pain and other types of suffering, and to diagnose, treat, and refer patients for more specialized management.

There are also several functions that the ER cannot perform. It is not a substitute for a primary care provider. It does not provide screening for disease, basic preventive care such as most immunizations, or long term follow up. Unfortunately, many of the patients seen in emergency departments do not have a primary care provider, so it becomes their only point of entry into the system. The Canadian Medical Association reported in February that 5.9 million Canadians lack access to primary care.

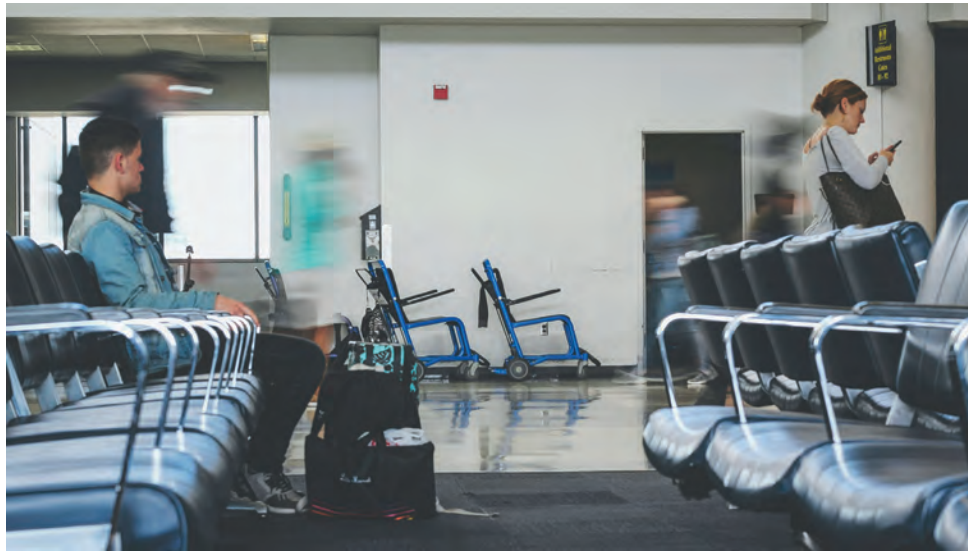
It is not always a place where a diagnosis can be definitively made. For example, many people present to the ER with chest pain, spend several hours undergoing investigation and leave with a diagnosis of "chest pain". What is important in such cases is to rule out or confirm what the patient doesn't have – heart attack, clot in lung, pneumonia, and so on. In some cases, referrals are made for further assessments and investigations.

Sometimes people are satisfied with the service that they receive, sometimes not. ER staff are all individuals with different styles of communication, experience, and expertise, so it follows that a patient's experience may vary depending on who they interact with.

For patients and staff alike, the ER is unpredictable. The next patient through the door may have a sore throat or be in cardiac arrest. Patients may arrive to an empty waiting room and still be told to expect a four hour wait if a few, or even one very sick patient demands the full time and attention of staff. In economic terms, demand fluctuates wildly, while supply remains constant.

Some patients are straightforward, some are complex, with the complexity becoming more the norm as the population ages and has access to more treatment options. Patients who thirty years ago would have died from heart disease, kidney failure, and malignancy are now living for many years with the help of ever improving technologies and medicines. The downside is that all these treatments come with their own costs, side effects and interactions, making medical management more complicated. For many conditions there are still limited options for treatment and that can be very frustrating for patients to hear.

For years, media have described emergency services in Canada as "in crisis" or "at the breaking point". There are reports of people dying in waiting rooms, of people being assessed in hallways and closets, and of ER closures – some temporary and some permanent. On one day at the end of February 2026 the Kingston Health Sciences Centre admitted 636 patients to a facility that has 570 beds in total. Many of those



Pic by Andrik Langfield, unsplash.com

admitted patients were housed on stretchers in the ER, leaving nowhere for newly registered patients to be assessed. It is of little surprise then, that the universal complaint about emergency departments is waiting time. At the Children's Hospital of Eastern Ontario, wait times for "non urgent" care can extend beyond 15 hours.

In Renfrew County, we have generally fared better than the institutions described above, though given the reality of staffing with one or sometimes two doctors, the potential to become overwhelmed always exists. Mass casualties, pandemic style illness and even busy tourist seasons can test the limits of service providers.

The determination of "urgency" is based on the old military system of triage – from the French "trier" meaning to sort – to assort patients based upon severity of injury or disease to ensure optimal outcomes.

The modern iteration is the Canadian Triage Acuity Scale, which ranges from CTAS 1 – immediate intervention required, to CTAS 5 – non emergent problems. For each level there is a benchmark time to assessment by a physician. The triage is generally performed by experienced ER nurses using specific criteria including presenting symptoms, vital signs such as blood pressure, heart rate and oxygen levels, and pain scores. The ER is no "first come, first served".

In a sense, to declare that emergency departments are "in crisis" is just coming to grips with a longstanding reality. Healthcare in the socialized model that we have is like gas. It will expand to occupy the limits of whatever contains it, that being the amount that governments are willing to extract from taxpayers to pay for it. Included in that container are all the other services we expect – hospitals, primary care, cancer care, pharmacare, etc. etc., not to mention education, defence and everything else our taxes go to support.

Awareness of the "crisis" is enough to discourage some people from seeking medical attention in the ER. Following a "negative" workup in the emergency department, patients are sometimes apologetic for having "wasted" the time and resources of the facility. No effort is wasted if a patient can be reassured or informed regarding the state of their health.

It is never wrong to seek help or advice from ER, and there are some specific circumstances wherein help should be sought immediately:

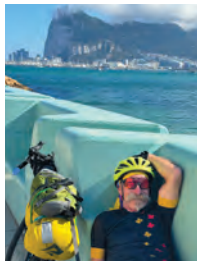
Any sudden loss of function such as incoordination, loss of vision, loss of speech, inability to move an arm or leg, or facial weakness, decreased level of consciousness or inability to arouse, sudden severe headache (particularly if associated with vomiting), visual change or decreased level of consciousness, chest pain (especially if there is associated shortness of breath, palpitations, nausea, sweating or light-headedness), and high or persistent fever.

If a patient is experiencing such symptoms, it is generally advisable to call 911 and request EMS transport to hospital rather than driving oneself or requesting a drive from family or friends. The list of presentations requiring urgent assessment is extensive, ranging from trauma to complex medical issues to mental health and addiction crises.

Just as the ER must prepare to address these wide-ranging problems, everyone should be prepared to visit an ER should the need arise. The things we all should do include:

- Prepare and carry with you a list of the medications, allergies, and medical history.
- Complete and sign an advance directive, indicating your wishes in the event of catastrophic illness or injury.
- If you need to come to an ER, do so at any time of day, but don't wait until after hours or through the night in hopes of shorter wait times. Many services are not available through the night, and no one is better at their job at 4 am.
- Bring someone with you to advocate on your behalf when your health is compromised.
- Be prepared to wait. Bring a book. Everything takes time.
- Be polite. It can be difficult particularly when you are suffering, but consciously or subconsciously health care workers will serve you better if they are treated with respect.

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



Andre Mickovitch, CFP Wealth Advisor

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A New Loop in Development

By Lesley Cassidy

Have you Heard about the New Cycling Loop in the Ottawa Valley?

A seed was planted at the 2022 Cycle Tourism conference, held in Arnprior. Richard Allen, Manager of Economic Development in Frontenac County, began thinking about the potential links between the region's rail trails after hearing about other connected trail systems from numerous speakers, in particular, avid cyclist Bob Peltzer from the Eganville area. Conversations started with cyclists, friends and counterparts in Lanark and Renfrew Counties, and enthusiasm grew.

The Eastern Ontario Rail Trail (EORT) is a new 360-kilometre loop that connects the K&P Trail, the Algonquin Trail, and the Cataraqui Trail, providing access to historic towns and hamlets to visit for a unique two-wheel experience. These connected rail trails offer an over 96% traffic-free adventure. The Ontario Highlands Tourism Organization (OHTO) came on board, and together with the municipalities involved, they're moving this new loop forward.

Cycling loops are popular, especially for a weekend getaway. It's easy to attach panniers to your bicycle or strap a knapsack to your back and explore somewhere new for a night or several nights.

Simcoe County Loop Trail

A great example of successfully connecting rail trails is the Simcoe County Loop Trail, located near Orillia,



Credit: OHTO

Ontario. Brendan Matheson, involved in tourism, came up with the idea for a 160-kilometre loop linking 11 rail trails. He two-wheeled these corridors, connecting them with short stretches along local roads, and he believed that this was a gem in the rough. He felt that, with some effort and coordination, it could be a significant tourism asset for the farming and rural areas.

Simcoe County took the lead, with the tourism division moving the on-the-ground and planning work forward. With seven municipalities and

two cities (Barrie and Orillia), there were challenges: nine unique trail policies and signage, different trail maintenance standards, and inconsistent mapping amongst the partners. So, they started with an audit.

The audit involved hiring summer students to ride the entire trail and report back. The students documented signage and trail conditions with cameras and worked with the mapping department to ensure the database reflected the trail's actual condition. Together, the communities

and County worked on a sign design for the entire Loop, including the name, the municipality the trail passes through at each sign point, distances, and road crossing names so that cyclists would know their location. Tourism worked with their regional partners, who already had a manual on signage and funding. Municipalities embraced this loop initiative. They agreed that each municipality would manage its own section of the trail, as in the past; the County would cover the cost of the signage and installation; and the municipalities would cover their long-term maintenance fees.

The County's engineering department addressed safety concerns using its existing budget. They partnered with local artists to paint trail equipment at different spots along the Loop and at trailheads to add visual interest. Bringing this Loop to fruition required significant coordination and commitment from the tourism group, the County, municipalities, and numerous rural townships.

The hard work paid off. In 2013, cyclists contributed \$300,000 to Simcoe County's economy; by 2023, that figure jumped to \$1.8 million, with over 4,100 night stays reported by bicycle-friendly accommodations. "Bicycle-friendly" refers to businesses promoted by the Ontario by Bicycle network, an organization that advocates for riding and supporting local businesses through tourism. Meeting their criteria as a business is quite easy, and they have categories for food, accommodations, attractions such as museums and more. "I'm thrilled with how it has taken on a life of its own; businesses and cyclists

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Riding the Simcoe Loop Trail enroute to the Georgian Bay area, passing by farmland. Pic by L. Cassidy



Riding the K&P Trail in Frontenac County north of Kingston. Credit: Frontenac County



Simcoe Loop Trail - Riding under the highway with plenty of signs to help with direction. Pic by L. Cassidy



Riding the Ottawa Valley Recreation Trail near Carleton Place. Credit: OHTO

have embraced the Simcoe Loop Trail," Brendan Matheson explained. "I'm proud of how the trail has brought regions together."

Eastern Ontario Rail Trail Progress to Date

Used by ATVs, pedestrians, walkers, and cyclists, these former rail corridors connect by a few road segments. OHTO secured funding through the Federal Development Ontario Tourism Fund to support some of this work. Since 2023, several milestones have been met. A detailed assessment of the current state of the three rail trails has been completed, evaluating trail conditions

and surfaces, signage, parking, restroom facilities, structures and local points of interest. This is an important first step in understanding what is on the ground. As well, the report indicated that the trail is 60% developed.

The consultants identified many strengths and numerous areas for improvement in the evaluation. For example, bridges and related structures are generally in decent condition. Trail surfaces range widely: smooth crushed limestone, perfect for all types of cyclists (hybrid, ebike, gravel bike, mountain bike, experienced road cyclists); others range from grassy, semi-overgrown lanes to rough, rocky surfaces more

suitable for experienced, self-sufficient gravel riders. Signage also varies along the trail, with some areas lacking signs entirely while others are well-marked.

Currently, the Eastern Ontario Rail Trail is in the second of three phases of development, with the end goal of having the Loop ready by 2030. This phase involves addressing the recommendations from that evaluation, and the third phase will focus on marketing.

Resurfacing work has already begun on the K&P Trail between Sharbot Lake and Calabogie. Ongoing meetings with municipalities, counties, conservation authorities and others are being held. For instance, a section of the trail previously owned by the Mississippi Valley Conservation Authority has now been sold to the Counties involved, which will begin making improvements once the legal issues are resolved.

There is a long section, approximately 75 kilometres, between Sharbot Lake and Barryvale on the K&P that has very limited cell coverage, no water stops, a rough surface and tiny hamlets with few businesses. Other sections, for example, along the Ottawa Valley Recreational Trail and the Algonquin Trail, have towns situated every 20-30 kilometres offering coffee stops, restaurants, and overnight options, and the surface is stone-dusted and easy to ride for all types of cyclists.

"That balance is actually one of the Loop's greatest strengths, and we're being very intentional about preserving it," shared Kasey Rogerson of the Highlands Tourism Organization. "The Loop offers a choose-your-own adventure where you can go as far as you want, which may be just the next town for some cyclists, or hundreds of kilometres for others." Kasey Rogerson indicated that good signage, wayfinding, accurate information for cyclists planning their ride and clear connections into communities from the trail will support the different experiences that cyclists crave.

Currently, there are several must-visit destinations near both ends of that long stretch of the K&P Trail. Clarendon Train Station, built in 1870, offers a unique accommodation experience including secure bicycle storage along the K&P. Back Forty Artisan Cheese, Cardinal Cafe, and the K&P Brewing Company are popular stops for cyclists. Once riders reach Barryvale, just south of Calabogie, the Highlands Golf Club and Restaurant offers food, a perfect "sunset

watching" patio and accommodations. Richard Allen commented that over the next few years, it will be important to work with local businesses to support incoming cycling tourists and to offer options, such as luggage transfer between accommodations and towns.

People are already riding the Loop and have approached Richard Allen for itineraries on where to stay and how to ride it over several days. He has shared ideas with them.

"It's really the diversity of landscapes here that cyclists will enjoy," he mentioned about the two trails that traverse Frontenac County. "It's undeveloped, and that's an advantage and a disadvantage." He stated that there's so much to soak in, from numerous rock cuts that make you feel you're riding through a tunnel to tons of lakes and marshlands, with the downside being that there aren't many places to stop for water, food, or accommodation – you have to be into a longer ride and a self-sufficient adventure.

"The trail itself is only part of the experience; the communities along it are what turn a great ride into a memorable trip," explained Kasey Robertson of OHTO. "The important thing to emphasize is that this is a phased project. We're not waiting until everything is perfect to invite riders to the Loop – we're celebrating what's ready now, being honest about what's still coming, and building toward a signature cycling experience in Eastern Ontario that can stand alongside the best cycling destinations in Canada."

If you are out pedalling this summer on any of these three rail trail corridors, you may notice some changes taking place. It's all part of the larger effort to create the Eastern Ontario Rail Trail. Stay tuned!



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

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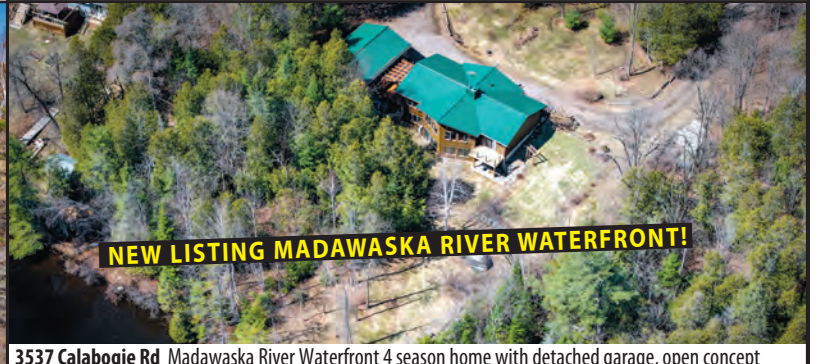
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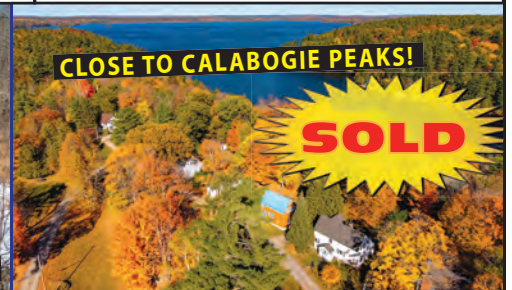
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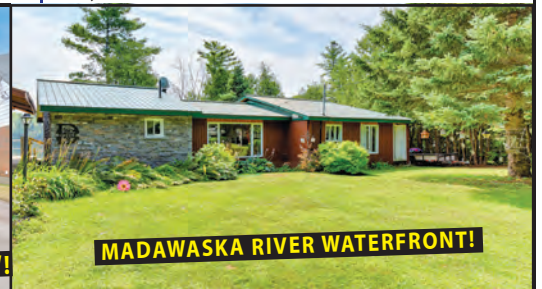
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 - 2nd prize *On a Dusty Old Road somewhere between Tweed and Flinton* by Shelley Holloway
 Youth Fiction or Non-Fiction (specify subcategory) – one prize of \$50
 People's Choice (Adults Fiction or Non-fiction) – One prize \$50



2026 CALL FOR ENTRIES!



By Lois Thomson

Judges:

Michael Joll, author and President of the Brampton Writers' Guild
 Kenneth Puddicombe, author
 Garry Ferguson, author, writer, editor, Madawaska Highlander contributor
 Diane Bickers, writer, and enthusiastic reader
 Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state their age on their entry email and must be under 15 years on October 5, 2025. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be: Primarily in English. Original. Never published before. 1400 words maximum not including the title. Should not include your name or identifying information. Should only include category and title.

Sending Stories: Enter any time before Midnight on September 25, 2026. Email your story as an attachment to info@reelimpact.tv. Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email.

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

The Madawaska Highlander connects people to a large community and every one of our talented volunteer contributors takes pride in being able to be part of something that's bigger than themselves. The Short Story Contest is an opportunity for you to be part of something special and add your name to a long list of talented contributors.

This winter, Shelley Holloway connected with us for help to publish her book of short stories, and now we are proud to offer it as a prize in the contest! We are especially proud because Shelley is a two-time winner of the Short Story Contest and her winning stories are included in her book, *On a Dusty Old Road somewhere between Tweed and Flinton*, published by Reel Impact Communications (that's us).

If you liked "Dirt Roads and Roast Chicken Chips" and "Dad Days" you will love this book... The laughter of pinecone fights, bear poop frisbee, yodelling on the lake, dune buggy adventures, magic school bus rides, and the quiet times learning and growing up together, combine to form a delightful collection of stories all ages will enjoy.

The other prize we are proud of is a second book by long-time Highlander contributor, Garry Ferguson, *The First Crow - Backroads Rumours and Recollections*, Middleroad Publishers. It follows up his first book of Madawaska Valley tales and chronicles more reminiscences as told by his grandfather and other fascinating characters from his youth.

Garry is one of the judges in the contest, so he can't enter it, but we have published some of his stories in the paper... "Coal Oil or Kerosene" and "Sittin' up", among others.

Shelley's book is available at the Griffith General Store and both Garry's and Shelley's books are available at the Pioneer Museum in Cloyne and on Amazon. *We hope this inspires you to write for the Highlander's Short Story Contest. It could launch your career!*

A number of other contributors have books for sale on Amazon including Joe Sornberger, Antonia Chatson, David Arama, and contest judges, Ken Puddicombe and Michael Joll. Find out about them and how to order at... madawaskahighlander.ca/books

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Winter Wanes in the Madawaska Highlands

By Tony Beck



Barred Owl – Once uncommon in the region, Barred Owls have slowly become one of our most visible owls. Normally nocturnal, we watched this tame individual hunting rodents during the day.



American Marten – Back in 2022, Cheryl Beillard photographed this young American Marten on her property east of Scotch Bush Rd. This small predator is difficult to see in the region. Look for these shy animals, and other members of the weasel family, like Fisher, Otter, and Mink. Image courtesy Cheryl Beillard



Blue Jay perched during Ice storm – Severe weather takes its toll on wildlife. Bird feeders often become more active during bad weather. Hardy Blue Jays have adapted well to our winters.



Adult male Eastern Bluebird – Eastern Bluebirds have returned. These cavity nesters can often be attracted to bird houses. Bluebirds are picky and able to attract them by placing Bluebird Boxes out in the open, but not too far from wooded habitats. Look for them around meadows next to woodlots.



Breeding adult male Ring-necked Duck – A regular nesting duck in our open wetlands and lakes is the lovely Ring-necked Duck. It's difficult to see the ring around the neck. You can barely make out the slightly paler band on this adult male's lower neck.

water, still in family groups and bonded pairs.

The dynamics on our property changed with March's early thaw. Inspired by breeding instincts, the first wave of returning songbirds included various blackbirds and American Robins. We were surprised to find an extremely early Killdeer in Dacre. I hope it survived. At the same time, large gatherings of over-wintering birds decreasing while pair bonding and courtship increased amongst some resident birds.

Ravens & crows became very active early in spring. Several pairs of American Crows arrived here in March while some hung around open country and residential areas all winter. Our nocturnal Northern Flying Squirrels come to the feeders if we leave them out at night. Unfortunately, our resident Barred Owl makes them nervous. On one bright day in March, we watched the Barred Owl successfully hunting Meadow Voles and Gray Squirrels. After the brief March thaw, Racoons emerged with as many as 8 snooping around some evenings. When they're active, I'll discourage them by bringing the feeders in before dark.

Snow and cold persisted into April. Major fluctuations in weather

caused some minor delays with bird migration. Regardless, they arrived mostly on schedule. A mid-April thaw brought with it more breeding birds including swallows, sparrows, waterfowl, and hawks.

A new arrival to the region, Sandhill Cranes returned in early April along with migrating waterfowl. At dawn and dusk, we often hear cranes calling from nearby wetlands. Their loud rattling call carries for miles.

Sharp-shinned Hawk are among the few predators terrorizing our local fauna. This tiny hawk can take prey twice its size. When predators are present, other wildlife becomes scarce. We've observed two different individuals attack birds at our feeding station. In late April, several Broad-winged Hawks soared high above our yard. These woodland raptors frequent local forests throughout the summer. Look for them perched along roadsides through forest environments.

Our yard is mainly surrounded by forest and wetlands. Wild Turkey flocks mostly avoid this habitat. Regardless, we've had to chase a few away. If you live by open areas, you're more likely to attract them. Turkey Toms easily impress with their ornamented head, iridescent plumage, and spectacular fanned tail. Unfortunately, their aggressive range expansion has upset the natural balance and is pushing out many native species including some rare plants, reptiles, and nesting birds.

An abundance of Cluster Flies, Western Conifer Seed Bugs, and Asian Lady Beetles are emerging all around our house. Our first mosquitoes of the season buzzed around our deck in mid-April.

Insect numbers like this have attracted a nesting pair of Eastern Phoebes. This hardy flycatcher is a welcome friend that should help reduce the number of bugs around the property. We heard our first Wood Frogs and Spring Peepers around the same date. Hopefully, they'll join the birds in devouring a substantial number of biting invertebrates.

Tick season is here. We've already found several Deer Ticks crawling on us after garden work. Don't let the bugs prevent you from enjoying the outdoors. Take precautions, and be diligent. Always curious, we thrive on discovering new life forms around the yard, even the annoying ones.

As the season progresses, I'm expecting many more birds and bugs to reveal themselves. It's our main reason for living here. I'm looking forward to seeing plenty of summer butterflies and breeding wildlife. Less inclined to hide, some birds are easier to observe than other animals. I recommend keeping both eyes and ears tuned for a lively season of warblers, tanagers, flycatchers, and hummingbirds.

As always, we'd love to hear about your recent wildlife observations. The region holds several healthy environments that should shelter lots of birds, mammals and other life forms. Are you seeing any birds, butterflies or other animals that I'm not reporting? We'd also like to see your recent nature photos taken here in the highlands. Feel free to share your observations and photos with us by sending them to TonyFM-Beck@gmail.com.

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

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





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Risk and Reward - The Story of Canada

By Bill McNaught

Events in the summer of 2025 encouraged Canadians across the nation to examine what we have inherited and how we can protect and strengthen our legacy. We began with a vague understanding that our nation has always been unique. By gathering together, we clarified the dimensions of that uniqueness. It was more than a negative definition, comparing ourselves to deficient, less humane societal models. Rather it became an understanding that we are better because our ideas are better. Canadian ideas of governance are better.

It was from this vantage point that I approached an interview with Sir Malcolm MacGregor and his wife, Lady Fiona (Armstrong) MacGregor at the 80th Annual Scottish Festival in Fergus, Ontario. Sir Malcom is the Clan Chief of my Gregg Family, who emigrated to Canada from Ballymena, Ireland in 1830 to help complete the Rideau Canal and cleared 7 farms throughout Ontario. John and Christiana Gregg settled in Vennachar around 1875. They were my great, great grandparents.

Throughout his life, Sir Malcolm has expressed an interest in the members of Clan MacGregor who left their homes and lives in Scotland to create new lives and homes in Canada, the US, Australia and many far-flung regions of the world. They brought with them the values that had been inculcated in Scotland and applied these values to their new countries.

What motivated them to leave? What differentiated them from their fellow clansmen and clanswomen who stayed behind in Scotland and Ireland?

I put that question to Sir Malcolm, hoping for some enlightening answer. Instead, he replied that he had been unable to discover any difference but perhaps it lay in risk. Risk! Risk? Not an epiphany to cut through the fog. Still as a 6th generation stubborn Scottish Canadian, I began to study risk.

My McNaught Scottish grandfather had an unusual view of Scottish stubbornness. He often told Canadian friends and neighbours, "While I have little use for a stubborn Englishman, I have to admire a Scotsman who stands by his principles!" Then he would wink.

I started my search for risk by reading *Against the Gods—The Remarkable Story of Risk* by Peter L. Bernstein (ISGBN 0-471-29563-9, 1996, 1998). Ostensibly, it is the history of understanding and measuring risk leading to the mastery of risk as it applies to the stock



To commemorate our Gregg heritage in the Tri-County area (Frontenac/Lennox&Addington/Renfrew) Gregg descendants erected in 1991 a Memorial to our Gregg ancestors in the Vennachar Cemetery. This is where they lived and staked their futures. It was here that they took on their risk.

market but also to our own lives. I began with a huge bias coloured by skepticism. His book was printed before recent stock market abnormalities such as the dot com melt down in 2001 and the black swan events of 2007-8 which began as a real estate bubble and dragged down all values. Finally, it did not explain the continuing monetary inflation bubble when American government debt ballooned from \$18 trillion in 2016 to the current \$39 trillion and still growing. Nevertheless, the analyses of author Bernstein shed great light on our modern economy in which many Canadian citizens have a stake through the stock market either directly or indirectly with pension vehicles.

According to Peter, investing is derived from our human nature. Gambling lies deep, deep, deep within our DNA. Something similar to dice have been found in Egyptian tombs dating from 3500 B.C.E. It's in our DNA. But that isn't the risk that motivated our ancestors. According to Peter, two movements broke the shackles of medieval feudalism around 1600—the Renaissance and the Protestant Reformation.

The Renaissance encouraged people to explore human nature and the world in which they lived. Author Bernstein writes, "Christopher Columbus was not on a cruise in 1492—he was searching for a new trade route". His goal? Greater, more profitable trade.

At first glance, Bernstein's iden-

tification of the Protestant Reformation of the Christian Church is a little perplexing. But he points out the new values that this movement brought forth—thrift and abstinence. These values arose from a new understanding of human existence. We are responsible for our own destinies. Based on that viewpoint, "We had no choice but to begin making decisions over a far wider range of circumstances and over far longer periods of time than ever before." And to assist in our decision making, we developed the new values of thrift and abstinence, which create surplus.

Scots, we are told, are frugal, cheap to outsiders. As the Scottish comic once related, arriving in New York for the first time, a stranger approached him asking for spare change. The comic asked him to explain the concept of spare change. Funny, yet frugality is as Scottish as bagpipes, as haggis, as porridge. It creates surplus, nothing spare.

Abstinence is the other value from the Reformation. It does not apply just to imbibing less but to all matters. Foregoing the complete usage of anything leads to the concept of saving—saving for a rainy day, saving for tomorrow. When we reject a future based on good luck, we must act to control our own lives.

From these 2 new values arose our understanding of modern existence. We have individual rights but we also have individual responsibilities. If we

are responsible for ourselves, and our families, there is no one and nothing to blame. Our ancestors understood that responsibility, yet left behind the security of being tenants in Europe. They took the risk. It was not a wild thrust into the unknown. It was an educated decision based on their estimation of their own skills as farmers. It was coupled with the other side of risk—opportunity. The risk rejected land tenancy for the opportunity of land ownership. They bet on their own skills and determination, which led them to becoming farmer-entrepreneurs, the beginning of the middle class. Together they also created a third value—generational wealth. We are very familiar with this risk from our sports heroes who reject a safe offer for a better contract in the future. We say, "Bo is betting on himself!"

There is a uniquely Canadian twist to these new values. Many Scottish settlements across Canada were settlements of communities based on the concept of clan rather than individuals. Our ancestors understood the importance of individual responsibility, and they also understood that individual success is magnified by the success of the community and country. Working together increases success. Applied to a wilderness, success together created a nation—Canada—a nation capable of Confederation in 1867, capable of purchasing the Hudson Bay lands in 1870, capable of building 2 trans-continental railroads in 1885 and again in 1916.

Yes, thrift and abstinence are important values to our Canadian character. As Bernstein concludes in his book, embracing risk "...warned people that henceforth they would have to walk on their own two feet and would have to take responsibility for the consequences of their own decisions" Like our ancestors we are continuing to embrace risk. We are still betting on our own abilities and the strength of our country and that makes Canada unique. We believe in our future. We are betting on ourselves and our children.

A foolish man recently said that the Canadian border is nothing more than a line on a map. We know better—it is a demarcation of ideas, signaling the beginning of Canadian values. Our values.

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Adaptive Ski Program at Calabogie Peaks - Building Community on the Slopes

By Geoffrey Cudmore



Above: France Lepine and Calabogie artist Kim Lepine (no relation) with her painting that commemorates France and Emile skiing at Calabogie Peaks.

60 volunteer instructors supported approximately 30 athletes at Calabogie Peaks this winter. Above pics supplied by Malcolm McKinley.

The slopes at Calabogie Peaks Resort are not just a destination for winter sport, they are a place where community, inclusion, and perseverance come together. The resort, through its partnership with Canadian Adaptive Snowsports (CADS), has offered

specialized skiing and snowboarding programs for persons with disabilities since 2004. This past year, the program had a dedicated team of about 60 volunteer instructors who supported approximately 30 athletes.

CADS is a personal journey for

outgoing Program Director Malcolm McKinley. He first became involved in 2008 as a volunteer instructor, and in 2021, he became Program Director. He has recently retired from this role. Like many of the program's volunteers, his connection began as a parent of a child with special needs who was enrolled in the program.

"Almost half of our instructors are parents or family members of athletes in the program," McKinley explained. *"They come in wanting to support their child, and they stay because they see the impact—not just on their own family, but on everyone involved."*

While CADS originally focused on athletes with physical disabilities, the program today supports people with a broad range of disabilities. Participants range in age from 4 years to over 60. Approximately 35% of participants have physical disabilities, 5% per cent have visual impairments, and the remaining 60% are neurodiverse. *"We accept everybody. It is all about diversity and inclusion,"* he said.

For many athletes requiring adaptations, the ultimate goal is

independence. More than half of the athletes are stand-up skiers, often beginning with a tether system that allows instructors to assist with speed control and turning. With time, practice, and individualized instruction, many athletes progress to skiing on their own. To assist with this, Instructors prepare a detailed lesson plan for each day of instruction. McKinley emphasized that success looks different for every participant, depending on their abilities and goals.

The program maintains high standards for its volunteer instructors. All must be at least intermediate-level skiers, and more than half have completed the formal certification courses required and delivered by CADS National, ensuring a safe and supportive learning environment.

The leadership of the program has passed now to Patricia Malloy, who brings decades of experience in adaptive sport. Malloy joined the Calabogie Peaks program as an instructor in 2023. Her involvement in adaptive snow sports began more than 30 years ago as an instructor at a resort in Vermont.

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A National Milestone: 50 Years of Inclusion

In 2026, Canadian Adaptive Snowsports celebrates 50 years making winter sport accessible to Canadians of all abilities.

What began as a visionary idea by Jerry Johnston, a ski school director at Sunshine Village in Alberta, evolved into a national movement that redefined inclusion on the slopes. Inspired in the early 1960s to teach young people with disabilities to ski, Johnston officially founded CADS in 1976 alongside a team of dedicated volunteers. Their innovative teaching techniques and adaptive equipment opened the world of skiing and snowboarding to participants of all abilities, setting a new global standard for adaptive snowsports. Early programs were designed to support individuals who faced significant physical barriers to alpine skiing at a time when adaptive instruction and equipment were still in their infancy.

The organization's reach has now broadened significantly. CADS programs serve participants with a wide range of needs, reflect advances in adaptive technology and a growing commitment to inclusion in sport.

What began as a special local initiative has evolved into a nationwide network of programs at ski resorts across the country.

CADS has trained thousands of volunteer instructors and created pathways not only for recreational participation but also for high-performance competition. Through initiatives such as Carve the Future, developed by CADS and Alpine Canada in collaboration with partners, CADS supports the development of competitive para-alpine skiing and snowboarding.

McKinley was proud to share that CADS Calabogie alumni Brian Rowland, not only competes on the World Cup circuit, but also represented Canada at the 2026 Paralympic Winter Games in Italy. He feels Rowland is an excellent example of how grassroots adaptive sport can lead to the highest levels of athletic achievement.

Community Support and Program Sustainability

Sustaining the Calabogie program requires ongoing community support, and fundraising remains an ongoing challenge. The annual budget for the

eight-week program is approximately \$27,000, with most of the funding going toward lift tickets and equipment rentals for both athletes and instructors. Additional costs include maintaining specialized adaptive equipment, including eight to 10 sit-skis, which can cost upwards of \$12,000 each to replace. Organizers rely on raffles, 50/50 draws, and the generosity of corporate sponsors, including Lepine Apartments, who are a major supporter of CADS programs across the National Capital Region.

That spirit of community support was highlighted at the recent 50th CADS Anniversary luncheon in March. Local artist Kim Lepine, who was inspired by the program, had created a painting of an athlete using a sit-ski, which was raffled and raised \$1,100 for the program last year. In the fall, she was asked by the CADS Calabogie team to create a tribute piece showing France and Emile Lepine on the slopes. Emile had been a longtime participant in the program and passed away at the age of 25. The painting was presented to France Lepine at the Anniversary luncheon in memory of her son and recognition of her family's generous support to CADS. In a moment that reflected the heart of the program, the presentation underscored that beyond instruction and equipment, the adaptive snow sports community is built on relationships, generosity, and shared experience.

Military Sports Clinic

Another important extension of CADS programming in the region is the annual military and first responders' initiative. The CADS-NCD Winter Sports Clinic at Calabogie Peaks Resort

offers five days of adaptive skiing, snowboarding, instruction, and meals for injured veterans, RCMP members, and police officers. The clinic is held annually in February and supports participants with a wide range of physical and psychological needs providing both recreational opportunity and rehabilitation through sport. The 2026 clinic ran from February 8 to 13, bringing together participants and volunteers in an intensive week of adaptive skiing and community support.

As the program looks ahead under new leadership, its mission remains unchanged: to ensure that the joy of snow sports is accessible to all.

At Calabogie Peaks, that vision continues to come to life—one run at a time.

- **If you have a child with special needs or are an individual with special needs,** and wish to look into joining the CADS Calabogie program as a student/athlete, please contact Patricia Malloy at annpatricia.malloy@gmail.com 437-428-2993
- **If you are an experienced skier and wish to become a volunteer,** please contact Patricia Malloy at annpatricia.malloy@gmail.com 437-428-2993
- **If you would like to learn more about the CADS National Instructor Training program:** cads-ncd.ca/contact-cads-ncd/get-certified
- **If you would like to donate to CADS Calabogie,** you can go to their website: cads-ncd.ca/contact-cads-ncd/donate. Then select Calabogie Peaks.

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Please support these people, organizations and businesses in their endeavors as they are good community sponsors and deserve our support. If we have left off any contributor please accept our apologies.

The Denbigh Griffith Lions Club thanks you so very much for your ongoing support!

Everyday Moments become Generational Treasures By Lois Thomson



Playing at the Edward (Ned) Inwood Sawmill - Denbigh, 1951 (Mary (Hope) Forbes Album. Go to Flickr.com/photos/CDHS and use the small magnifying glass icon to learn more.

In the Winter 2026 edition of the Madawaska Highlander, we included the sawmill photos and information, above, that I got from the Cloyne & District Historical Society's Flickr site. In February we received a lovely hand-written note from Ina (Grant) Newman who provided more information and a correction to the caption. This is what she wrote:

Re. Winter 2025 edition,

Having read and lived in that area all my life except three years in BC, now in Northbrook.

The name "Gilbert Inwood Sawmill" should be Edward (Ned) Inwood Sawmill. He built that in the 30s or 40s in his back field near Hydes Creek, moved it later to the west side of Hwy 41, below his residence on the east side of Hwy 41

on a hill. Ned and Ina had a large family (as they all did then). Ned called his wife Mina.

Their children and I walked past this mill to and from school, which was SS#7 Swamp Road. Normand was the oldest and Gilbert was 3rd or later.

My Dad owned property on the site of Camp One where they were building the 41 Highway that was on our cow pasture, so we drove cows down in the am and drove them home at night on our way home from school. We had to cross Highway 41. The sawmill was on the opposite side of the gate, west of Hwy 41.

We lived south on 41 from Ned's house. I was five years old and walked a long ways. I could have been one of those girls in the picture. We would take

our shoes off and play in the sawdust. (A few snakes played too.) When I was in Grade 5 or 6, moved to Denbigh. Had to. Our school burnt. Viola John was our teacher. Ned Inwood's daughter Wild and I were the only two girls in the school at one time.

I was married in 1951, lived in BC for 2 to 3 years, and came back home in 1953. I am 91 and lived it and remembered it. Whether Gilbert bought the mill or not when I was away when I came back it was Neds' owned and built it. Have it checked out.

Sincerely Ina (Grant) Newman

Ps. If anything I don't agree with, I try to get to the bottom.

The photo below, labelled "School Girl Grace Glaeser" is one of the most popular on the CDHS Flickr site. Grace Glaeser, now Grace Kenny was born in Denbigh in 1928. This photo was taken when she was 8 years old. Grace's father Richard worked as a blacksmith for T.A. Wilson Lumber - her aunt and uncle, Adolph and Eleanor, owned Glaeser's General Store in Denbigh. It has to date received 3,771 views on Flickr. She had no idea she would be a little bit famous almost a hundred years later. Photo: Peter and Mary Jane Turner Album, Flickr.



The Cloyne and District Historical Society relies on donations and annual memberships to support their Pioneer Museum in Cloyne and the work of the Historical Society to preserve everyday moments like this in photos, artifacts and stories. The annual membership is \$10. Donations are also welcome, with receipts given for donations of \$10 or more.

Learn more at pioneer.mazinaw.on.ca/membership

The Pioneer Museum in Cloyne is open from the end of June until Labour Day.

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Samantha Youman's Diary - January 9 to February 17 By Antonia Chatson

Samantha Maybe (1877-1951) married Dave Youmans (1834-1912). Dave Youmans was granted land by the government, Lot 21 Conc 7, 62 acres, and Lot 22 Conc 7, 32 acres. When they married, they lived on the former piece of land, which is just north of the junction of Chatson Drive and Pumpkin Street in Denbigh. In 1896, their daughter Samantha, married Oscar Chatson. Oscar had purchased Lots 13 and 14, Concession 6 from George Sweetnam, and they moved into the house that was on Lot 14 and lived there until 1911 and farmed the land. Four children were born to them, a daughter in 1899, who died the same day, Roy (1901-1930), Clarence (1905-1975) and Herbert (1908-1992). In 1911, the family moved out to live with Oscar's aging parents on Lot 20, Concession 6 to help them out.

Samantha's diary provides an insight into the daily lives of folks back then.

January the 9 1899

It has been very cold today the roads are bad Maggie was here today she wants me to help her quilt tomorrow. There was a stranger here today I never saw him before. We ought to be careful what we do and say.

January the 10

Well I just got a letter from Jim. I guess I was glad to hear from him. I helped Maggie quilt today. It was a cold day. Elle was home today but I did not see her. I always like to see Elle. Fred slaters are here tonight Gertie went to Bible class I was glad to hear from Jim. May God watch over my boy Jim and all the rest of the family

January the 11

It is not so cold today. I cleaned the floor. Gertie went to Josephene's and Wesley Conners and Asa was here. I feel well today. Jenny Youmans is here tonight.

January the 12

I baked bread and Gertie baked ginger snaps. Pa went to Denbigh and bought Jenny a pair of boots. She was the glad little girl. Gertie has got the toothache.

January 13

I had visitors today. Mrs. Ball and her son was here for dinner. Aunt Kate is here. Mr. Erwin was here asking charity for to old couple by the name of Machesney's. Pa gave him some flour. It is better to give than to receive. Gertie went to Joe's.

January 14

It has been storming today and I churned and sewed some. Joe and Dave was in for a few minutes. Mack got home from Joe's this afternoon.

January 15

Elle and Oscar were here today for a visit and Dave and Joe was here. I got a letter from Jim and Minnie. I was glad to hear from them. Pa and Elle is singing and Ellie is playing the organ. What a friend we have in Jesus all our sins and griefs to bear what a privilege to carry everything to God in prayer.

January 16

Not well today. I got dinner and is all I wanted to do. Aunt Kate is here and Adda Youmans is here. Gertie washed. Albert Stein is here.

January 17

I have been knitting today. Gertie went to Denbigh. Pa was breaking roads today. Sam Lane was here. Live hopefully that you may bear with patience the burdens of the day.

January 18

It is very cold and we have just had our dinner and now I am going into Elles to get my waist cut and skirt made. I am not coming home tonight. Gertie is a going to keep house. Dave was here this morning and Frank Blackley.

January 19

Stayed all night to Elles and got my sewing most done. There was an old beggar man came to Elles and stayed all night. He scared Elle and I. He could not stand on his legs. He would scare anyone to get a good look at him.

January 20

Got home from Elles and finished my skirt and Gertie had the house all cleaned nice and baked bread. Pa is reading a sermon in the newspaper, one of Talmage's sermons. He likes reading them.

January 21

Mr. Caswell and Dave was here for dinner. They are drawing logs for Pa. It has been storming. A good deed is never lost.

January 22

There has been no one here today. Mack has gone to church and Pa has gone to bed. I wrote to Jim today. I expect a letter from Maryan. I wish I had it tonight. Whatsoever a man soweth that he shall also reap.

January 23

Visitors Aunt Kate and Mrs. McGowen was here. I baked bread and was busy all the time. Mr. Wattam the minister was here for a call. Pa is tired tonight. He has worked hard. Leave no tender words unsaid. Do good while life shall last.

January 24

There was no one here today. Gertie went to Denbigh and Pa is away today and I have been all alone. Guide our footsteps with thy mercy show us all the way to go.

January 25

I have been busy all day. Maggie was here and brought me a nice pan full of meal. I will have a Johnny cake. Jenny was here this morning. Mr. Barnet is here. I would like to hear from my brother Malcolm tonight.

January 26

I am not very well. Mack came home from Joe's sick. Joe and Dave was here for a little while. It has been a snowing and blowing. I expected a letter tonight but got none.

January 27

It is a dreadful cold day and the roads are full of snow. Mack is some better.

January 28

I am tired tonight. I was busy all day. Mack is sick yet. I hope I will get a letter tonight. I would like to hear how my dakotos girl how they are getting along. Do good to those that despitefully use you.

January 29

It is Sunday night and I am lonesome but I had a good rest today. Joe and Dave was here this afternoon and stayed for supper so teach us to number our days that we may apply our hearts unto wisdom.

January 30

I have got a bad cold. Lette Jenny and Dave was here and stayed all night. It is all I can do to help a little with work. Remember the sabbath day and keep it holy.

January 31

This is the coldest morning we had this winter. Joe was in today. Pa and Joe went to Denbigh. Maggie was here today. I got a letter from Minnie and was glad to hear from her.

February 1

We have got bad colds. I think it is the grip. It grips tight. I made out to bake bread today. There is no one here today but Zunda Glasner. Our cow had a calf today. Gertie says she knows how to kick.

February 2

It has been quiet here today. Mack is not much better. I am some better tonight. I guess the old bear saw his shadow. He will have to den up and suck his cold paw for a while.

February 3

Pa and Dave went to Vennachar. Pa bought one dollars worth of sugar. Maggie and Dave was and got our horses and went to Denbigh. There was a man here from Napanee a selling men's suits. Gertie bought a nice tablecloth and towels.

February 4

Aunt Kate is here. She is going to stay all night. Dave was home this morning. Gertie baked 4 apple pies and a jell cake. It looks like a storm.

February 5

Aunt Kate went home. Joe and Josephene was here and stayed for supper. Elle was home for a little while. Oscar is getting better. There is no service. Our preacher is sick.

February 6

We washed today and Maggie and little Andrew and Mrs. Mallory was here. Pa got a letter from Jim. I am tired tonight. I have been busy all day.

February 7

I am not well today. It has been a sorrowful day to me. Elle was home for a visit. I was glad to see her. Dave was here for supper. the Bible says he that is without sin must throw the first stone.

February 8

Mr. Chatson's house burned down today. Mr. Chatson got his face and hands burned badly. There loss was heavy. They lost a lot of their best clothes and bedding. (Mr. Chatson would be Francis Chatson. He and his wife Bertha lived on Chatson Drive Lot 20 Conc. 6. The house that burned was a log cabin. In 1903 the current house was built by

Fred Chatson, the son of Francis and Bertha.)

February 9

It is a very cold day. Joe and little Dave was here today.

February 10

It is a bitter cold day. Joe was here a little while. I have got a pain in my back. It's bad tonight. Mr. Dool was here too and Pa paid him for thrashing.

February 11

Mack and Gertie and Phil has gone to the conort (sic) to Denbigh. I baked bread today and clean the floor and churned. I got a letter from Kae. The Dekota friends are all well.

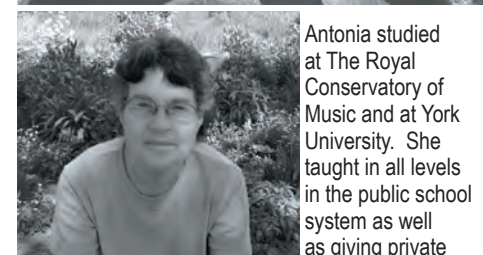
February 12

It has been a lonesome day. There has been nobody. In thou knowest my down setting and uprising thou understandest my thoughts.

February 13

The weather still keeps cold. Dave was here the afternoon and Mrs. Petsalt was here and Maggie was in today. I am some better. I hope I will get better soon. God is angry with the wicked every day.

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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The Night Sky - A Fading Beauty Part 1 of 5 in a Series about the Perils of Light Pollution

By Rick Scholes

At some point in your life, unless you're an urban dweller that's never left the inner city, you will have beheld a crystal-clear night sky full of bright stars, the splash of the Milky Way arcing overhead. Do you remember it? Perhaps you were at a cottage, or camping, or in a dark sky preserve such as Manitoulin Island or Mont Megantic. Was it not breathtaking? Under a truly dark night sky, the Milky Way can even cast a shadow!

Humans, and indeed all life on Earth, benefit from night time. An alien observer might not guess this, based on how much we illuminate it. The millennia over which we evolved were lit only by the pale moon on its monthly circuit around the Earth. We need darkness to activate the hormones that prepare us for sleep. Morning light activates different hormones to wake us up, the night/day cycle regulating our circadian rhythms. All plants and animals, flying and sea creatures, have adapted to night time in different ways. Human eyes have separate receptors for daylight (cones) and low light conditions (rods). Too much light at night renders our rods ineffective.

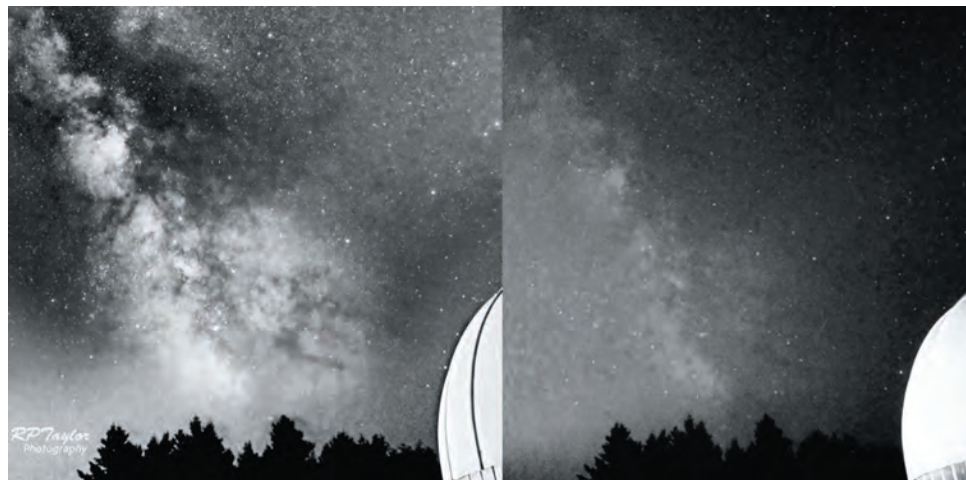
Artificial light has been available for only the blink of an eye in evolutionary terms. It was just a hundred years ago that incandescent electric lights became the dominant light source across the developed world. Today, it is estimated that 30% of all humans and 80% of North Americans are unable to see the Milky Way from where they live. Ninety-nine percent of humans live under light polluted skies.

The degradation of our night skies at the Fred Lossing Observatory outside of Almonte is demonstrated in the photos to the right. The photo on the left was acquired with image processing techniques to show how the Milky Way should look, and would have looked five decades ago. The photo on the right approximates how it appears to the naked eye now, in 2025.

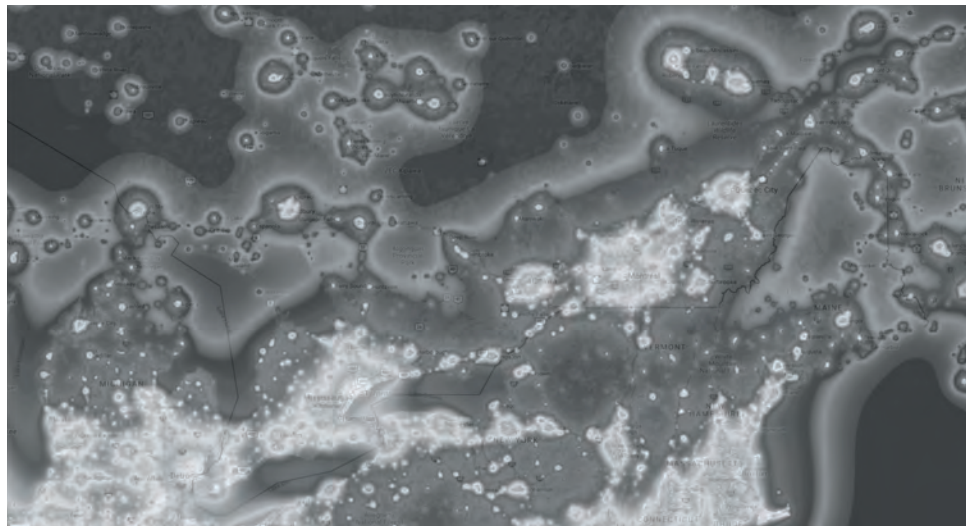
The night sky is a natural resource. Culturally, it has been a source of beauty, inspiration, and storytelling throughout history. The stars had practical uses too, for navigation, determining latitude, and measuring time. Like all natural resources in today's world – air, water, trees, wildlife – the night sky is under threat. We are awash in artificial light. Much of it is unnecessary. As a result, thousands of individual stars and the billions that together form the Milky Way are washed out. It's another way we've become disconnected from nature.

Most of us shuttle from brightly lit homes along brightly lit roads to brightly lit workplaces, where we stare at bright screens. It is easy to forget the stars unless you happen to be an astronomer, studying the night sky out of personal or professional interest. Astronomers were among the first to sound the alarm about what we call "light pollution". In a sense, astronomers were like canaries in the coal mine, warning of an impending threat. This threat now affects nearly everyone because humans and our natural resources are connected, ultimately dependent on each other.

Light Pollution (LP) can be defined as either light directed upward into the sky, or excessive or unnecessary light that impairs vision. Light pollution



Past and present views of the Milky Way. The Aurora Borealis and the Milky Way are beautiful... in the dark.



In 2001, amateur astronomer John E. Bortle created "The Bortle Scale" to help skywatchers evaluate and compare the darkness of night-sky observing sites. Most of the north is 1, Much of the Highlands have the darkest skies in Southern Ontario at 2, Toronto is 9. Click on areas on the light pollution map at lightpollutionmap.info to see where we have dark skies that need to be safeguarded.

wastes energy, messes with our sleep, and poses a potential safety hazard. The energy that light carries off into the sky or our neighbour's homes is squandered, as are the dollars spent to create it and consume it. Light is now cheap, and cheap things tend to get wasted. In case you think there are no major consequences to the average person, consider that Dark Sky International has estimated that 21 million tons of CO2 was added to our atmosphere because of unnecessary lighting in 2024. In other words, it contributes to climate change.

The term light pollution came into use about 50 years ago. Awareness and concern about pollution of all kinds – air, water, land, noise – entered the mainstream in the 1960s and 1970s. It's ironic that light pollution has been a less visible problem. And compared to other environmental challenges we face, it's as easy to combat as ... switching off a light.

Satellites have mapped and monitored worldwide LP since 2006. This data is available online so you can zoom in on your area and year of interest. A recent world map is reproduced above. False colours indicate the amount of light reaching the satellite. Oceans, unlit and unpopulated, are dark so the outlines of the continents can be seen clearly. The most light-polluted areas are white, red, and orange: Eastern North America, Western Europe, the Middle East, India, and the Far East coastlines. Moderately lit areas are green and blue, the least are grey and black.

Light pollution comes in three main forms: skyglow, glare, and light trespass, as described below.

Light going upward doesn't just disappear into space. It causes skyglow. Skyglow is light that reflects back to us from air and water molecules and aerosols (dust, chemicals, other pollutants). The skyglow over population

overlooked because of fallacies about what constitutes safety. Glare is light that temporarily blinds you, an obvious safety problem. A final objectionable aspect of light pollution is light trespass: light that trespasses onto someone else's property.

All biological systems are impacted by light pollution. Numerous studies have shown that trees and gardens, birds and insects, nocturnal predators and even aquatic creatures are affected.

What can be done? That's where light pollution abatement (LPA) comes in. LPA is a growth business. More and more people are recognizing the benefits to us and the ecology in general. Consequently, manufacturers are offering new products that pollute less. Lighting engineers educated about these concerns are taking them into account in their designs. Communities are addressing excessive lighting in their property standards and bylaws. Individuals have plenty of options when it comes to making better lighting choices. But there are still many people and organizations that haven't considered the problem or the solutions, hence the need for increased awareness.

Over the past ten years a game-changing new lighting technology has been widely adopted: LED lights. As with any new technology, there have been unforeseen consequences and ill-considered deployment. This has caused setbacks to our progress on light pollution abatement, as explained in Part 2 of this series. Other upcoming articles will discuss the effects of artificial light on the ecology and health, misconceptions about the links with safety and crime, and the various light pollution abatement initiatives that we can pursue.

In the meantime, think about the last time you saw that perfectly dark night sky and an awe-inspiring view of the Milky Way. Think about how that made you feel, and how wonderful it would be to regain some of that fading beauty. If you are lucky enough to live in a dark sky area, consider what can be done to preserve it.

This article was adapted from the original version published in the MillStone News online. Part 2 in this series, "The Night Sky: LED Revolution", will discuss the advantages and threats presented by this new technology that now dominates many lighting markets.

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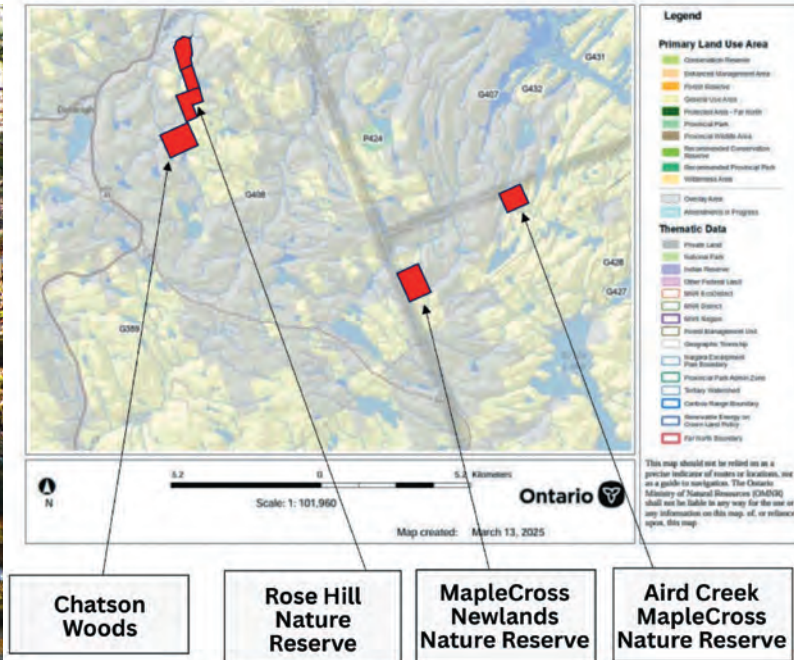
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Mississippi Madawaska Land Trust Secured 198 Acres of Wilderness in the Madawaska Highlands in November, and another 93 Acres in Lanark Highlands in March.



Defined by towering pines, mature hardwoods, and stands of old-growth cedar, the Aird Creek MapleCross Nature Reserve's forested ridges are bisected by the meandering Aird Creek and a broad wetland valley. The diverse habitats, old-growth characteristics, and intact forest and wetland ecosystems make it a vital refuge for wildlife.



The map shows the proximity of MMLT properties that connect to Crown land. MMLT currently protects 16 properties comprising 4,201 acres of conservation lands with significant ecological value, including: 3,657 acres of forests, 470 acres of wetlands, 74 acres of grasslands, in an area that extends from the western part of the City of Ottawa in the east to Lake Mazinaw and Highway 41 in the west, and from Sharbot Lake in the south to the lower Madawaska River in the north.

The Mississippi Madawaska Land Trust (MMLT) has permanently protected Aird Creek MapleCross Nature Reserve, an 80-hectare (198-acre) expanse of rugged wilderness in the heart of the Madawaska Highlands.

The reserve supports a rich diversity of life, including Black Ash (Threatened) and Eastern Wood-Pewee (Special Concern), as well as Blackburnian Warbler, Yellow Lady's Slipper, Fen Orchid, Leatherwood, and Moose — species that reflect the property's exceptional ecological value.

Aird Creek MapleCross Nature Reserve is located near three existing MMLT nature reserves – Rose Hill, Chatson Woods at Rose Hill, and MapleCross Newlands, together forming nearly 1,150 acres of protected wilderness. This growing cluster of conservation lands enhances habitat connectivity and wildlife corridors across the Highlands, ensuring species can move and thrive in a changing climate.

“Aird Creek MapleCross Nature Reserve captures the essence of the Madawaska Highlands — wild, rugged, and ecologically rich,” said Steve Kotze, President of MMLT. *“Protecting this land ensures that its forests, wetlands, and wildlife will continue to thrive for*

generations to come. This achievement reflects the dedication of our donors, funders, and community who make lasting conservation possible.”

The Aird Creek project was made possible thanks to generous contributions from community donors, and major financial support from the MapleCross Fund, Echo Foundation, the Government of Canada's Natural Heritage Conservation Program (part of Canada's Nature Fund), and the Greenlands Conservation Partnership program, an initiative funded by the Government of Ontario and administered by the Ontario Land Trust Alliance. These same funding partners also contributed to the recent protection of the nearby MapleCross Newlands Nature Reserve, further strengthening conservation outcomes in the region.

“Thanks to the leadership of the Mississippi Madawaska Land Trust, the permanent protection of Aird Creek MapleCross Nature Reserve marks a meaningful step forward in conserving species at risk habitat and safeguarding ecologically rich wilderness in Ontario's Madawaska Highlands. The Government of Canada is proud to support projects that protect lands with exceptional biodiversity and climate-regulating benefits for future generations.” – The



The Clyde Lake land features a tall, forested ridge that rises from the shoreline of Clyde Lake about 100 metres before opening into gently rolling upland forest and a small wetland area. The property sits close to two existing MMLT nature reserves – Blueberry Mountain at CliffLand (3 km southeast) and Clydelands (5 km southwest).

legacy.” – The Honourable Nathalie Provost, Secretary of State (Nature)

“The Greenlands Conservation Partnership program is helping to secure some of Ontario's most remarkable natural landscapes, including the rugged beauty of the Aird Creek MapleCross Nature Reserve. Protecting these lands means preserving vital habitats and ensuring these wild places can be experienced and appreciated for generations to come.”

– Todd McCarthy, Minister of the Environment, Conservation and Parks

MMLT will undertake baseline species inventories and ongoing stewardship at Aird Creek MapleCross Nature Reserve to guide long-term management. The property also holds potential for low-impact public access, including a modest footpath for nature appreciation and education.

MMLT also finalized the transfer of a 93 acre Clyde Lake property, in Lanark County, south of Calabogie, on March 26. They continue to raise funds for the Stewardship Endowment Fund and other associated costs. To date, they're more than half way toward their \$50,000 goal. Donations directed to this initiative will be gratefully accepted through May.

Donations can be made online at mmlt.ca/donate (with a note indicating the Clyde Lake project)
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Hugs for your Mother Tree

By Colleen Hulett



Big Lonely Doug of BC was spared by loggers in 2002 and is one of the oldest trees in Canada. It is a Douglas Fir and is 1000 years old, 216' high and 12' in diameter.



Derecho storms are becoming more common as the climate changes, like the one that destroyed wide swaths of forests in Ontario and Quebec in 2022. This kind of destruction is not a natural disaster. It's an unnatural one.



Trees Breathe in carbon dioxide and exhale oxygen through their bark using lung-like lenticels which are the whitish slits all over this sour cherry tree bark. They can be different shapes and sizes on different bark. Right: Mycelia under a wood chip. 95% of plants, bushes and trees are attached to one or more mycorrhizal fungi that form an underground 'communication' network in the soil with the mycelia web wrapping around root tips.



Have you ever heard there is no such thing as a 'natural disaster.' Geographer Neil Smith said this in 2005 when he was referencing the unnatural disaster left behind the path of hurricane Katrina. Tragically, Katrina flooded 80% of New Orleans. Smith acknowledges we do have natural hazards like earthquakes, for example, but clarifies how recent disasters, like unusually long droughts, mega floods, crazy storms or long fire seasons, etc. are 100% man-made and not anywhere near natural. This clarification

gives me hope that man-made (climate-change) disasters can be mitigated with humankind's ingenuity, will to live, and kindness to all. This is not a tall order.

One person is not expected to save the planet, but we are all expected to do something meaningful. If you are human, you do have to choose something to help mitigate the warming of our planet. Every other species on earth doesn't have to choose... they are already on board working hard to sustain their niche. It is important to note how no mammals can adapt to a warming planet... we just slowly die off. Since the 60's several large mammals became extinct. Sadly, we lost a grizzly bear, a tiger, a rhinoceros, an ibex, a tortoise and a cow species. In 2024, the International Fund for Animal Welfare (IFAW) lists 14,000 species on the road to extinction, including polar bears, emperor penguins and

30% of insect pollinators. The United Nations reports there are hundreds of thousands of human deaths annually to climate change disasters and related health impacts.

British Columbia's Valerie Langley (board member of Canopy, Forest activist & conservationist) notes how people commonly ask her 'How can I help?' She replies with: How do you want to help? She believes people need to choose what they want to do and just do it. If you choose with your heart and do what you love, you will be a part of the solution. Most of the tossed garbage landing on the shores of other continents is coming from North America.

What do you like to do? I am a citizen scientist for two non-profit environmental organizations. You do not have to volunteer, though. You can make money helping the planet too. Invent something, discover something, uncover something that will benefit our planetary ecosystem... Our choices are unlimited. At the very least, teach your children well and buy only what you need. Recycle, Reuse, Reduce in your home, especially reduce cardboard and paper packaging products. These products are killing ancient forest ecosystems at an alarming rate. Old trees (not seedlings or young trees) are extremely efficient in carbon capture and making the oxygen we breathe. Practicing the three R's will quickly become second nature.

There is hope for our planet. In 2022, 195 countries agreed to the 30x30 project which was created to commit to having at least 30% protected land on Earth by 2030. 2030 is only four more years away and Canadians need to keep an eye on it. Algonquin Park is actively being logged and isn't on a protected list. Yikes.

Langley and Canopy Planet, a non-profit international protector of ancient forests calculate we need to cut out using 60 million tons of packaging and paper yearly to sustainably manage our existing old growth forests. Ancient trees are the lungs of the earth. According to Canopy, boreal forests circle the northern hemisphere like a green ring and hold the largest tracts of intact forests on the whole planet. Canada has 25% of the world's boreal forests. They cover 55% of Canada's land mass. 70% of Indigenous in Canada live in forested regions. I think you can say trees are a thing here. Canopy also reports 400 billion trees are logged yearly for the entire pulp and paper industry, meaning packaging like boxes and cellulose food wrapping, plus paper products. Packaging and paper accounts for 75%

of logging. That is 3 billion trees yearly just for paper and cardboard boxes. 95 trees are cut every second to make cardboard packaging and cellulose wrap. This wrap is rapidly replacing plastic so the demand for logging is growing. The wood fibre textile industry (i.e. viscose) logs 150 billion trees annually, including those from endangered and primary forests.

To help mitigate unsustainable logging practices in British Columbia, Forest ecologist Dr. Suzanne Simard did something big — she anthropomorphized trees much to the chagrin of her fellow scientists. In the science community it's understood that only humans have human qualities, not trees for heaven's sake. Simard calls ancient hub trees Mother Trees. Trees that are hooked up together in a forest. Trees are not individuals. Simard scientifically proved how trees 'talk', how the trees feed their young and share their leftovers with other tree species' seedlings especially if their 'mother' dies. Simard discovered how mother trees warn other mother trees about impending dangers such as insect infestations, coming storms, etc. through the fungi mycelial underground network in their soil. Simard coined this amazing communication network, the Wood Wide Web. It helps us visualize how it all works like the internet. It's all quite astounding and is mainstream knowledge today. Biologists recognize how 95% of tree and plant roots in forests are wearing a complex mycelium 'sock' which the tree uses to communicate to and feed the seedling understory which would die without the mother tree's generosity. In 1880, Charles and Frank Darwin proposed in *The Power of Movement in Plants* how the "plant root tips were very sensitive and act similar to the brains of lower animals." They observed plants "receiving impressions and directing movements."

Simard has received flack from some scientists with her anthropomorphism of trees. Thankfully, she stuck to her ideas and proved how trees ingeniously 'mother' the forest ecosystem to maintain the forest's life and her own life. Simard herself and her line of ancestors were BC loggers. Trees were her playground, but she became disappointed with present-day clear-cutting methods. Only 50% of all trees logged is used and the rest is destroyed and left behind. It will take 80 years to grow a mature enough forest for logging again and longer to return to its normal self. She knew ancient trees surrounding her were extremely important and set out to prove it. Today, she is a professor at UBC

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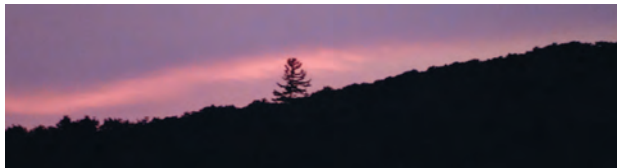


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Matawatchan has a very connected old growth forest, due in part to its rocky, hilly terrain and early loggers who saved mother trees for regrowth.



Stunted trees don't show their ages. The oldest tree in Canada

200-400 year old Oak in Ottawa at Dows Lake. Trees are a social species and do not like to be alone.

is a 1330 year old stunted white cedar on the Niagara Escarpment.

and has her students proving her theories over and over again.

Canadians Simard and Langley both understand sustainable forest management well. We need to support them with their lifelong work. They both stress we can still log at constant volume but we just have to do it differently and responsibly by not removing any mother trees, ever. Let them live their life so we can live ours. Don't get me wrong, Canada is the world leader in sustainable forest management, but we still have to do better.

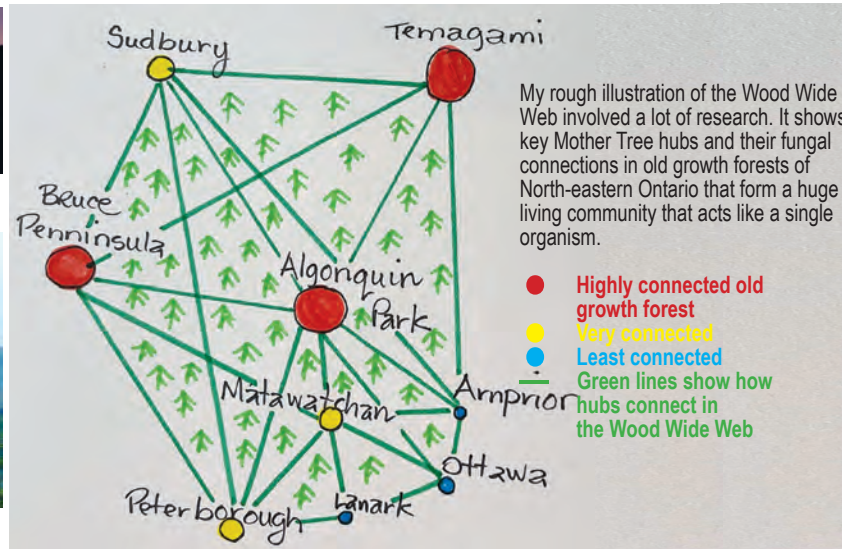
In 2015, Dr. Simard started the Mother Tree Project to study their significance to our survival and also to get BC citizen scientists to GPS ancient mother trees in their communities to eventually get them registered to the protected species list to spare them from bulldozers which destroy the ancient se-

crets of the Wood Wide Web. I call it the fungal tapestry of life. Simard cannot be everywhere, and ancient and old growth trees deserve citizen scientists to locate and document them. Simard encourages all Canadians to GPS the remarkably old trees around them on the Inaturalist app or drop a pin in your smartphone map app to get these trees protected. Canopy works similarly to protect ancient trees around the world.

Why save ancient and old trees? Dr. Simard has proven many reasons already. Mother trees hold ancient lifesaving knowledge of ecosystems. Mother trees have been proven scientifically to be the central hub of the highly connected wood wide web under our feet. Mother trees massively outperform younger trees in every aspect. She performs inter-species nutrient transfers, she supports seedlings and offspring

who couldn't survive in her shade otherwise. She can recognize her kin. She has a communication and defense signaling system for the forest. Due to her massive size and large photosynthesis capacity, she can sequester and store an extremely higher amount of carbon than other trees surrounding them. Mother trees produce a higher volume of seeds that are resilient and are genetically diverse producing 'smarter' trees. Mother trees send nutrients through the mycelia to maintain healthy soils for all its inhabitants. Structurally, they provide a home for a multitude of species which includes humans. When she dies, she floods the underground world and seedlings with nutrients for their survival.

Dr. Simard's Mother Tree Project is proposing new forestry methods where mother trees (Hub trees) are never logged out so the regenerative for-



My rough illustration of the Wood Wide Web involved a lot of research. It shows key Mother Tree hubs and their fungal connections in old growth forests of North-eastern Ontario that form a huge living community that acts like a single organism.

● Highly connected old growth forest
● Very connected
● Least connected
— Green lines show how hubs connect in the Wood Wide Web

Notable Mother Trees: 200-400 yr. White Pines Algonquin Park, 1000 yr. White Cedar Bruce Peninsula, 400 yr. Hemlock Peterborough, 343 yr. Black Spruce Temagami, 300+ yr. Red Pine Sudbury

est can recover faster and properly. We all have mother trees around us. Simard and Langley urge Canadians to document the oldest trees around them. One can drop a pin on a smartphone map app or take a photo with the Inaturalist app to permanently document it. Becoming a mother tree citizen scientist helps Simard and Langley advocate for their survival. Protecting Mother trees is key to mitigating man-made climate change disasters. The more trees we have, the cleaner and cooler the air on Earth will be, among many other unique benefits forests have to mitigate climate change and maintain life. I shouldn't have to ask this but please when you see your local mother tree, give it a big hug.

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