

Over 40 Years Serving Ottawa and Area

tbsteenbakkers@gmail.com
www.tsteenbakkers.ca
613-806-2541

TSB



Teresa Steenbakkers
Broker of Record
Teresa Barbara Steenbakkers
Brokerage

COVID-19 AND REAL ESTATE

- Buyers have confidence in our local real estate market and **SOLD signs tell the story.**
- Buyers are spending more time e-looking and considering e-buying as an alternative to traditional purchasing.
- Buyers want "more space" in part due to social distancing.
- **Week to week sale prices are up from 2019** even since the emergency shutdown, according to statistics from the Ottawa Real Estate Board.
- **Now is the time to list your home** with a broker with over 40 years serving both city and country.

CALABOGIE!



\$289,900 Large, older property with a private lane and lovely view of Calabogie Lake. Great village location within walking or biking distance to shops, restaurants, schools, churches and public dock. Lots to do for busy families in this active, recreational community.



SOLD!

COMING SOON TO Realtor.ca

WATERFRONT Calabogie Lake! 2011 Custom build

A spacious and bright, open concept bungalow with a full walkout to the lake and lovely gardens along the path down to the lakeside deck where you can relax with a great view, including evening sunsets.

ALREADY SOLD!

Experienced Realtor and Long-time Calabogie Resident

WeatherMaster Windows, the standard of cottage & country living

ASK ABOUT OUR SPECIALS

Vertical-4Track - ViewFlex Vinyl - 7 colours
www.ccsunrooms.com



SUNSPACE

Serving you for 36 years
Greater Madawaska - Arnprior - Shawville
& Surrounding areas

613-433-1397



THE MADAWASKA HIGHLANDER June-July 2020 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

June
2020

FREE Vol.18 Issue 2
Next issue July 22, 2020

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

Welcome!



Mist on the Madawaska River at the Burnstown Bridge Pic by Wayne Dajenais

...To a hot, cold, windy, whacky beginning of summer in the Highlands as we slowly, slowly emerge from social isolation without Canada Day celebrations, live concerts, theatre, dances, and other things we love to do. I suppose that's why nature has come to the forefront as Robbie celebrates the sanctuary of Summer Trees in The Healing Tree and Colleen introduces us to delicious mushroom brain food in Highlands Hiker. Whether you hike, bike, or ride the trails, Lesley reminds us to enjoy, don't destroy, in Happy Trails. Marcella follows an ancient Algonquin trail that became the Addington Colonization Road that is now Highway 41 in Cloyne Historical Society.

All of nature is Nish Nabie's sanctuary and an inspiration for the animal spirit forms he carves, as described in Home on Native Land. David reminds us that nature isn't always pleasant, as he gives us ancient and modern ways of dealing with bugs in Survivor Guy.

Susan explains how a healthy microbiome, microbiota, and immune system help us survive bugs of a different kind. Because of one of those "bugs", Geoffrey tells us how we can celebrate the 40th anniversary of Terry Fox's first run for Cancer research "One Day. Your Way - A Virtual Socially Distanced 40th Anniversary Terry Fox Run" in Out and About. Ernie gets out and about for a virtually impossible treasure hunt on fabled Oak Island in Nova Scotia in The View from Here.

Antonia tells a wild story about how she dealt with a socially distant customer at her farm, who seemed to be unaware of social norms, in Socially Distant Retailing in Rural Vignettes. And as always, our correspondents Anne and John, Skippy, and Angela keep us up to date on events and the lack thereof in Griffith & Matawatchan News, Bogie Beat, and Denbigh Vennachar News. As always, pay attention to the advertisers who serve you and make the paper possible, and don't forget to work on your short stories. Enjoy!...



Evening calm on Hurd's Lake

Pic by Steven MacNabb

776 Mill Street, Calabogie Chris, Julie, or Kim 613-852-2789

DESIGN PERMITTING MANAGEMENT SITE CLEARING LANEWAYS EXCAVATION SEPTIC SYSTEM SITE PLAN FOUNDATION FRAMING

LINWOOD
CUSTOM HOMES

by... **GENERATION-3.ca**
DESIGN • PLAN • BUILD

Decades of Experience — Building Homes for Life —

Respecting the self-distancing regulations, we are conducting phone meetings/site meetings at a distance during this crisis.

Canadian Home Builders' Association
NATIONAL AWARDS for HOUSING EXCELLENCE

Winner
new home - 2019

generation-3.ca

The Madawaska Highlander

The Madawaska Highlander
3784 Matawatchan Rd. Griffith ON
K0J 2R0
info@reelimpact.tv
613-333-9399
Business Manager: Mark Thomson
Editor and Advertising: Lois Thomson
www.madawaskahighlander.ca

The Madawaska Highlander
is a free community newspaper
published 7 times per year by
Reel Impact Communications Inc.
Connecting residents and visitors in
the Highlands parts of Renfrew, Lennox
& Addington, Hastings, and Lanark
Counties.

**Next advertising deadline:
July 10 for July 22 publication
www.madawaskahighlander.ca
for previous issues**

Message from the editor:

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

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

We also maintain the matawatchan.ca website, which now has up to date information of what is available for purchase in store or by delivery at Denbigh, Griffith, and Matawatchan stores and farms. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

**WHAT A GREAT GIFT! ...ESPECIALLY TO YOURSELF.
SUBSCRIBE AND NEVER MISS AN ISSUE !
\$39.55 (tax included) in Canada for 7 issues, May to November
Email: info@reelimpact.tv or call 613-333-9399**

CONTRIBUTORS THIS ISSUE Thank you everyone!

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

- | | | |
|-----------------|----------------|------------------|
| Ernie Jukes | Lesley Cassidy | Marcella Neely |
| Skippy Hale | Colleen Hulett | Susan Veale |
| Antonia Chatson | John Neale | Robbie Anderman |
| David Arama | Anne Dougherty | Geoffrey Cudmore |
| Angela Bright | Lois Thomson | Elmer Strong |
| | Noreen Kruzich | |



Cartoon published in the Oct. 12, 1918 edition of the L.A. Times mocks the decision by Los Angeles City Health Commissioner Luther M. Powers to shut down public spaces to limit spread of Spanish flu. People were told "to stay in bed ... keep your rooms well-ventilated, eat enough plain food, but not too much" and "keep your bowels open." The shutdown was successful. (Los Angeles Times archives)

R.J. SELLE & SON

Sand & Gravel Ltd.

Snow Plowing
Excavating . Road Building . Topsoil



613-649-2688
Hauling sand, gravel & topsoil
excavating & building roads and laneways in the Highlands
and the Ottawa Valley for over 40 years

By Anne Dougherty & John Neale



Tiger Swallowtail butterflies are in abundance this year.

As we write this article it seems like mid-March has suddenly changed to mid-July, skipping spring altogether! As usual the introduction of gardening season has coincided with the beginning of black fly season and bug suits have been deployed. Fortunately, dragon flies have started to emerge after our recent heat wave. The buds have now opened, and our landscape has turned green. New life is exploding, baby birds are squawking, and turtles have been crossing local roads to lay their eggs (since the gravel is always better on the other side of the road).

Cottagers have heeded local resident's concerns and have been bringing their provisions from the city and keeping their distance to a large extent. Unfortunately, this has been difficult for our local stores and restaurants and sales for some are down by 50%. Summer is when our local businesses make most of their money. Like it or not, many of our local stores depend on cottagers and other recreational users to survive!

Cottagers, tourists and locals all use the **Centennial Lake boat launch** on the east side of the bridge. Recreation is big business in our Highlands and with the recent promotional pdf map placed on the Greater Madawaska website, that will most likely bring even more curious nature lovers. Unfortunately, there is a noticeable smell at the boat launch as the summer heat returns. Our local Councillor (Glen MacPherson) has been made aware of this fact and he is investigating the feasibility of installing and maintaining two outhouses at this busy boat launch.

The Matawatchan Walking Club continues to be a popular social outlet where physical distancing is easy to practice. They meet at the G'Day board by the mailboxes three times a week on Monday, Wednesday and Friday at 9:00 a.m. Walks are generally an hour long.

New 60km/hour signs were placed along Centennial Lake Rd. from before the bridge to the Matawatchan Rd. and on the Matawatchan Rd. in Griffith.

Centennial Lake Rd is being upgraded this summer. Trees have been cut down. Watch for signal people and stop lights.

Sadly, the "Mayor of Matawatchan", **Bart the llama passed away**. Bart was one of the seven natural wonders of the Griffith Matawatchan area. Now we are down to six. Until recently, Bart lived with his Copeland family in a paddock on the hill behind the old Matawatchan General Store at the corner of Matawatchan and Frontenac Roads.

If you were wondering about all of the activity in the skies on **May 27, they were water bombers responding to a brush fire on crown land** just beyond the Vernick's property near Griffith toward Denbigh on the north side of Hwy 41. Nine hectares burned, but the firefighters were able to put it out in one day.



The Denbigh-Griffith Lions hosted a group of volunteers to make much needed joey pouches for kangaroos and koala bears to send to Australia after the devastating wildfires there destroyed habitat there. This was before the pandemic forced the hall to close. Delivery was coordinated by Andy at Big Sky Ranch Animal Sanctuary near Kemptville.



Some of the members of the Matawatchan Walking Club demonstrating social distancing in April. Bug suits became necessary later, but it's not bad now. The group meets by the G'Day board at the mailboxes in downtown Matawatchan before heading out for an hour's walk. There are power-walkers and slower walkers. Everyone is welcome. Pic by Kevin Wagner.



A fire singed 9 hectares on Crown Land near Griffith on May 27. Water bombers took one day to distinguish the flames. Photos by Gayle Vernick



Hope Flies!
Learning to Thrive Again
When the World Feels
Wonky
by Wendy MacFarlane

"Hope Flies!" will be a fully illustrated book that teaches strategies to improve daily life after a concussion, trauma, etc. but it won't fly without your help.

The story follows the struggles of a hummingbird named Hope

Hope Flies!
Learning to Thrive Again When the World Feels Wonky

Please help kickstart my campaign.
The full 'Bundle of Hope' package will include the book and a backpack filled with items I have found helpful to avoid or navigate challenges, and coping strategies to help children and adults move toward calmer and happier days.

SEE CAMPAIGN REWARDS AT:
kickstarter.com/projects/hopeflies/hope-flies-learning-to-thrive-when-the-world-feels-wonky
Or contact: wmacfarlane@xplornet.com
613-791-5725

After 25 years as a counsellor in schools, one fall changed my life dramatically. Please help me to turn my struggles to live more comfortably with disorientation, overstimulation and hypersensitivity to sound, light and movement, into something that will help others. – Wendy MacFarlane



We look forward to trying out Calvyn's new "live edge" counters when the patio opens again soon, with social distancing.

Did you ever think personal protective equipment would be a popular item at the Pine Valley Restaurant? There's plenty in stock.

Bug suits are a fact of life in the Highlands. If only blackflies would observe social distancing!

Bart observing village life in Matawatchan.

Denbigh Griffith Lion's Aussie Pouch Project 2020. As Australia's deadly wildfires raged, wildlife rescue groups put out a call for assistance in providing knitted, crocheted, and sewn items that could be used in the rescue and rehabilitation of wildlife. Denbigh Griffith Lion's responded based on the listing of most needed items which were joey pouches for kangaroos and koala bears.

The club was overwhelmed with materials and willing volunteers. Some volunteers and Lion's members chose to work from home while others came out to the workshops.

Workshops were held on January 28th and February 12th at the Griffith hall. There were twelve volunteers from the Denbigh, Matawatchan, and Griffith areas.

The Lions delivered 186 pieces to the Big Sky Ranch Animal Rescue Sanctuary on March 11th. The owner, Andy, told us that they were being dispersed to three different Wildlife Sanctuaries. The Animal rescue group in Kemptville made their first shipment on January 18th. Air Canada aided by providing a POD and great shipping rates. Our pouches left on March 16th. The Lions thank the volun-

teers who made this possible.

Local businesses and services:

(1) Ken Birkett and Joanne Murray have some lovely free-range frozen beef and chicken. Call to order at 613-553-1109. (2) Local strawberries will soon be available. Marie and Don Adams are expanding their strawberry fields by 2 acres and self-picking will be available under appropriate COVID restrictions. (3) An incredible crop of maple syrup awaits your order as Darrell Hewitt was hard at work this spring. Call 613-312-9230 to arrange pick up or delivery. (4) Calvyn's Pub and Eatery 613-333-9892 in Griffith continues to produce everyone's favourite pizza as well as their now famous Fish and Chips. Call or email to make your order and arrange your pick-up. Once the restaurant is allowed to open again patrons will be thrilled to see the live edge bar inside as well as the live edge countertops around the edge of the patio where you can place your cold one in between sips. There is a nice online menu at calvyns.com. (5) The Pine Valley Restaurant had a sold-out Mother's Day bake sale. After a promo on Facebook of the offerings, the pies, cookies, cinnamon buns, bread and more flew out the door in record

time. They continue to offer their take-out menu so check it out on Facebook or on their website. You can always call in your order at 613-333-5523. Also, the post office, general store and the amazing gift selection parts of the Pine Valley have continued to operate throughout the pandemic. One recent addition to their product line is the sale of PPE including hand sanitizer, gloves, masks and face shields. (6) BMR has been very busy as contractors are still needing materials to support the construction season. BMR has been offering free home delivery for local orders of \$35.00 or more. (7) The Griffith General Store continues to run the LCBO/Beer Store as well as offering a wide array of well-priced food and hardware items. But probably their most popular item is their new modern gas station and competitively priced gas! (8) Recycling has been restored at the dump pleasing everyone who lives here. We want to keep our environment as clean as possible. Keep up the great work Garry! (9) The Nu 2 U shop remains closed and is not accepting donations at this time, however, this may change soon as regulations loosen-up. At the very least, they plan to have some yard sales where



DG Lions delivering a \$1,000 cheque to hospice Renfrew

physical distancing is easier to maintain. (10) All of the gatherings at the Halls in Griffith and Matawatchan have been suspended due to COVID19, but as restrictions ease activities will happen again, so check www.matawatchan.ca for changes.



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

BOGIE BEAT

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

By Skippy Hale

Well, starting with the weather report as usual, in these times of Global Warming, where the Gulf Stream is mixed up and the thawing Arctic is no longer performing its duties towards the Atlantic, I am at a loss! I waited to wash up the winter clothes and pack them away as I took the summer clothes out of storage to wash and freshen them up! I was like the proverbial Irish Washerwoman hanging a mix of seasons out to dry! Alas, no more leggings and long-sleeved shirts! When dry I donned a pair of shorts and summer Tee... for a day! From sunshine to snowstorm in a matter of days! I have

never used my wood stove until the end of May, let alone, early June! This is time to clean out the old stove; open all the doors and windows and forget soot for five months. Suffice it-to-say, keep all your clothes at the ready because you could have several seasons in one day!

At the beginning of the Lock-down, yeast and flour were the new gold. Now, it is black earth and potting soil! I bought some tomato plants, herbs and potatoes from Johnny Slack of Calabogie Family Farm and ran out of the black earth I bought at the end of last season. There is always dirt and 3-mix and

composted sheep manure, right? Not this year, my friends! There are so many folks growing their own, vegetables that is, that in this village there is nary a bag to be found! Also, not expecting to find the Irish farmer buried in my genes, I got rid of most of my pots accumulated from last year. Rich used to call it 'cleaning it up to death' when he could not find something.

This will segue into Johnny Slack's project for home gardening. If you need any ideas, hints or help, tune in to the Calabogie Family Farm Website and watch some of his handy-dandy

YouTube videos on 'How to do...' He is ably assisted by baby Lina who has just started walking, much to the delight of the whole family! What a family they are too! I just read their family history and the transition from mining to farming, from Liverpool, War-torn France, Timmins, Hillsburg, to Ashdad! It left me on the verge of tears! I suggest you check out calabogiefarm/about-us, or www.local-line.ca/calabogiefarm. It is a Registered Organic Farm providing grass-fed meat, artisan cheese, market garden produce and maple syrup, but so much more.

Johnny spent his youth traveling

Pine Valley Restaurant Hwy 41 in Griffith, East of the Madawaska River

Groceries (baked, dairy, canned & frozen), Pet food, Toilet paper, OLG, Crafts, Puzzles, DVDs \$2 each



Post Office & Grocery OPEN
We carry hand sanitizers and Personal Protective Equipment

-552-
(333-5523)

Restaurant TAKE OUT ONLY
Delivery on special request

Open 9am - 3pm daily during COVID-19 If you require take out food after 3pm please call in advance and we will make sure it's made for you.



Councillor Charles Rigelhof and his spouse Kim do a fine job of planting and maintaining a number of planters around Calabogie. Funding is supplied by the township.

Only one of the Vimy oaks at the cenotaph has survived.

from farm-to-farm throughout Ontario and the States with his Dad John, teaching farmers about soils and the healing of the earth and our relationship with nature. I was pondering the number of early settlers who abandoned their farms due to poor soils, yet the Slack family found the Valley a perfect place to settle and build their farm. They think of their business as a community farm where they can provide healthy food for our area. They live and work in harmony with nature. They will also be offering bulk foods for canning and preserving throughout the growing season. You can order online at calabogiefarm.com/store and pick up or get free delivery in the area with a minimum order. Farm Gate Pick up is Noon till 6pm Wednesday to Friday. Home Delivery is noon until 8 pm on Saturday. They are always out and about, so please phone or email to make an appointment to visit the farm located at 93 Windle Lane, Renfrew (Ashdad). Info@calabogiefarm.ca 343-998-8654 We are lucky to have at least two organic farms in the area. I did a few articles on Long lane Farms. when they started up a few years ago. They are still going strong growing and providing good, healthy, chemical-free food for our community. Contact them at info@longlanefarms.ca for delivery and to see what they have to offer.

Related to that, I bumped into (using social distancing, of course) Councillor Chuck Rigelhof at the Post Office. I thanked him for the beautiful flower boxes he and his spouse Kim plant and maintain around the village. We also discussed the Community Garden which is proposed for Heritage Point. What a great spot with the lake right there to keep the gardens watered! He is applying to the County for funding. Several families have already applied for a plot and if you are interested, please contact Chuck at crigelhof@greatermadawaska.com.

Do you fancy a tour around Calabogie and area in a 500 hp car? Tom Irwin offers evening tours in partnership with Greg van Dalen of 1morelap.ca. Tom will be continuing his daytime ATV tours and will spend his early evenings with you in these three high-powered cars, a Lamborghini, a Ferrari, and a Nissan GTR. June 5, 2020 was the first tour. Masks and gloves will be worn, and all cars will be disinfected between tours. Speed limits will be obeyed. Good Luck, folks!

Tom Irwin Adventure Tours' building (the old Home Hardware) will be divided into his ATV tour Rental Area and a Café which will be opening in the near future. Ella Guckes will be the owner/manager of this new place. She certainly comes by the knowledge and experience to run a Food-service business from her parents. More about this Cafe, next edition. Good Luck Ella! This will be a different venue from other restaurants. It will be cozy and have a nice patio to enjoy Calabogie's wonderful summers.

In 2017, three Vimy Oaks were planted at the Cenotaph. Lieutenant Leslie Miller who participated in the Battle of Vimy Ridge, collected acorns and brought them back to Canada and planted them on his family farm, Vimy Oaks Farm, in Milliken Ontario. In 2015, cuttings were taken from the crowns of the surviving oaks on the farm and grafted to base root stock. These were sold to develop a Centennial Park at Vimy where there were no oaks left. Four local men donated two of these saplings to the Cenotaph and the Township planted another. When I went to take photos of the planters around the village, I was saddened to see only one remaining Vimy Oak at the Cenotaph and it is broken with a bunch of shoots coming up from the base. I will ask the Township if they or I can do something to revive this

very important tree which symbolizes so much of Canada's history.

On May 5, a group of locals, the Calabogie Volunteers Group, banded together to clean up many of the local roads and trails. Kim Prowse-Rekowski organized the clean-up. They hoped to organize washing stations around the village to assure that locals and visitors could clean up and prevent the spread of COVID-19. It did not come to pass in spite of the hard work Kim put into it, but I would suggest to Council, that this is an initiative they should consider throughout the township. We are a Tourist Area and we attract people from all over. In order to protect ourselves and our visitors, it is a public health necessity which should be put into effect as soon as possible. We are not through this yet and I fear, like in 1918, the worst is yet to come! Jeepers, I hope I am wrong!

I have been busy painting, punch-needling, card-making and baking. What have you been doing in quarantine? Send

me a note or call me to let me know how you are dealing with our 'new normal'. Send me pictures of your projects and I will share them in the next edition. There is some discussion about an Online Market since we cannot have our Calabogie Summer Market this year. It's sad since it was so successful. Stay tuned, I may have something to announce next edition, but it depends on various factors and interest. We are a creative bunch here and it might just brighten some days to share our projects.



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

613-336-0117
1005 Marble Lake Road, Cloyne



Marble Lake Lodge's
THE HUNGRY MOOSE RESTAURANT

LLBO Licensed . Patio . By the beautiful Marble Lake
Call ahead or pop in
Stay up to date on our Facebook page

Amazing:
Tasty Poutines

Burgers

Club House

Fish & Chips

Handmade dough
stone baked
thin crust pizza

Steamwhistle Beer on Tap

info@marblelakelodge.com
Open 7 days a week 11am - 8pm until Labour Day

613-333-1553
Griffith General Store

Hwy 41 at the Madawaska River Bridge - Come by Car, Boat, ATV, Bike, Boot...



New Gas Station Pay at the pump
Low prices!

Groceries, Gifts, Ice Cream, Butter Tarts, Dairy & Eggs,
Canned and Frozen Food, Butcher Shop Meats,
Hunting & Fishing Licences & Supplies, Live Bait
Sporting Goods & Clothing, Pet Food, Hardware & Tools,
Keys Cut, Propane Exchange, Automotive Supplies

A Genuine Country Store with a bit of EVERYTHING!

AUTHORIZED AGENT FOR:

LCBO

The Beer Store
Approved Retail Partner

APPROVED RETAIL PARTNER &
AUTHORIZED
EMPTY BOTTLE DEALER

Mon - Tues, 9am - 6pm
Wed - Sun, 8am - 8pm

LCBO and Beer Store:
Mon - Tues, 9am - 6pm
Wed - Sun, 9am - 8pm

Currently open 9 - 5
every day due to COVID-19

By Angela Bright

*The Denbigh Library now has curb side pick-up. Request your titles by calling the library at 613 333 1426, visiting addingtonhighlandspubliclibrary.ca, or emailing the library at denbigh@hotmail.com. You will need a library card to place books on hold. If you do not have a library card, simply contact the library. Returns must be deposited in the drop box. Visit the Addington Highlands Public Library Facebook page for hours and full details.

*There is a link on the library Facebook page for Mango languages, where you can enjoy a free trial until June 30th. Click and go. No account needed!

*The County of Lennox & Addington Economic Development Office is launching a new shop local campaign. Businesses are encouraged to visit the Addington Highlands Facebook page and follow the link to provide their business information.

*The Township of Addington Highlands office is closed to the public until further notice, as are all AH facilities. You may contact the office at 613 336 2286 or info@addingtonhighlands.ca. There is also a list of helpful resources and updates to be found on the township website at addingtonhighlands.ca.

*The Land O' Lakes Community Services building is closed to the public. The phones will be answered from 8:30-4. For more information contact 613-336-8934 or toll free 1-877-679-6636.

* Bonnie Thompson thought it would be a great idea to organize a parade of cars to thank the front-line workers in the area. The parade was on May 27 starting at the Pine Valley Restaurant, then



The Griffith, Matawatchan, Vennachar, Denbigh Thank you Parade was a cheery sight. Bottom right: You know you are in a small community when a new picnic table at the Denbigh boat launch makes for exciting news.



dipped in to businesses that were open in Griffith, Matawatchan, to Vennachar, then on to Denbigh. The tour included our front-line workers at the waste sites (Vennachar was open, but Griffith was closed), public works garages, fire and

ambulance locations, and the health clinic in Denbigh. Participants decorated their vehicles and left large thank you posters at many locations. Thank you to everyone who is working to keep essential services running!

*Wishing students and staff a wonderful summer with their families! For all the work you have put in over these last few months, you deserve it; enjoy!!!

PLAY it SAFE - Remember Family



Now in our 2nd Year
Thank you!

- SALES • RENTALS
- PARTS AND SERVICE
- ALL MAKES AND MODELS
- FXR SUPER DEALER
- ACCESSORIES • STORAGE-WRAPS



In the Heart of FUN COUNTRY!
613-623-4410

NOW OPEN In the old Buckhorn Restaurant 5056 Calabogie Rd, CALABOGIE ON

Get your Getaway Machines NOW! urban-sport.ca

When this pandemic spread to Canada, and businesses and schools were commanded to shut down on Friday, March 13, 2020, the initial reaction was to hoard supplies. There was a feeling that this would bring out the worst in people and chaos would ensue. But a few months later something phenomenal happened, we started to change. In isolation we realized who the most valuable workers are and how much we need to work together to survive, as individuals and as a species. I hope this trend continues.

As human activity ground to a halt the air got cleaner. People in Toronto could see the stars again. Garden centers sold out of seeds and plants as people started trying to grow their own food, with many starting vegetable gardens on their front lawns. There is a petition circulating to allow people to keep a few chickens in the Town of Renfrew. Many people started buying local again to shorten supply chains and support our economies. And we didn't turn away when George Floyd was killed on camera by a white police officer.

The initial reaction by some was angry rioting, but as the days moved along peaceful protests continued and spread like a good plague all around the globe and real change is already beginning. It took a tragic pandemic to wake us up to environmental, social, and economic issues and it took the brutal murder of a dark-skinned man for people to band together against police brutality and racial injustice all around the world.

Humans tend to be reactive, but we are proving we can be proactive as we rebuild our societies in harmony with nature and one another. It can be done. It has already begun.

According to the Pesticide Action Network (PAN), "In 1940 our food system produced 2.3 calories of food for every calorie of fossil-fuel energy it used. Now it takes 10 calories of energy to produce one calorie of supermarket food. This same inefficient industrial food system generates nearly 30% of climate-changing greenhouse gases and produces oceanic "dead zones" the size of the U.K."

If your body expends more energy than it gets you will starve to death. We have to stop starving the planet, by shortening the supply chain. Organic garden to plate or farm to plate is the ideal way to do that. After years of pesticide use it's time to go back to what our ancestors did with community-scale organic farming and preserving food for the winter.

With farmers markets closed due to the pandemic, many farmers are now set up with online sales such as Local Line (site.localline.ca) and there are grants available to help. One farm that I know of, Calabogie Family Farms, has an online store and encourages Community Supported Agriculture, (CSA). From their website, "Community Supported Agriculture is a system that supports small scale farmers by guaranteeing a market for their produce, builds a direct relationship between families and the farm, and allows supporters to receive a premium selection

of local organic produce throughout the growing season. Customers pre-pay for a share of the farm's produce and become shareholder in the seasons produce. The grower agrees to deliver a wide selection of high-quality produce weekly as it comes into season and provides a weekly newsletter to customers with farm updates, recipes, and photos.

Shared risk and reward is the heart of the traditional CSA model. By joining our farm, you are becoming a part of our agricultural community. Together, we agree to share in the risk and reward of farming. During the season, June through October, members pick-up their food boxes at the farm. In addition, we provide you with recipes and cooking tips to keep you inspired in the kitchen, as well as newsletters to keep you informed of what's happening on the farm."

Johnny Slack and his family, owners of Calabogie Family Farms, posts great tips and how-to videos on his Calabogie Family Farms YouTube channel to help both new and experienced gardeners. There are a lot of new gardeners who will appreciate his efforts.

Not everyone lives on property that is suited to gardening. That's where community gardens come in. Renfrew County is giving out grants for community gardens, funded in part by the province. One bid that I read about in Skippy Hale's "Bogie Beat", was sent in by Greater Madawaska Township Councilor Charles Ringlehof, who has applied to start a garden at Heritage Point by Calabogie Lake. If you are interested, please

contact Charles (Chuck) at crigelhof@greatermadawaska.com. Those interested in submitting a community garden project for funding should email Laura LePine at LLepine@countyofrenfrew.on.ca. Deadline for submissions is June 30th, and will be reviewed on a first come, first served basis.

Another way to grow your own food if you don't have land is through garden sharing. Apps like Hyperlocalvor.com help make connections. If you have garden space you don't need, you can connect with someone who needs garden space through their website or Facebook page, and if you would like to grow your own food you can search for available gardens. The website is in hiatus right now, likely due to the pandemic.

Gardens produce is meant either to be eaten fresh, preserved, stored properly, or shared. Everyone who grows zucchini knows it's impossible to keep up with the abundance of it once it starts, without giving them to neighbours and friends. Now there are garden sharing apps that help connect "gardens to plates". Apps like "Harvest my Garden" allow you to sell or share your garden or farm excess or to buy from local growers as produce becomes ripe. Of course, these apps only work if enough people in your area register on them.

The next thing to watch for is a run on preserving supplies. And why not share them, too? Get together with fellow gardeners and have a preserving bee, but do it safely. You have to preserve your health, too.

MADAWASKA HIGHLANDER SHORT STORY CONTEST 2020

By Lois Thomson

The purpose of the Madawaska Highlander Short Story Contest is to encourage writers to develop their skills and share their stories. It isn't a test to see how much attention you paid to your English teacher.

Definitions for short stories vary, but they all say character, setting, conflict, and plot are essential. Plots were missing in a lot of the stories we received last year. They were still great stories, but the lack of a plot cost each one a possible twenty points out of a hundred. A story without a plot can be just as wonderful to read as a

story with a plot, which is where the People's Choice award comes in. Our readers vote on the basis of how much they liked and related to the story, and how the story touched them.

So, don't be intimidated. I just wanted you to know that the plot counts a lot. The point of the contest is to encourage writing and sharing stories and if you can improve your skills and come away with a prize in the process, we will all have succeeded.

Good luck and good writing

Madawaska Highlander judges use the following weighted point system:

- 5 points – Title of story: Does the title tweak interest and relate to the story?
- 15 points – Opening: Does writer engage the reader's attention immediately?
- 20 points – Plot: Is it cohesive, interesting, and compelling to read?
- 15 points – Characterization: Are characters believable and well rounded?
- 15 points – Style: Is there a refreshing manner of phrasing (sparkle) throughout?
- 15 points – Denouement (Closing): Did the plot finish with a flourish?
- 15 points – Mechanics: Are spelling, grammar, punctuation, and facts correct?

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

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

People's Choice Fiction or Non-Fiction – one prize of \$50

- Maximum 1200 words • Email your story as an attachment to info@reelimpact.tv • Include your name, address, email address, phone number, story title, and category in the body of the email • Do not put your name on your story or include any identifying information in the story itself. • Full contest rules at madawaskahighlander.ca

"The Only Place to Go"

BEST PRICE

Smitty's Warehouse Operation For NEW or GOOD USED Appliances

BEST GUARANTEE

Smitty has been keeping customers happy for 40 years

BEST SELECTION

In the appliance business and

Smitty plans to be around for another 20 years!

This PROVES Smitty has the BEST

PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE

Same-day Delivery, Seven Days a Week

We sell Gas Refrigerators, too!

IN-HOUSE FINANCING AT NO INTEREST

These are just a few of the many reasons to visit

BEST SERVICE

Smitty's for your new or used appliances

BEST QUALITY



SMITTY'S

"KING OF APPLIANCES"

(613) 969-0287

Open Evenings & Seven Days a Week
River Road-Corbyville, Just North of Corby's
www.smittysappliances.ca

Research: U of Lethbridge testing about a dozen cannabis CBD oils that show promising results in ensuring less fertile ground for Coronavirus to take root.

Renfrew County Virtual Triage and Assessment Centre results in 74% of patients avoiding a likely ER visit. Renfrew County residents call 1-844-727-6404.

Renfrew paramedics were featured on CBC's The National which featured the virtual triage system, also lauded by Dr. Theresa Tam, Canada's Chief Public Health officer.

London, Ont., researchers first to do trial to treat COVID with specialized dialysis.

Cyber defence agency found over 1,500 'malicious' fake Canadian government COVID-19 websites that are in fact designed to scam Canadians.

Some Americans Hold 'Coronavirus Parties' to Intentionally Catch Virus. One or more gatherings have been linked to numerous new coronavirus cases.

Toronto eateries urge customers to order direct in protest of UberEats 30% commission fee, which has become unaffordable with no in-restaurant food and liquor sales

101-year-old retailer Army & Navy will close permanently, says owner.
Tracey's Dairy in Renfrew has closed after almost 40 years serving the valley.
Neiman Marcus Group said Tuesday it will close 10 of its 37 off-price Last Call stores
Victoria's Secret, Bath & Body Works closing stores in Canada, U.S.
Shoe chain Aldo seeks bankruptcy protection to restructure debt.
Debt and drop on rentals during coronavirus put Hertz into bankruptcy protection.
Performance Printing in Smiths Falls will close on June 19
Brookfield Asset Management Inc. to invest US\$5 billion to help struggling retailers, taking minority stakes in retail businesses that have been hit hard by the pandemic

Nintendo profits as shutdown keeps people at home. Animal Crossing: New Horizons Has Already Met Lifetime Sales Prediction Says Nintendo

Flowbee, the '90s home hair-cutting gadget, makes a comeback. Will mullets return?

First-time 'RV curious' travellers driving up domestic demand for recreational. Over 80% of participants in Canadian survey said they think flying is risky.

Real estate seeing an uptick in people moving out of cities for more space.

Old-fashioned washboard sales triple, as people are hand washing cloth masks, Canadian Woodenware owner says. No longer just for offgrid, but now a city need.

4 McDonald's employees injured at Oklahoma City McDonalds after woman who was kicked out of the closed dine-in area pulled a gun and opened fire.

German café uses hats with crisscrossed pool noodles to enforce social distancing.

Shopify briefly exceeded the market value of Royal Bank of Canada in May as the most valuable publicly traded company in Canada

Software like ActivTrak, Teramind, Hubstaff allow companies to monitor workers, screen time, computer mouse activity, screenshots, even their location via GPS.

Canadian farmers have been forced to freeze nearly 200 million pounds of potatoes destined to become french fries because there is no one to buy them in restaurants

Toronto entrepreneur Frank Sinopoli has just launched Grocery Neighbour, a fleet of transport trucks that will each operate like a supermarket on wheels.

Sysco restaurant distributors now deliver to households with Sysco@Home. They are working to reduce minimum order sizes, as most households can't use 24 lettuces.

Farmers markets are signing up with a Canadian e-commerce platform called Local Line. Customers can pre-order and prepay for products online for pickup.

A surge in takeout pizza orders, baking and pantry stockpiling has created an unexpected "burst in demand" for Canadian wheat and lentils.

The low Canadian dollar, hit hard by collapsing oil prices and coronavirus lockdowns, has provided farmers with an additional boost for exports.

Ontario sees spike in fire fatalities since start of 2020 as people stay home and cook.

Fire marshal warns not to microwave masks, as has been recommended online.

Local dairy farmers, and members of Gay Lea Foods delivered 854 liters of milk, 336 bricks of cheese to 10 Renfrew County food banks in May.

Renfrew area farmer, Robert Reid, 52, died May 10, following a tractor accident, leaving behind his wife Michelle and their three daughters.

465 vehicles were lined bumper to bumper 3kms long on Foy Road west of Renfrew, ready to follow two tractors to Reid Road and the family farm of Robert Reid.

Desormeaux Meats in Crysler, one of Eastern Ontario's few remaining slaughter-

houses, reopened after a devastating fire, with a retail take-out window.

Negotiations on how to transfer jurisdiction to the Wet'suwet'en over land use planning, resources, water, wildlife, fish, and child and family wellness, taking place.

Toronto Police investigating a video of 3 skateboarders on the Gardiner Expressway.

A 5-year-old Utah boy with \$3 in his pocket was pulled over by Utah police while driving his parent's SUV to California to buy a Lamborghini. No alcohol was involved

Toronto Police: 600% jump in stunt driving incidents between March 23 and April 27 of 2020, from just 32 in 2019 to 222 while streets are quiet during pandemic.

Fake cops doing traffic stops in southwestern Ontario to check for essential travel. If stopped by unmarked police cars, ask for badge numbers or call 911.

Vancouver-based Amazon VP resigns after firing of 'whistleblowers' amid pandemic.

Amazon CEO Jeff Bezos soon to become the first trillionaire in the world.

CRA's 2018-19 annual performance report: "record" \$14.4 billion in gross taxes claimed from companies and individuals who were evading taxes, largely offshore.

Tiff Macklem, a former number two at the Bank of Canada, has been named the bank's new governor as GDP shrinks, marking the start of a recession.

B.C. explores universal basic income for post-pandemic world

Warren Buffett's Berkshire Hathaway ditched the 'big four' airline stocks in April, driving \$6.1 billion in stock sales. He says America will recover, but not airlines.

Hexo, Bombardier Among Issuers Dropped by S&P/TSX Composite Index

70% of Canadian oil sands production owned by foreign companies & shareholders

Latest EIA Report Predicts Renewables In US Will Outpace Coal For All of 2020

Total Number of U.S. Oil, Gas Rigs Falls Below 400 For The First Time Since 1940

Saudi Arabia's sovereign wealth fund bought stakes in two Canadian oil sands players during energy market rout, 2.6% Canadian Natural Resources, 2% Suncor

Saudi Arabia and Kuwait Halt Production At Joint Oil Field because of low demand.

Man arrested for trying to quarantine on Disney World island during COVID-19

1/3 of 80 respondents to the Newfoundland Facebook poll, said a landlord had solicited them for sex. Half of those requests offered a rental discount as incentive.

Culprit of illegal dumping near Fredericton gets his trash returned. Landowner found a shipping receipt in it and took the garbage back to the shamed owner's home.

Peel Regional Police investigated a report that there was an alligator in a storm drainage pond in Brampton. Twitter went crazy when it turned out it was a beaver.

A moose took an hours-long dip in an Ottawa backyard pool on a hot day in May

A manicurist in South Carolina has been killed by an alligator she insisted on trying to touch. "I guess I won't do this again," were her last words before she went under.

"Cats" actor Jason Derulo Chips His Front Teeth While Eating Corn on the Cob Off a Power Drill. Before he started he advised viewers not to try this.

South Korean soccer club receives fines after playing a game with sex dolls sitting in empty seats. They were fully clothed and wore face masks.

Elon Musk is either bad at typing, bad at cracking jokes or terrible at choosing baby names after announcing that his newborn son will be called "X Æ A-XII."

China successfully launches new spacecraft. Plans underway to build space station.

The US secret space plane will experiment with converting solar into microwaves to provide an inexhaustible source of power no matter where you are on the planet.

China's massive Long March 5B's rocket stage falls out of orbit over Atlantic Ocean near Africa about 15 minutes after rocket passed over New York City.

Bridge in China cleared for inspection after shaking like waves after being hit by strong winds. It was designed to be flexible, but perhaps not quite that flexible.

A high-resolution satellite has captured detailed images of a rocky Martian cliff face revealing that it was formed by rivers more than 3.7 billion years ago.

A Piece of Mars That Fell in Antarctica Contains Nitrogen. Compounds in the carbonate suggest Mars had the same access to key ingredients for life as on Earth.

Stan Moore is Nish Nabie By Noreen Kruzich

Born in North Bay, taken in the sixties scoop, rescued by his extended family and brought back to the Northern Quebec bush and Kebaowek First Nation, Stan Moore, more known as Nish Nabie, today recreates life out of wood in his carvings. It's a life as he knew as a kid and still revisits it in the traditional territory of his Algonquin ancestors of the Kipawa area. Nish Nabie spent his earliest years at Pants Lake, North-east of Kipawa often venturing to Hunter's Point, another area where his extended family lived. "All these little lakes are connected to Kipawa Lake," says Nish Nabie, who now resides in the Ottawa Valley, "My elders all lived in the bush."

One elder ancestor, Frank Robinson, had an immense impact on Nish Nabie when he was young and his influence would return to Nish Nabie later in his life.

Robinson was Nish Nabie's Great Uncle. And even in the years when he went to school in Temiscaming, Nish Nabie would take off and return to visit and hang out with his Great Uncle. "He had a great life. He was a tourist guide and had his own camps in the bush and never boasted about his knowledge of how to live a life in the bush. We lived off fish and berries," recalls Nish Nabie, "not much came from stores in Kipawa." He watched as his Uncle carved bows and arrows, knives and axe handles out of wood. He also had a grandfather who owned a saw mill, did a lot of carpentry and made cedar boats. "I remember playing in the sawdust," says Nish Nabie, "and I loved the smell of the wood."

Nish Nabie appreciates that he was raised to live off the land and raised with the language of the ancestors. He is grateful that he lived with the bear, the chipmunk, the walleye, "The bush was a garden to me. I had no fear of it, I learn to trust it. I was taught by the elders how to move about the land." Carrying this knowledge and experience, Nish Nabie recreates the spirit of the land and the living and breathing creatures of the bush living with the land in his wood and antler carvings. Carving, he says has been his healing from an adult life that hit a low point.

When he was no longer living in the bush, going to school and then joining native policing, he began to go through trauma and it led him to a dark place. He saw young native men dying, he became desensitized and felt the native ways no longer worked. "Alcohol became the leader," he says. In his desperate lows, a few significant events happened. One, he attended a healing lodge with the goal of holistic therapy. And that is when an elder said to him, I am going away for a moose hunt, why not carve something, do it while I am away. So he did, not knowing the transformation he himself would take right along with the piece of wood he was working with. He began to remember his ancestors, the moose, the joyful times. "The moose were generations in my family. It was great to be a moose hunter. The moose was important sustenance for the year; it is a key player in



Nish Nabie's creations can be found on Face Book at "Nish Nabie First Nation Wood & Antler Carver". On the site, are video demonstrations of carving and samples of his work.

our nation to feed and clothe us. The teachings of the moose is that they offer their life for us, they love us that much. So, when we take a moose, we pray with it with medicine, thank it, and use every bit of it. It's our responsibility to do everything in our power to respect the life of the moose—to make sure the meat doesn't spoil, to share it with the community. Everything belongs to creator, we are not any less than the moose, the moose not any less than us."

He recalled as a kid there was always laughter, "It was a very strong part of us." He says his family and people were accustomed to hardship, and yes it could be forty below, you could be surrounded by flies and mosquitoes. But the land provided his families' groceries and there was certainly not food induced illnesses like diabetes. His Uncle Robinson lived well into his nineties.

Of the memories he says, "It hit me like a bolt of lightning. The moose was always with me." So, he worked with the wood transforming it into a 2-foot high and 3-foot long moose, which he presented to the elder when she returned from the moose hunt. The healing and return to the land had begun for him.

Nish Nabie says, "One day an elder saw me barefoot and happy and free with a sparkle in my eye and he said you're a part of this, you're Nish Nabie." My name stuck.

Through the help of a cousin, Nish Nabie said he was able to hear the heart beat of the drum. "It was like going back home." That turned into joining his Algonquin brothers at the Golden Lake (Pikwakanagan FN in Ontario) drum group. This too, helped his healing. Sharing his passion has also helped his healing.

He has a partner who is equally talented. They share the passion of creating and carving as well as First Nation culture and traditions. Lona Dedo of-

ten carves miniatures that come to life, and Nish Nabie says he finds he is always learning from her. "She shows me a lot of beautiful things in life." Their enthusiasm for these things just multiply together.

Remembering his youth and his ancestors Nish Nabie says, "My heart is not far away from Kipawa, and when asked where I am from, I am from here." Algonquin unceded territory is in the colonized province of Quebec, but also includes some 14-thousand square miles of land in Eastern Ontario, much of it known as the Ottawa Valley.

Of the results of his carvings, he says, "I love seeing people smile and laugh. I want them to look at my carvings the same way I do. It's my way of sharing."



Noreen Kruzich specializes in First Nation and Metis genealogy/social history. She is the author of *The Ancestors are Arranging Things* (Borealis Press/Ottawa/2010) and the history researcher for award winning documentaries, *Colonization Road* and *Trick or Treaty*. She is currently working on her second book, *Blood, Paper and Spoken Word*—a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.

"Your #2 is our #1 priority!"



Murphy's Septic Service

murphysseptic.com

Serving a wide area. Located 30kms west of Denbigh
in Fort Stewart / McArthur Mills Area

NEW SERVICE: PORTABLE TOILET RENTALS



**A local, reliable option for your Septic Pumping needs.
Call us to book your appointment today!**

613-318-9070

We are a Family owned and Operated company with 2 trucks on the road to allow us to accommodate you when you require our service.

Trail Stewardship: Balancing Recreation and Conservation

By Lesley Cassidy

Leg power and trail bikes are gentle.



Patti enjoys her dirt bike on the trail.



The Rosenblaths enjoy family outings on the trail.



It's great to get out into nature for exercise, fresh air, and to see nature close up, but stay on the trails no matter what your preferred mode of transportation is. Shared trails are a privilege that can be taken away if rules aren't followed.

Off-road vehicles aren't necessarily off-trail vehicles. Big lugs destroy fields and habitat.

Mention the word "trail" to people in the Ottawa Valley, and they smile, pull out their phones, scroll through photos of their latest adventure and share a story with you. Perhaps pictures of their latest ATV (All-Terrain Vehicle) trip on Crown land or a hike to a local lookout. Talking about trails excites people. But how do we preserve our favourite paths and ensure they will be available for the future?

According to the National Stewardship Conference held in 2009 in Canada, "Stewardship is the recognition of our collective responsibility to retain the quality and abundance of our land, air, water and biodiversity, and to manage this natural capital in a way that conserves all of its values, be they environmental, economic, social or cultural." That is a mouthful. What does that mean? And what does that look like in the Ottawa Valley for an ATV rider? Or a hiker?

The Ottawa Valley has an abundance of Crown land offering rugged natural landscapes for bird watching, hunting, cycling, camping, hiking, ATV riding, cross country skiing, equestrian riding and snowmobiling. And that list doesn't include water-based pursuits of fishing, boating, kayaking, and canoeing. The Hastings Highlands and Ottawa Valley are grouped for tourism statistics. In 2016, guests spent over \$25 million, and more than two million visitors travelled to this area to explicitly participate in recreational activities.

Unfortunately, recreational pursuits stress the natural environment.

These pressures affect wildlife, ecologically sensitive areas such as wetlands and may introduce invasive species that choke out natural plant and animal life. Other issues include erosion, compaction of soil and flooding, pollution and destruction of habitat. Addressing these pressures by finding solutions to reduce damage or negative impacts is good stewardship. It helps extend the life of our trails and the activities we cherish. This balance between recreational activities and conservation is key to keeping the Ottawa Valley an outdoor recreation paradise. Two local organizations are working to do just that. Finding the essential approach involves education.

Both the Friends of Carp Hills and the Renfrew County ATV Club (RCATV) promote trail stewardship through education. Rob Kilby, Vice-President of the Club, points out that "we use public lands and can enforce rules,

but education is our first focus". The Club promotes riding on designated trail networks to avoid sensitive areas including wetlands, lakeshores, steep stream banks and hills. The Club's website lists 18 sensible ways for ATV riders to respect the sport, other users, the pathway, and surrounding area. They host numerous events and one of their first rides of the year, the Renfrew to Balaclava Ghost Ride, attracts many new members. New riders experience firsthand the Club's style of responsible riding. Kilby highlighted that one of the ways to avoid problems is to provide an option for riders to plan their route before they leave the house. He shared that "it keeps riders on the routes they should be on".

Students from Sir Sandford Fleming College mapped over 1000 kilometres of local ATV trails using GPS. The online map includes detailed information about trail difficulty (hazards),

fuel, food and accommodation stops and parking locations in Renfrew County. QuadOn is the new online map application for mobile phones that brings Ontario trails to your fingertips. The app is available with or without cell coverage. Kilby explained that these mapping tools direct ATV riders to the existing trail networks and decreases the risk of riders venturing off or accidentally following a worn path onto private or protected land. Over 500 users downloaded the new Ontario app the first weekend it was launched last year.

Not far away from the heart of the Ottawa Valley is an area known by hunters, hikers, bird watchers, cross-country skiers and snowmobilers alike - the Carp Hills. It is an area of 10,000 acres tucked inside the City of Ottawa boundary. Exposed ridges of granite rock over 1 billion years old, complex wetlands and unusual plants are just some

Century21 Eady Realty Inc. Brokerage
29 Raglan St. Renfrew 613-433-2254
www.vincentjohnston.com

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

- Vincent Johnston, Sales Representative

<p>CALABOGIE LAKE WATERFRONT!</p> <p>119 Eagle Crest Waterfront Cottage Calabogie Lake \$329,900 MLS#1179361</p>	<p>MADAWASKA RIVER!</p> <p>157 Lalonde Lane Madawaska River Waterfront Cottage \$339,900 MLS#1181505</p>	<p>WATERFRONT & ACREAGE!</p> <p>SOLD</p> <p>4537 Matawatchan Rd. 7.4 acres Madawaska River. Drilled well, Electrical service, trails, crown land at rear \$299,900 MLS#1156245</p>	<p>WATERFRONT & SKI HILL!</p> <p>329 Kennedy Rd Near Calabogie Ski with 40 x 134.5 ft. waterfront lot \$474,900 MLS#1149973</p>	<p>CENTENNIAL LAKE ISLAND!</p> <p>001 Centennial Lake Rd Island MLS#1187504</p>
<p>BEAUTIFUL SANDY BEACH!</p> <p>4728 Matawatchan Rd MLS#1191877 3 bedroom waterfront cottage Madawaska River</p>	<p>CENTENNIAL LAKE ISLAND!</p> <p>000 Centennial Lake Rd \$159,900 Boat to only 3.13 acres on Centennial Lake MLS#1194823</p>	<p>LOTS & LOTS OF LOTS! 5254</p> <p>1046B DONALD TRAIL MLS#1187946 \$250,000 SOLD 1.4 ACRES BUILDING LOT CENTENNIAL LK</p>		<p>MATAWATCHAN RD MLS#1187946 \$174,900 APPROX. 3 ACRES TO BE SEVERED WITH WATERFRONT</p>
<p>ISLAND ESTATE!</p> <p>120 Summer Island 989K 4.1 acre Island Estate MLS#1191905</p>	<p>SOLD</p> <p>1779 Centennial Lake Rd. \$279,900 MLS #1192322</p>	<p>04 MATAWATCHAN RD MLS#1175788 \$85,000 BUILDING LOT MADAWASKA RIVER</p>	<p>21 CRESTVIEW DR MLS#1187723 \$57,500 SOLD BUILDING LOT CALABOGIE PEAKS SKI HILL VILLAGE</p>	<p>CALABOGIE HIGHLANDS GOLF COURSE</p> <p>3 MORNING FLIGHT CRT .97 acre \$69,500 MLS#1183015</p> <p>8 MORNING FLIGHT CRT .82 acre \$49,500 MLS#1183152</p> <p>9 MORNING FLIGHT CRT .76 acre \$49,500 MLS#1183163</p> <p>14 MORNING FLIGHT CRT 1.29 acres \$60,000 MLS#1183021</p>



Love nature. Trash by the trail is disrespectful to nature and to fellow trail riders. Enjoy. Don't destroy.

of its unique features. Like many areas in Ontario, it is a mix of publicly accessible land owned by the government, private property and other parcels owned by organizations such as Ducks Unlimited. Due to the population growth, new trails have been carved into the fragile terrain by people and vehicles. Trespassing on private property is a problem as well.

Friends of Carp Hills unites landowners, environmentalists, snowmobilers, and others who appreciate the area, to balance conservation interests and recreation access. Janet Mason of the Friends of Carp Hills explains that trail stewardship means respecting the land, educating people about what makes the trails and land special and involves the local community. Education is an essential component of their approach, starting with their detailed website emphasizing the ecological uniqueness of the vast property. Detailed guides for the main



It takes money, volunteers, generous landowners, and respectful users to make a trail great. Enjoy. Don't destroy.

trail - the Crazy Horse - identifies boundaries, shares important plant and wildlife information, encourages users to stay on the path and respect access to this fragile area. Another essential part of education is their citizen science project. Trail users share observations and photos about plant and animal species, so a better understanding of the diversity of the area is catalogued. As well, two phases of a trails study are complete and reported that humans and their recreation activities have the most significant impact. This information will help the group determine how to move forward, potentially protecting certain areas (i.e. bypassing fragile ecosystems) and balancing that with recreational access.

But we can't forget about people. An essential part of the education equation is about humans and their behaviour. Land stewardship needs people to care about their trails, lakes, wildlife and

woodlands; it requires citizens to make responsible decisions. As Janet Mason of the Friends of Carp Hills explains: "People care about places they experience." Trail education involves sharing new information and helps users form different perspectives and ways of looking at their activities. Both Friends of Carp Hills and RCATV have active members dedicated to monitoring the trails, acting as eyes and ears. These volunteers deal with physical issues including missing signs, downed trees, erosion and problems with structures (bridges or boardwalks) and at times assume the role of ambassador, interacting with and educating trail users. Volunteers report issues and their respective organizations work to rectify these quickly. However, when people don't behave responsibly, enforcement is an option.

One organization in the United States developed a successful campaign dedicated to stewardship for motorized and non-motorized trail users alike. Tread Lightly! was created to "balance the needs of the people who enjoy outdoor recreation with our need to maintain healthy ecosystems and thriving populations of fish and wildlife." Two programs focus on core stewardship principles. The first "Respected access is open access" encourages all recreation users not to trespass, ask first, and pack in and out all garbage. The second program "Ride On" encourages riders to stay away from sensitive areas, wildlife, and promotes riding on designated trails. Many of their messages overlap for all types of recreation users. Unfortunately, the Canadian Branch closed in 2007, however, the Ontario Federation of 4WD Recreationists

and Eastern Ontario Trail Blazers Club adopted their principles.

Another idea on the cusp of becoming popular is the "adopt-a-trails" program. The Township of Algonquin Highlands has an adopt a trail or campsite or other public space option including lakes and access points. Those who adopt commit to picking up litter, clearing blowdown, checking signage, and reporting issues back to the township. Maybe a program like this would offer another way for the Ottawa Valley to preserve its trails for the future.

As the Hike Ontario Annual Report from 2017-2018 states: "Every trail can't be all things to all people, but all trails can play beneficial roles. Trails play roles in the economy, play roles in the environment and perhaps most importantly, play roles in our health." Enjoying our trails comes with a responsibility to be good stewards of the land so that our environment, health and town economies benefit. Enjoy the trails responsibly this summer!



Lesley Cassidy has been cottaging near Calabogie for over 40 years. 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.



July 5th Grand Opening of the Enhanced Golf Course

**A Fantastic New Course Layout awaits you!
New On-course Services
Bunker Bistro opening this summer**

Established in 1983 on the shores of beautiful Calabogie Lake, a spectacular golf course and resort inspired by natural surroundings in one of the most scenic areas in Ontario.



 Like

Call us at 613-752-1234 to book a tee time or visit us at
CalabogieHighlandsGolfResort.com
Along the shores of Calabogie Lake 981 Barryvale Road
Calabogie, Ontario



FULLY LICENSED AND INSURED



SPECIALIZING IN PROPANE!

**SALES & SERVICE ON ALL PROPANE
FIXTURES & APPLIANCES.
FURNACES, FIREPLACES, HOT WATER TANKS
FRIDGES, STOVES & MORE**

PLUMBING

Repairs, Renovations & New Housing
HOT WATER TANKS, SUMP PUMPS, TOILETS
SUBMERSIBLE WELL PUMPS, **EVERYTHING!**
SALES, SERVICE & INSTALLATION

HEATING & AIR CONDITIONING

Sales, Service & Installation
BOILERS (NATURAL GAS & PROPANE)
10 YEAR PARTS & LABOUR
FURNACES, FIREPLACES



613-433-1111 RENFREW

Summer and Trees

By Robbie Hanna Anderman

Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life.

- Hermann Hesse

Here we are in Summer, with fading memories of Winter Trees' bare branches, and the chills of winters-yet-to-come at rest for the season. It's time to seek some peaceful walks in the forests, appreciating the cooling shade that Trees offer. Or we can relax under a solitary Tree, which also offers shade. We can listen to the songs the leaves sing as winds caress them and listen to the songs the birds sing while perched on branches.

The baby Trees, in field and in forest, offer us the opportunity to see the big Tree of the future in the tiny seedling. And we can notice the differences of the leaves of the different families of Trees and go beyond that to see the myriad different forms each individual leaf takes. They're not all the same, even on the same Tree. Bur Oaks are an excellent example of this, with two common shapes that usually get "played" with.

Summer is also the time to gather Tree leaves for medicinal teas. Each Tree presents different nutritional and mineral qualities. Small leaf samples from different Trees can be collected to learn whether a certain Tree leaf has a flavour/taste that appeals to us. In small amounts none of the local Trees has any potentially negative effects, except



Photo by Sebastian Unrau unsplash.us

the Eastern Red Cedar, so their tastes can be safely imbibed and new intimate relationships with Trees can be fostered.

Once a familiarity is established, one can seek out herbal information about what the potential long-term effects might be. Then one can gather leaves in this season, dry them and keep them for tea for the upcoming seasons of life. For now is the season of gathering Tree leaves to dry for future teas; whether it be with medicinal intent, or simply for pleasurable tasting hot (or cold) drinks. While Tree barks are available year-round, Summer gathered leaves are easier

to simply place in a teapot or directly into a cup over which hot water is poured.

Early Summer is also a good time to prune back any tree that is growing in a way or direction that will not be of mutual benefit in the long term. In the orchard care trade, August 1st is the date that is understood to be the closing time of summer pruning. Root suckers and new "water sprouts" going straight up in the middle of the Tree are carefully snipped off close to the trunk. Then the remaining energy and sap of the Tree can go into growing fruit and the branches that will remain for years to come. This also clears any congestion of too many leaves, which then allows more light and air penetration into the Tree. Thus, disease and bugs have less opportunity to take up residence.

Similarly, I also take the time now to prune back any branches that are newly growing into paths or towards buildings. I'll prune back to a crotch so the sap can continue flowing in a natural way, without leaving a dead stump behind that will dry, crack, and then rot.

Any and all pruning of a Tree stimulates further growth, such as healing the pruning wounds. August 1st is considered the date when there will be enough time for the new healing cells to harden off before Winter, and thus be effective and not lose the benefits of pruning or cause harm.

And, yes, Trees are sanctuaries. So much life is happening in and around

Trees in Summer. May your life also unfold in healing ways in and around Trees this Summer.

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



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



CENTURY 21
Alyson Copeland
Sales Representative
EADY REALTY INC.
Brokerage

The Ottawa Valley, where I live, work & play.
www.alysoncopeland.ca
#allyinthevalley

follow me



6+ ACRES. BEAUTIFUL VIEWS!

\$330,000
2704 Matawatchan Road 2+2 Bedroom, 3 Bath open concept, spacious bungalow that's sits atop 6.5 acres which boasts a mature maple sugar bush, cabin, spectacular views of the Highlands and nearby Lakes!
MLS 1186087



SOLD

3339 Matawatchan Road



33 ACRES PASTURE & FOREST!

HWY 41 and Perrault Road, Eganville 89,000k
This flat 33 ACRE parcel of land is mainly cleared pasture land and remaining is forest with mixed bush. Great potential here to build your dream country home or begin your hobby farm adventures! **MLS 1193134**

Serving the Eganville, Dacre, Griffith, Matawatchan, Denbigh, Centennial Lake, Calabogie & Surrounding areas.

71 Bonnechere St. W. Eganville
Phone 613-312-9337
Email alyson.copeland@c21.ca

THANK YOU to all frontline and essential workers! We acknowledge your courage and appreciate your sacrifice. #supportlocal Please support your local businesses

Excellence
by Kelly Homes... **Built with the highest quality**

KELLY HOMES
CUSTOM BUILT HOMES

- Experienced
- Licensed
- Fully Qualified
- Competitive pricing
- References

Turn-Key Homes, Cottages, Garages, Post and Beam, Log and ICF homes
613-433-1035 KellyHomes78@gmail.com

One Day. Your Way - A Virtual Socially Distanced 40th Anniversary Terry Fox Run

By Geoffrey Cudmore

As one of the organizers of the Terry Fox Run in Griffith, I have been looking forward to this **40th Anniversary year**. I hoped that increased media attention around the anniversary of Terry's 1980 run would result in a larger turnout and new fundraising milestones. Then, the Coronavirus Pandemic hit, and everything changed. Our efforts at staying safe and protecting others are reducing the spread of COVID-19, however it is expected that large community gatherings such as fundraising runs will still not be permitted in September. In response the Terry Fox Foundation has announced that this September there will be "Virtual Runs" from coast to coast to coast to support cancer research. Terry once said, *"Anything is possible if you try."* Terry's original run was a first of a kind initiative, and 40 years later we are innovating too.

"Terry Fox Run 2020. One Day. Your Way." will allow Canadians to unite in spirit for their own version of the Run on September 20, 2020. Millions of Terry Foxers will be able to continue to honour Terry, aided by new technology that will enhance the virtual participation experience by providing a way to **"get fundraising, get inspired, and get fit."**

How this will work is quite simple. There will be no paper registration forms or pledge forms this year. You will be able to register for the Griffith Run at: terryfox.org/run and solicit pledges online using the online tools provided. You can register as an individual or start a team with people you can be with or get together virtually and form a team



Terry Fox started his run alone, picking up followers as he ran, and starting a world-wide community effort to raise funds for cancer research. On the 40th anniversary of his run we will be running in small groups just the way it started, but we won't be alone. Everyone runs for someone.

with friends and family that you cannot be with. Our own "Team Cudmore" will have family and friends running in Toronto, Oakville, Matawathan, Ottawa, and Port Moody, BC.

On Sunday September 20th, you and your group will run, walk, or ride on a course of your own making. It could be in a local park or around your own neighbourhood. You are encouraged to post your run to social media platforms like Facebook, Instagram, or Twitter so we can all celebrate and share our achievements together.

In honour of this 40th Anniversary year, Adidas Canada has announced a limited edition, nine-piece collection of Terry Fox merchandise, including the re-release of the original Orion running shoes that Terry used.

All net proceeds of the collection will go to Terry Fox Foundation to support excellence in Canadian cancer research. The response to the initial online offering on May 20th was fantastic and the merchandise sold out in hours. We are all waiting for an update as to whether, and when, new merchandise will be available. Keep an eye on the Terry Fox website for future announcements.

One of the other highlights of the 40th Anniversary is we can all follow Terry's historic run on Facebook. facebook.com/terryfoxcentre. There are Daily posts including his 1980 journal entries, photos, and a map showing his progress.

At the time of my article in last fall's Highlander, I was thrilled to report that the community had raised about

\$7,300, which was a new record. When all funds were in, our final total was an amazing \$7,810.93! This meant that our Griffith run once again made the list of the top 20 runs for the amount raised per participant. Overall, in Ontario last year, Terry Foxers raised \$13.8 million for innovative cancer research.

Although this year's virtual run is a practical approach to addressing the restrictions in these strange times, I will really miss seeing everyone in person, and having the opportunity to engage with the wonderful members of the Denbigh Griffith Lions Club. Questions: gcudmore@cogeco.ca 613-921-4872

Virtual runs and hugs!



From start to finish and everything in between...

BMR PRO

**Project estimates, Tool Rentals,
Custom Windows and Doors,
Lumber Cutting Service, Electrical,
Tools, Sico Paints, Plumbing,
RV and Seasonal items, Hardware,
Stove and Fireplace,
Drive-through covered Wood piles
and so much more!**

**PROPANE REFILL STATION
RACK STACKER FEED
PRODUCTS**



✓ **We have ALL your building needs**

BMR Griffith Building Supply Inc.

☎ 613.333.5596 📠 613.333.1121

✉ griffithbuilding@xplornet.com

Mon - Fri 7:30 am to 4:30 pm Sat 8 am to 2 pm Closed Sundays

25937 Hwy 41, Griffith, ON K0J 2R0 bmr.co

Things Jack told me about Oak Island

By Ernie Jukes - Artist, Writer, Rover

Most folks have heard of the multitude of mysterious happenings on that small Nova Scotian island over these many years. Strange lights, sounds, deaths, shafts, howls, movements, fire balls, finding drains and dams, ship parts, more shafts, and artifacts from a broad spectrum of history. Some consider it the treasure island of North America, certainly of Canada.

Now Jack Miller was an East Coast, a Bridgewater lad, a scholar and a fellow artist and adventurer. A graduate of Wolfville Academy and a student at Acadia University prior to our becoming roommates at the Ontario College of Art. During those 4 years we canoed our Madawaska River from its source in Algonquin to the Ottawa River at Arnprior and we painted the old saw mills along the way. After graduation we continued to visit one another, sometimes pooling our talents with common clients, Jack with Interior Design and I with their Advertising and Marketing. Some of these trips included fishing the mighty Miramichi, canoeing the Gold River and yep, even visiting Oak Island.

It was a sunny afternoon that we waved to Cap'n Dick and his big boat to pick us up from the Doctor's dock in the basin. Jack's friend invited us to crew his boat with 4 others to take a weekend trip down to this island of mystery. We climbed aboard to find ourselves amongst a great bunch. Some were related to old residents there and one even knew my relatives, the Ernsts who lived there long ago. They were a lively group of maritimers that soon chimed along to an old sea shanty "Outta Halifax harbour we sailed one night". We took a bearing due south on the heaving Atlantic in very good company.

It was pitch black as we cast our line and docked at wee Mahone Bay on the mainland. The lights of a car were seen coming down the hillside and I tossed another two hamburgers on the grill. Just in time to accommodate a pair of RCMP officers checking us out. They joined us in our late dining and we got permission to land on Oak Island by dingy the next day. You see there was no causeway road built at that time. Amongst our special group we discussed many tales of the island's mysterious ways but it was Jack Miller who came out with some angles that made both historical and perhaps more common sense in a viable Northern resolution.



OAK ISLAND, NOVA SCOTIA – THE WORLD'S COSTLIEST TREASURE HUNT

The next day we explored most of Oak Island except where a few folks still lived on higher ground. Actually, there were two islands that had, over time, been dammed at each end to create a large swamp or lagoon. This protected bay had a wharf built within it for ship building or repairs. And now the exterior beaches, when uncovered, also offered dockage for small boats. Nothing to accommodate the large Privateers ships. Sure, you may say "but, what about pirates' longboats?"

And what about Captain Anderson the pirate and the ring from Spain and all that coconut stuff on the beach, that was presumably put there to filter the sea water? Where did so many of the Oak trees go? Hey where's the gold? And where do the Knights Templar and the Rosicrucians fit in, if at all?

Yep, it's a mystery said Jack, but hold on, these features have been found before in other parts of Eastern Canada, in Newfoundland and Labrador. They have been found at a multitude of sites of our first visitors called Vikings! And yes, these Norsemen returned again and again since Eric the Red arrived in 981 AD. His full name was Erik Thorvaldson and he followed Bjarni Herjolfsson. Their sagas report many more voyages

followed to harvest the salmon, the timber, and the wild grapes for wine making at a large area called Vinland. They often created swamps for bog-iron for making their tools and spikes and nails in ship construction.

They apparently had slaves from European conquests. And yes, they were capable of building a complex series of tunnels to bury whatever heavy booty they wished to leave here, rather than take it back on their small crafts to Scandinavia. Their sagas may tell us more than a TV program.

Many good people have believed in buried treasure here. Enough amongst the resident families that unfortunately 6 miners have died. A lot of money has been spent without any reported found. There could have been many "money pits" and some simply pits to lead seekers away. We do know that a poor former slave escaped the southern states to become a cabbage farmer on Oak Island. It was not long before Mr. Ball was a large landowner in and around Halifax. Others left of their own accord, with a smile on their face. Go figgar!

Current treasure, from "The Swamp", at least in the form of artifacts have included pieces of wooden buckets, metal similar to marlin spikes, pieces

of ships, and boat hooks." From Smith's Cove they have found pieces of leather, perhaps from old chests, hinges, lances from France and ancient metals from Scotland. Much has been attributed to a great many European sources. Perhaps too many.

Still a mystery to be sure. My pal Jack figured it was an early Viking deposit that over many years was very gradually uncovered and secretly plundered. The activity could be repeated in most islands of the area. I do know for certain, however, that we left a few days later and this writer was not a penny richer.



R. Ernest Jukes
Artist, Writer, Rover. For over 75 years he has won national awards for his art and design. An ardent storyteller, he has a

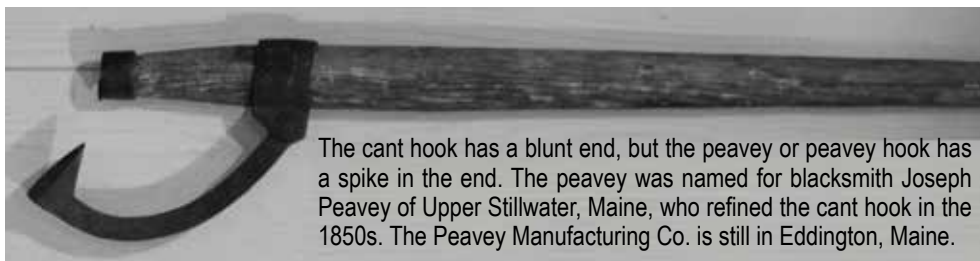
rucksack of yarns to share. His poetry and articles have been published in premier magazines and books across North America including "We Came Like Monarchs", "My Road to Matawatchan", "This Cabin" and "Pull up a Chair". Audrey and Ernie's travels by RV and canoe have taken them across Europe, Canada, the USA and Mexico, painting and writing about those ancient cultures. Today they create quilts and paintings at their old log cabin on Frontenac Road in Matawatchan. Visitors Welcome.

WHAT IN THE WORLD?

The Cant Hook

By Elmer Strong

The identity of the owner of this cant hook has faded away, like so much of the memory of that romantic period in Matawatchan's history when logging was the central core of the community. The cant hook was the indispensable tool whenever logs had to be moved by rolling them. The spur on the end of a sturdy handle, combined with a hinged and curved hook with a sharp duck bill shaped point, made the cant hook very proficient in the hands of a skilled logger. Among its many purposes, the cant hook was used to roll



The cant hook has a blunt end, but the peavey or peavey hook has a spike in the end. The peavey was named for blacksmith Joseph Peavey of Upper Stillwater, Maine, who refined the cant hook in the 1850s. The Peavey Manufacturing Co. is still in Eddington, Maine.

logs onto a skidway, load log sleighs and trucks or roll logs into a sawmill and many other functions.

The origin of the cant hook is clouded by its long history but it was probably invented to meet the need of loggers on the north east coast of the United States and brought to Canada by

the Empire Loyalists or other U.S. settlers. It is hard to imagine how the forest industry could have developed and flourished without this indispensable tool.

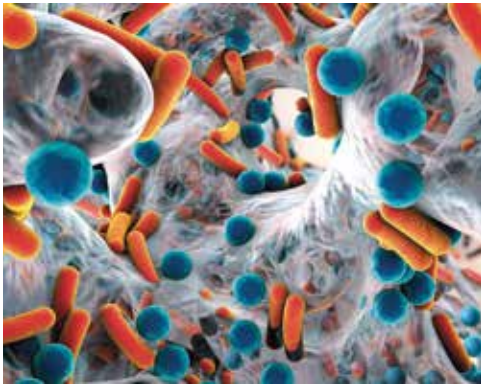
The cant hook had a close cousin called the peavey. The peavey differed in that it had a longer and heavier handle and the spur on the blunt end of the han-

dle was replaced by a large metal spike. Although capable of rolling logs, the primary purpose of the peavey was to break key logs loose during log jams on a river drive. The peavey could pry or pinch logs or two peaveys could hog-yolk the key log from a jam releasing the log pile-up behind it.

The cant hook and peavey are no longer commonly found in Matawatchan and area, yet they are symbolic of a past era when logging shanties, river drives and sawmilling were the dominant or sole industry of the community and were the very raison d'être for its existence.

Coronavirus, COVID-19, Microbiome, Microbiota, and the Immune System

By Susan Veale



What are these new words, and why should I read on? Read on because you want to be healthy! Your Immune System is your best defence against disease, including coronaviruses.

Coronaviruses are a large group of RNA viruses, named “corona” (like a crown) because their membranes are studded by spike-like proteins. They have been known to be infectious for decades but only as mild “colds”. The virus itself does not kill people, but rather it is the underlying inflammatory process and weakened immune systems that put people at a higher risk of death.

Known virus spreading methods occur through airborne moisture droplets from coughing, sneezing, or spitting into the air or from touching contaminated surface areas then touching your face.

COVID-19 is the specific novel (new) strain that science suggests may have emerged from a chance meeting with a bat virus picked up by a snake or fish. From here, it possibly mutated then made the jump to a human and this is

where the human to human transmission started.

This virus continues to survive and spread when humans are in close contact with each other. Established protocols such as face masks and constant hand washing make a difference, and there are other preventative methods available to minimize risk, such as maintaining a healthy immune system.

So, what do Microbiome and Microbiota have to do with the Immune System? These two words used interchangeably are the “other organ” of the Gastrointestinal Tract. Our microbiome is our living companion and friend that joins us at birth and stays with us our entire lives. Without this organ, we would become ill and probably die within the first five years of birth.

I recently participated in a Webinar series with Dr. Nigel Plummer, Ph.D. He has published more than one hundred studies on **probiotics** and the role they play in the human microbiome. The following is just a glimpse of what we know about this piece of our **immune system**.

The **microbiota** is found in the Oral cavity, the Respiratory Tract, the Skin, the Gastrointestinal Tract, and the Genito-urinary Tract. It is comprised of living bacteria that starts its colonization process through exposure from the environment at birth. The intestinal microbiota acquires adult characteristics and is formed by two to three years of age. It is vitally essential that babies and young children get their **microbiome** healthy from the start. The types of bacteria that

comprise the microbiome influence the immune system as well as other systems of the body.

Putting things into perspective, in an adult, there are 100,000 billion microbiota in the Intestine, 1,000 billion on the skin. The Intestine is so much more than a digestive and an absorptive organ; it is the most significant interface/barrier with the environment. It is the most abundant immune organ comprising 80% of the immune system. 60% of hormones are gut-based. The intestinal microbiome weighs about 1.5 kg, consists of 3.3 million genes, and it is where the acquisition of the resistance to antibiotics occurs in the intestines.

Up until 2009, there had been very few scientific studies carried out on the microbiome, but since then, there has been a considerable jump with almost 10,000 scientific articles published. Science is proving the importance of healthy flora not only for immune health but also for digestive disorders such as IBS and brain health.

The microbiota needs to maintain a healthy balance of good bacteria vs. harmful bacteria to optimize the Immune System. Things that influence that balance are antibiotics, infections, poor diet, stress, and ageing.

So how can we maintain a healthy balance with so many things that negatively influence the microbiome? Probiotics have proven to positively influence a healthy microbiome from infancy onward. Probiotics are “live microorganisms which, when administered in adequate amounts confer a health ben-

efit to the host” (Joint FAO/WHO Expert Consultation, 2001).

Proven human strains are preferred as they will continue to colonize for six to seven weeks compared to dairy or plant strains, which stop colonizing after just one week.

As different parts of the GI tract host different bacteria, it is best to know which type of bacteria will be most beneficial depending on an individual’s particular health history.

Can the Microbiome help fight COVID-19? Absolutely, it, along with other immune building vitamins and minerals, have the potential to strengthen the Immune System, keep inflammatory processes down and help fight infections.

If you would like more information on Probiotics or other natural supplements, please visit

**www.wellnessnaturalhealthcentre.com
or contact Susan Veale, BSc. Kin.
Wellness Coach 613-752-1540**

Susan Veale, BSc. Kin., is a trained Mindfulness Meditation teacher, Kinesiologist, Pilates Instructor, Author and Natural Health Practitioner at Wellness Natural Health Centre



in Calabogie ON. Her “by appointment” private clinic offers services of nutrition, soft tissue massage, energy medicines, homeopathic drainage, natural health products and mindfulness healing therapy for individuals and groups. Learn more: www.calabogiemindfulnessmeditation.com www.wellnessnaturalhealthcentre.com

Cottage & Home Transformations you will love!

J. SCOTT MacDONALD
GENERAL CONTRACTING INC.
jsmacdonaldcontracting@hotmail.com

Home: 333-5207 Business: 333-5597
LICENSED CARPENTER AND MEMBER OF ONHWP
(Ontario New Home Warranty Program)



**Residential Construction & Renovations . General Carpentry Additions . Roofing . Siding
Soffit and Fascia . Commercial Septic Installation**

We've been building in The Highlands for over 30 years
Renovations and Remodeling • Building Dream Cottages • Constructing New Homes

Journey Back in Time

By Marcella Neely

Long before Hwy 41 was built the army travelled through this region following Native and trapper trails. The Military still use the now Hwy 41 from Petawawa to Trenton.

The Addington Colonization Road followed wagon trails and footpaths around rock formations and swamps through pine forests. It was commonly called the Perry Road because it was surveyed by Aylsworth B. Perry and completed by his brother Ebenezer Perry. Beginning at the Clare River south of Kaladar it wound northward to the Ottawa and Opeongo Road. All there was in Kaladar at that time was a post office and hotel.

Highway 41 was built From Napanee to Pembroke in the 1930s. It closely follows the Addington Colonization Road which began construction in 1856 and was completed in 1864. In places along the way that Highway 41 deviated from the original Addington Road, old pieces of the road were named Old Addington Road 1 to 8, with the 1st piece at the south end and the 8th piece in Griffith. It was declared a Provincial Highway in 1933.

Kaladar village was originally called "Scouten". In 1890 the name was changed to "Kaladar Station" then in 1950 it became "Kaladar". In early days the village was South of Hwy 7. Some early settlers were Forbes and Morton. When the railroad was built in 1882 a nearby French village moved there. The railroad attracted traders, trappers, lumber business, and tourists. The first post



The Shell station is still in existence, Bence Motors is behind on the left. The Kaladar School is on the far left with York's General Store on the right. The Kaladar Hotel would be on the immediate left, out of frame. Part of the Vintage Kingston Facebook Album.

office opened on January 1st, 1885. During the 1950s over 50 families lived in Kaladar.

Going back in time to the 1920s, let's travel the highway Northward from Kaladar with the Pioneer Club. (In 2001 the Pioneer Club evolved into the current Cloyne & District Historical Society).

In 1926 the United Church was built with donations from T. Eaton, Robert Simpson Companies as well as local donations. It was dedicated in 1928 and served until 1966. It was sold due to lack of attendance.

After serving the community for several years, the first school burned down in 1930. It was rebuilt and used for education until 1944 when it was moved to Highway 7. In 1971 the school closed and was converted to the first Community Club. Folks celebrated heartily back then. Dances could be held every night of the week and moonshine flowed freely. The first law enforcement officer, Dan Wager, tried to put a stop to the moonshine. The building was the hub of the area until 2019 when it was closed due to

lack of support.

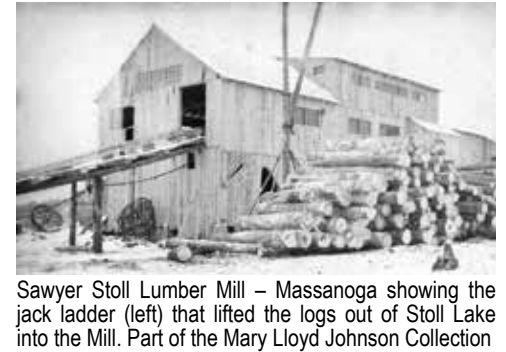
The Kaladar Hotel was built South of #7 on Hwy 41 by John Lewis and Harriott Woodcock. It was moved North of the highway in 1934 by new owner Robert White. It had changed hands several times over the years. Some of the owners were Mr. & Mrs. Walt Vilneff, former Chicago Blackhawks player, Glen Brightson & his father as well as brothers Nelson & Cliff Murphy, also Ellett Morris, then Bill Brown. The Trickey family operated it for 30 years before selling it to Andy and Donna Anderson in 1989. It closed in 2006 and was torn down in 2018. The property is now owned by the Ministry of Transportation for the purpose of streamlining traffic flow. Across the road from the hotel was the Tryon's Boarding House.

During the 1940s, the Rathbun Lumber Co. operated in the area. Stoklosar Mine was South of the railroad tracks and in 1945 the Sawyer Stoll Lumber Co. moved in. Sawyer Stoll closed and moved to Tweed in 1967.

In 1946 Bence Motors opened a small service station, vehicle repair and sales business. Several upgrades and expansions happened over the years, but it is still operating and still in the Bence family. There was an old road winding around the business at one time. It ran passed Leona Neal's over Johnson's Hill.



Hotel Kaladar, a true crossroads hotel.



Sawyer Stoll Lumber Mill – Massanoga showing the jack ladder (left) that lifted the logs out of Stoll Lake into the Mill. Part of the Mary Lloyd Johnson Collection



Bence Motor Sales before the hill behind it was removed for the expansion in 2014. Part of the Bence Family Album

In the mid 1940s, after the war, two air force pals, Little and Dunbar opened a Shell station, vehicle repair and restaurant on the Northeast corner of the highway. Mrs Dunbar is believed to have operated the restaurant. It was later sold to Roy Holtzauer who started a fuel business from the location. He also ran an American Motors car dealership for a short time.

He sold the fuel contract to Don Woods in the 60s. The location was sold to the Borozka's who later sold it to Gary Grewal. It is still a much expanded and modernized Shell station.

We will continue the journey down Hwy 41 back in time in the next issue.

M&R Feeds and Farm Supply
RENFREW MORE than a Feed Store!

We really are MORE than a FEED STORE!

Huge Selection!

**GATES & HARDWARE, CULVERTS
POOLS, SPAS & SUPPLIES,
LOW PRICES ON FULL LINE
OF ROOFING STEEL**

*Need something special?
Give us a try!*



FARM - COTTAGE - COUNTRY - TOWN
400 Raglan Street S, Renfrew 613-432-8886

Anyone looking for information is welcome to visit the Flickr photo gallery, read through our newsletters at cloynepioneermuseum.ca, or contact us at pioneer@mazinaw.on.ca.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link. We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. kenhook@45degreeslatitude.com CDHS Archives can be reached at pioneer@mazinaw.on.ca



Milk
Cheese
Icecream
Groceries
Fresh Produce - Confectionary
Bacon - Sausage - Eggs
Art & Giftware
Hunting & Fishing
Fresh Brewed Coffee
Open 7 days a week
8:00am - 7:00pm

**DENBIGH POST OFFICE
BOTTLE RETURN DEPOT**



Milligan's Meats
Loads of Fresh Produce
Scooped Ice Cream
Special Orders Welcome

See you in
Downtown Denbigh!
Owners, Karen & Peter Lips

156 Bridge Street, Denbigh 613-333-1313
Drop by for a visit and let us know how we can assist you.

Socially Distant Retailing

By Antonia Chatson



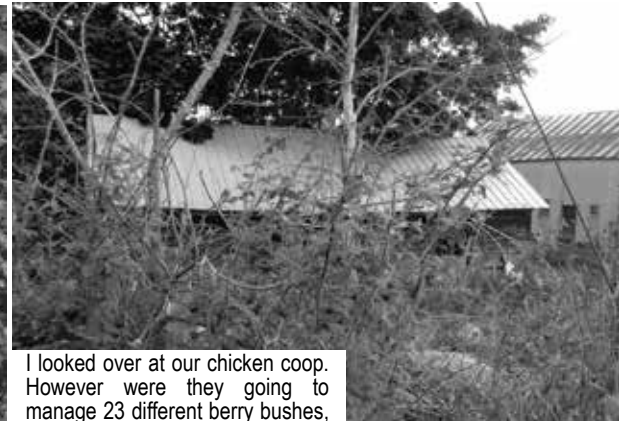
It's hot, tiring, buggy work to dig up tall and often prickly berry canes and bushes, but my daughter was pleased to do it for someone who was eager to experiment with growing and preserving so many kinds of their own berries.



They knew they were coming to a farm. Did they think we grow everything in pots?



Why buy a gooseberry bush if you have never tasted a gooseberry or know what to do with them?



I looked over at our chicken coop. However were they going to manage 23 different berry bushes, canes, and grape vines in a back yard that size?



Bags weren't good enough for him, even though we get 100% transplant success using bags. He wanted to use my pots to transport them in, but they were occupied!



In his ninth email, he messaged that he was but 10 minutes away, so I sat out in a chair in the front of the house so I could flag him down when he passed by. I was glad that I did not blink for in a short three seconds he was past the driveway and heading up the road. When he spied me, he slammed on the brakes, popped a wheelie, barely missing the culvert, shot into our driveway and screeched to a halt. He rapidly exited from the driver's side, slammed his tinny door shut with a flourish. Then he hiked up his trousers, checking his fly in a manner that he considered to be surreptitious. He then wadded up a fair amount of mucous from his nasal regions and spewed it out to his left side, as he began swaggering towards me. I could instantly tell that he was a man used to being in charge of every situation. Upon his third swagger, he cranked out. "Gimme a deal?" Oh, oh, one of those, I thought. Yes, he was used to being in charge of every situation that he felt he could manipulate for his own benefit.

Two hours earlier he had emailed us with an order of 8 red raspberry canes, and 3 of orange raspberry canes, 3 gooseberry bushes, 3 black currant bushes, 3 grape vines and 3 roots of Aunt Molly's ground cherries. "And please to have them ready when we arrive in two hours' time." Now that was a sizable order. A man after my own heart, willing to experiment with new ideas and new bushes. Must be one avid adventurer in the horticultural field.

Now that was quite an array of berry bushes from any standpoint. My daughter, who had dug them up, considered that if they were willing to drive all the way from Ottawa, she would make sure that she picked the best bushes for them. Well, the Mister just stared at the line-up of bushes, now joined by his wife. Eventually Mister blurted out, "All these for us?". I confirmed his greatest fear by reminding him that this is what he had ordered. Their heads went back and forth along the row for several seconds before he confessed that he did not know what a gooseberry tasted like. "What do you do with them?" "Well," I replied, "you can eat them fresh or make jam of them."

"Do you have any jam? We'll buy it." My daughter brought him out jars of gooseberry and black currant jam. He popped the lids open and tasted them with a knife. Surprised, "It's sweet". Of course, it's jam. "What's a raspberry taste like?" I give up.

Now to the next query. "Do you have any plants for sale?" In the affirmative, I escorted them to my perennial garden. "Well, where are they?" he inquired. "Well, seeing as it has been a late cold spring, most are not out of the ground yet." Lots of daffies, and grape hyacinth though. Now the way we do it here, is to dig up what the customer wants and put it into a grocery bag. No worries about tending unsold plants in pots and if planted immediately, their survival rate is 100%. After several lengthy calls to someone in a foreign language (Mrs. Congeniality), the wife came into her own. She took my daughter to the biggest clumps of daffodils saying, "I want these". Mister stood by my side, admiring his wife's initiative, chomping on an orange. Now, I don't know about you, but I was raised to consider someone very rude if they ate in front of you without offering some to you, not that I wanted to share at that precise moment. When he had completed his epicurean snack, he wadded up the peels, and got ready to pitch them into the garden. Of a sudden, from some remote region in his subconscious mind, spiraled a hint of decency. "Can I throw these onto your garden, or should I put them in my car?" I think you can guess what my response was.

Suddenly, Mister began striding through my garden. I think that he considered grocery bags beneath him (or her). He spied some pots in which I had planted some hostas the previous year. "I want these pots to put these plants in". "Well, you can't have them as I have plants in them." I also have some pots that I plant my annuals or house plants in for the summer. He retreated to another batch of pots. "I want these ones." Can't have them. "These ones," and he pointed to another array of them. To save my breath, I just barked out, "No".

After depositing his orange peels in his vehicle, he once more returned to

my side. "You know how much land we have at our place?" he inquired. I bit my tongue from replying, "Quite frankly my dear, I don't give a damn." Trolling onwards despite my apparent lack of enthusiasm, he told me their yard was the size of the roof of a small hen house that he pointed out. "Come on dear, we gotta go." Music to my ears. But his wife was on a roll. Into her grocery bags she snapped at my daughter, "Put more soil in that, more yet, come on more". Her middle name must have been 'Oliver'.

She then turned to me saying that they would be going away for a week and would all these plants survive? The obvious answer to that one was, if you knew you would be away for a week why come now for the plants? Finally after the rape of my garden and the decimation of the soil thereof, she hustled to the car, opened the back door and threw the bags on the floor. Mister looked at the shining array of berry canes and shook his head. "We can't take all these." Once again, if you knew your lot was so small, why did you order them in the first place?

I think they ended up taking about 5 bushes. As the raspberry canes were 6 feet tall and the berry bushes rather unpredictable in size it took both of them pushing, punching and pulling at them to load them into the back seat, all the while oooooing and ahhhhing and shrieking at the prickles on the stems as they clawed at various parts of their exposed anatomy. Finally, they were in and Mister headed for the driver's seat barking out to his wife to pay. I wonder if he sensed my irritation. Maybe he wasn't that insensitive after all. Wifey went to the car and retrieved a lean looking billfold. She stood by my side as I gave her the total. She quickly scanned through a meager selection of paper money then tried pulling a bill out. She pulled and she yanked till she finally extricated a five dollar bill. Same deal for the next two fives and finally a fifty. Now, I knew that gorilla glue was great stuff, but I never knew that it worked so well on bills. Without a backward glance, she rushed into the car, I assume to prevent the urge to wrench them back out of my hands.

End of story? Not quite. On

the nose, after the two-hour drive home to their land-stricken piece of sod, my daughter gets an urgent email from Mister Mister wanting to set up another appointment to come out here. Why? I told my daughter to let him cool his heels a bit and if he persisted, to email him that he was welcome to come but that as of yesterday, our prices on everything had doubled. In telling a friend of ours who had been in the construction business for years, he said that if he was dealing with a customer who, by either reputation or by their demeanor, he considered to be "difficult", he just added 20% on to their quote for work to be done. which he referred to as an "aggravation surcharge".



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



Antonia studied at The Royal Conservatory of Music and at York University. She taught in all levels in the public school system as well as giving private lessons in music. Her passion is the land. She loved her experiences growing up on the farm in Shelburne and twenty-two years of farming in Denbigh with her husband, Francis. She plays the piano at the services at the Vennachar Free Methodist Church, and lives on the homestead with her daughter Irene.

Hericium, my Favourite

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

By Colleen Hulett



Bear's Head Tooth (*Hericium americanum*) cascades down with soft-tipped teeth. Hericium is Latin for hedgehog.



Comb Tooth (*Hericium coralloides*) It's teeth resemble combs



Comb Tooth Hericium, left and above, are often incorrectly called Coral Tooth and confused with the Coral Tooth mushroom, below. They shouldn't be confused as Coral Tooth has upright branches and jagged tips, not cascading down with smooth tipped teeth like Hericium.



Whenever someone finds out I love to go mushroom hunting they are curious to know which one is my favourite and where I go. Well, first of all, I haven't found all the choice ones yet. I have a big long list of fungi I want to try. It's just crazy how many specimens there are in the Fungal Kingdom and equally astounding how many out there are still undiscovered. Thank goodness for citizen scientists pushing the envelope for more knowledge on the importance of fungi in our diet and making many other cool discoveries and uses along the way. Kudos.

I've just finished my fourth season of not finding any Morels. It's very upsetting but thank goodness for the Dryad's Saddle mushroom, fiddleheads and wild leek or I'd go home empty handed. Morel hunting, I'm finding, is a secretive world where other foragers refuse to share their annual spots or even post pics for heaven's sake. Anyways, I can't say Morels are my favourite choice (as most people do) because I haven't tried them. I refuse to pay for them. I know I'll be rewarded eventually. This is the lure of foraging. Of the mushrooms I have tried I truly can say that I like them all in their own way but the most surprisingly delightful tasting mushrooms, to me because of its texture and flavour, are

in the Hericium genus.

I have foraged and eaten several Bear's Head (*Hericium americanum*) and Comb Tooth (*Hericium coralloides*). Why? Hericium are used as a substitute for crabmeat in any dish. Yup, crabmeat. Simply delicious and I think this is great news for vegans and people with seafood allergies! You must try one.

Hericium are mesmerizing to find as they are quite different looking from other fungi. They are bright white in their prime and feel gelatinous but break easily if not handled properly. A Comb Tooth looks just like delicate coral from the ocean and the Bear's Head looks similar but with longer icicle like "teeth" on its branching mass. Lion's Mane mushroom (*Hericium erinaceum*) has no branching and looks like a round cheer leader's pompom with its long icicles. Lion's Mane, previously reserved for the Emperors of China, has finally hit the mainstream with a bang and so have all of its secrets.

Hericium are brain and nerve food. They actually make you smarter and tough as steel. There are several studies you can find on 'google scholar' and elsewhere such as John Hopkins University. Lion's Mane is sold and prescribed for a host of neurological therapies. Researchers are using it in studies on de-

mentia, aging and in the stimulation of nerve growth factor. Lion's Mane and likely all of the Hericium genus (studies on all Hericium are ongoing), actually increase neuron production right inside the brain! In 1986 two scientists who figured out how this happens were awarded a Nobel prize for their work. A Nobel Prize in Physiology or Medicine for the actions of Hericium! Wow. If you watch Mycologist Paul Stamets interview with Joe Rogan, he also mentions Hericium repair damaged nerves, and promising studies have started with Lion's Mane and Parkinson's disease, Alzheimer's and Multiple sclerosis. Traditional uses are for digestion, gastric ulcer, and general debility.

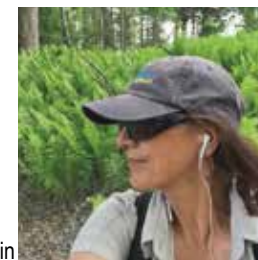
Unless you are allergic to mushrooms, Hericium are considered safe and yummy. Better yet, one will be growing on a tree in your forest waiting to be foraged. I personally have not found a 'pompom' Lion's Mane in the Highlands, but I've found plenty of Comb Tooth and Bear's Head. Although you can find them on fallen logs and stumps, I find them in the cracks of dead standing trees. Pick only pure white ones or with a slight browning at the top or on the tips of the teeth. The flesh inside is white. You can hunt for them from summer to fall while searching hardwoods. I found almost all of mine in beech tree crevasses and some at the end of fallen logs. Pull apart and pick out any large pieces of bark before rinsing, being careful not to waterlog. Like all mushrooms they are holding a ton of water already so you should fry them in a dry skillet until the water has evaporated and then add a little butter and brown till slightly crispy. I like to serve them on top of fresh noodles and creamy sauces. They are awesome alone in their own right also. The best news is

there are no lookalikes and you can't really confuse this mushroom genus with anything else. I have included a picture of a coral mushroom that could be confusing to an amateur but know that it grows mostly on the ground and exhibits upward branches with busy tips. Hericium teeth cascade downward and are smooth.

If mushroom hunting scares you, but you want to try a Hericium I suggest you have a guide take you out and show you how. The good news is this mushroom comes back in the same area year after year and then you can have your very own secret spot too, no need to use a GPS tracking device, your brain will remember. Ha!

Please share this article with a child. Hericium is a gorgeous, safe and fun mushroom to find. Its size can be bigger than your head or as small as your pineal gland.

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



HOLDEN'S HEARTH AT HOME
YOUR FIREPLACE SPECIALISTS

Fireside Gallery
Custom Wood Carving
& Fine Art

Proudly Serving the North Country

Sales and installation:
Wood and Pellet stoves, BBQs, Fireplaces, Chimney systems, Custom carved mantelpieces.

Service:
Chimney sweeps, Maintenance and Repairs

PACIFIC ENERGY
CAST IRON
WOODSTOVE

holdenhearthathome.com

Competitive prices. Outstanding service. 14226, Hwy 41 Cloyne, ON 613-336-0046

PURA VIDA
NUTRITION STORE

267 Stewart St. Renfrew
613-433-9437

Mon - Wed 9:30 - 6:00	Thurs - Fri 9:30 - 8:00
Sunday 10:00 - 5:00	Saturday 9:30 - 6:00

info@puravida-nutrition.ca
www.puravida-nutrition.ca

Vitamins, Herbs, Aromatherapy, Homeopathy, Sports & Diet Supplements
Gluten Free, Organic, Specialty Foods, Teas, Books and much more

Dealing with Bugs

By David Arama

The best plan for dealing with biting and stinging insects is to learn how they live, and where they breed, plus understand what works to avoid and repel them.

How Different Types of Insects Live

Blackflies: They breed in running water. These swarming bugs only work the day shift and are particularly nasty just before dusk. They prefer sunshine and temperatures above 15 Celsius and don't like being indoors. They like to crawl into tight hiding spaces, like behind your ears, and inside your pants and sleeves.

Mosquitoes: Mosquitoes breed in stagnant water and work both day and night shifts. They enjoy temperatures above 12 Celsius, and prefer hot, muggy, and overcast weather. They don't like strong winds and get really active at dawn and dusk and when a storm is approaching. Mosquitoes enjoy being indoors.

Deer flies: These large bugs enjoy sunlight and open areas and dislike shaded areas. Like most biting and stinging bugs, they are attracted to contrasting colours, movement, perspiration, and CO2 and they like biting behind the ears.

No-see-ums: Also referred to as Biting Midges, Biting Gnats, Punkies or Sand Flies, I call them teeth with wings. They like wet sandy areas and shorelines and can swarm you. They are so small they are hard to see (no-see-ums) and can get through window screens and love to fly up your nose, mouth, ears and eyes.

Wasps: There are many types of wasps, such as paper Wasps, and ground wasps. They can build nests in trees, under your fishing boat, inside the RV propane tank cover, inside the toolshed and woodshed, inside the walls of your cottage, in a garden patch, you name the location, I've seen nests. Wasps are defensive, so they won't harm you unless disturbed, which is likely considering where they make their nests. They send out a pheromone signal so that the whole nest swarms you when disturbed. Wasps can bite multiple times but sting only once, leaving their stinger behind. Never kill off a wasp nest unless it is in a dangerous location. They are part of the ecosystem, but if you must, I recommend Wasp Spray Foam found at most hardware stores, always spray the nests at night while they are sleeping! I prefer to get the nests in the spring, before they become gigantic.

Hornets & Murder Hornets: In my opinion, Hornets are the worst, and their bite is extremely painful. They only bite in self-defence, so best to keep away from them. These insects eat some tree sap, but also eliminate many flies, bees, and other insects. There are many species of hornets, the most famous is the Asian Murder Hornet. So far they were only found in a couple of places on Vancouver Island and destroyed.

Bees: Most Bees are docile. They are crucial pollinators found near flowers. Wear long pants when you walk through fields of flowers and be aware of disturbing them. If you get stung, the bee's venom sack continues to pump venom after it is torn off the bee. You should use tweezers and remove the sack ASAP.

Spiders: Many Spiders can bite and cause a painful reaction, but most are docile. A rare spider, the Brown Recluse, is highly poisonous, but typically found in older homes and damp dark base-

TIP: If you step on a nest or hive, run indoors, dive into the water, or run at least 100 - 200 meters away. Most Wasps and Hornets will give up the chase, since they don't want to get into a competing nest's territory.



Neutral coloured bug jacket like this one from the Original Bug Shirt Company is more effective at repelling black flies that are attracted to dark spaces.

Carry a tick remover when walking in fields, especially with your dog. They are designed to remove the tick without damaging it to decrease the likelihood that a tick might release pathogens its saliva into the host's body.



Jewelweed is a common plant that works like aloe vera to cure insect bites, stings, sterilize wounds, and help with joint pain, bruises and swelling.



ments. Some Spiders, e.g. the Wolf Spider, are aggressive when cornered, and they will bite!

Deer Ticks and Lyme Disease: Deer ticks and other vectors can spread Lyme Disease. This disease could affect tens of thousands of Canadians this year and has a high fatality rate. If you get bitten, remove the tick with tick tweezers. Place in a plastic bag and bring to a local health unit for testing. Ticks can hop onto your pets, or your clothing. The worst places to find ticks are tall grasses and fields. Wear long pants and high socks, and spray your clothing with a DEET Insect repellent, or Permethrin.

Ancient Methods

Ancient techniques work! Make a **smoky smudge fire** using punky rotting wood, add leaves and moss. The smoke will repel bugs. If you make several small smudge fires around your campsite you won't have to breathe the smoke.

For blackflies and deerflies, **go inside a shelter or under a tarp**, since they don't like being indoors. Also, for blackflies, **cover exposed areas with evergreen boughs**. Blackflies need a landing pad, so they won't land on the boughs.

You can also **cover up exposed flesh with mud**. Mud also reduces swelling and itching.

Cedar oils squeezed from cedar boughs is effective as a repellent.

Jewelweed Juice is the aloe vera of the wilderness. This plant is found in damp areas, and cures insect bites and stings.

Non-chemical Modern Methods

Bug Suits and Head Nets. Most camping stores sell bug suits and head nets. These are very effective, especially for blackflies.

Smudge fires from paper egg cartons. Light a corner of a carton then stomp it out so it smolders. Place in an empty, paint can and weigh it down so it doesn't blow away. Place several around your work area. Pay close attention in case they reignite and keep the cans' lids nearby to smother them out.

Organic Repellents like Natrapel work well. Organic repellents typically contain **oils of Cedar, Eucalyptus and Lemon Grass. Peppermint essential oil**, which is also anti-inflammatory, relieves muscle and joint pain, and repels bugs naturally. **Tea tree oil** is known for its anti-breakout properties and prevents bug bites.

Some people use **Avon Skin So Soft** in a bath, as a repellent. Others eat **garlic**.

Chemical Modern Methods

Insect Repellents: **DEET prod-**

ucts like Muskol and Deep Woods Off work best. My favourite is BEN's and I like the Wipes. Ben's isn't alcohol based, so it doesn't sting. DEET usually lasts ten times longer than organic.

Mosquito Coils sold in most dollar stores and hardware stores, they have limited effectiveness on the patio, but shouldn't be used indoors (toxic).

Bug-Tek Permethrin Spray to treat clothing. Available at some RV Dealers \$28.95 for a 2-litre spray bottle. Spray cabins and RV exteriors to repel cluster flies and biting Asian ladybugs. Pest control companies use Permethrin to spray for cockroaches. It is harmless to humans and lasts up to 40 washes. Some retailers, e.g. Mark's Work Warehouse, sell clothing that's pretreated with permethrin. **Permethrin sprayed clothing is 100% effective at repelling ticks!**

Proper Outdoor Clothing



exp REALTY

Kelly Derue, Broker
Phone: 613-433-2681
kellyderue.exprealty.com

Email:
kelly.derue@exprealty.com



Large Lot Renfrew!

173 Bank St. Renfrew MLS#1084855 \$124,900
Older 4 bedroom home with lots of potential. the work has been started. You can finish to your liking. Large corner lot, centrally located within the Town of Renfrew. Detached double garage.
Call Kelly to view 613-433-2681



Recently Renovated!

32059 Highway 41 **SOLD**
This neat, tidy, 1 bedroom mobile home has been recently renovated. Also included on the property is a good-sized storage building as well as a single garage. Great for anyone who travels the Valley for work. Centrally located within the Ottawa Valley. Call Kelly to View 613-433-2681

Wear loose-fitting clothes in neutral, earthy, and white colours and avoid fragrant detergents. When bugs are bad, seal sleeves and pant legs with tape or elastic bands to prevent bugs from crawling in. Don't Use Perfumes or Eat Bananas! They attract bugs!

Treating Insect Bites and Stings

My favourite treatments include Calamine Lotion, Caladryl, Aloe Vera. Benadryl Medicated, and for minor bites, you can try Afterbite.

Anaphylaxis: This is an adverse and sometimes deadly allergic reaction. Anyone can become susceptible if you get enough toxins, e.g. swarmed by Hornets or Blackflies. I carry Antihistamines and Epi-Pens.

Once again, we are offering a **Free Digital Disaster Survival Book, \$20 Value, to anyone who reads the Madawaska Highlander Newspaper and/or resides in the area, eg Renfrew, Madawaska, Frontenac etc.**

When this Pandemic is over local businesses and this newspaper, many of which have suffered great financial hardship.

Remember, be prepared, you are biodegradable.



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



Central Arnprior!

97 Edward St, Arnprior MLS#1193782 \$259,900
Centrally located. This 2 bedroom home has lots to offer. Eat-in kitchen, plenty of cabinets & large window overlooking private back yard. Cozy wood stove in the living room. Nicely decorated interior and neat tidy exterior. Natural gas heat, central air



Calabogie Village!

522 Mill St, Calabogie \$159,900
4-season fun! 4 bedroom home just a short walk to Calabogie Lake, a short drive to Calabogie Peaks, Calabogie Highlands Golf Course, or Calabogie Motorsports! Large lot offers room to have friends over. It's time to see all Calabogie has to Offer!!!

Building Lots for Sale!

5058 Murphy Rd, Calabogie
3.387 acres \$55,000

Lot 11 Morning Flight Court
Calabogie 2.5 acres \$65,000

Pine St - Griffith 1 acre \$29,000





IT STARTS WITH A PLAN: Full building packages for homes, garages and bunkies
Full estimating capacity for all your builds



WELL EXECUTED WITH: Full service hardware stores and lumberyards and only premium grade lumber, with a fleet of vehicles for delivery when you need it.



BROUGHT TO PERFECTION WITH: All the finishing touches that make your home or renovation beyond what you imagined.



1054 Gillan Road Renfrew
613-432-4809
info@renfrewcastle.ca

30 Building Supply Road Burnstown 613-432-2449
info@burnstowncastle.ca

Shop online
www.renfrewcastle.ca
www.burnstowncastle.ca

Full selection of **Weber BBQs.**
Full appliance lines
coming soon to both locations.
See you soon!



Your trusted building & hardware supply partner



over **30** years
of quality work

Cell: 613.312.0704
j.lacourse@xplornet.ca



*Custom, R 2000, Pre-fab and Log Homes
Renovations and Decks*

SPECIALIZING IN:
Post & Beam Entrances
Custom Interior Stairs
Railings, Beams,
Ceramic Showers
AND MUCH MORE!



**NOW OFFERING ENVIRONMENTALLY FRIENDLY
BLOWN IN CELLULOSE INSULATION**



BURNSTOWN, ON
25 MINUTES
FROM KANATA-OTTAWA

**4 SEASON
WATERFRONT LIVING**



An exclusive custom home community
25 home sites to choose from

613-319-3136 | www.BraeburnEstates.ca