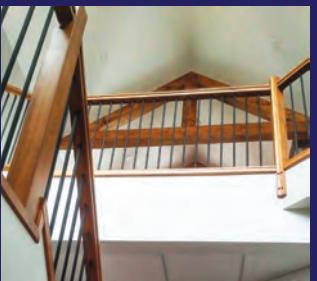




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Horse and wagon heading to the fields near Renfrew - a more common sight not long ago



Constant Creek rushing under the bridge toward Calabogie Lake - Spring!

**May
2025**
FREE Vol.23 Issue 1
Next issue June 4

Welcome!

...To a fresh new season of The Madawaska Highlander as the Sun warms, flowers bloom, and snowbirds return. This migration of Canadians doesn't compare to that of the United Empire Loyalists. They are the main reason Canada is not the United States (and never will be), as Bill explains in *Memories of Vennachar*.

In this issue, The Highlander introduces birder extraordinaire, Tony Beck, who migrated from Ottawa to the Highlands last fall and now invites us to explore the world of birds with him in *Wild Things*. In *Happy Trails*, Leslie introduces us to Aquanaut Jill Heinert who explores underwater caves in the Ottawa Valley and around the world. And in *The Hills are Alive...* with *The Arts*, Joe has a chat with a man who needs no introduction, Canadian icon, folk singer, Valdy, about his Ottawa Valley roots and life on the road.

In *Cloyne Historical*, we hear about life on the road, Hwy 41 specifically, from descendants of past owners of the Northbrook Hotel. In *Rural Vignettes*, Antonia writes about life on the Chatson Farm, as told to her by her mother-in-law, in a series called *In Mind of Alice*. Coincidentally, 282 acres of the Chatson Farm beside *The Rose Hill Reserve* in Denbigh are now under protection of the Mississippi Land Trust, as we learn in *Watershed News*.

We need to preserve our natural heritage, including our microbiome, as Derek points out in *Listen to your Gut Baby!* And listen to Colleen if you want to do something to slow Climate Change. How about using Forest Flower Power in your own back yard? Plant native species! Meanwhile, we must Prepare for the Inevitable as Survivor Guy asks, *Were you Ready for the Ice Storm?*

Retired librarian, Skippy, collated and preserved an historical collection of Renfrew Mercury news clippings about Calabogie life. Get the news about this Happenin' Place in *Out and About*, and at the library in Calabogie, after you read about library events in *Library Matters*. and, as always... Enjoy!...



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IMPORTANT NOTICE

In the event of POSTAL SERVICE DISRUPTION, go to madawaskahighlander.ca to read the paper online or download it and find out if The Highlander will be available in print.

We thank Gerald Tracy at the Leader for allowing The Highlander to piggyback on The Leader's shipping, at no cost to us, from the printer we both use in Quebec. The Leader will not be printing during a strike, so it might not be affordable or practical for us to print, either.

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Happy Mother's Day For the One who made life a little sweeter...

CONTRIBUTORS THIS ISSUE

Thank you everyone!

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Skippy Hale
Bill McNaught

Lois Thomson
Jenna McEwan
Caitlin Norton

The trade wars that followed the Republican passage of the protectionist Smoot-Hawley Tariff Act of 1930, which raised duties on hundreds of imports, similarly contain illustrative lessons for today. Canada responded with tariff increases of its own, for example, as did Europe.

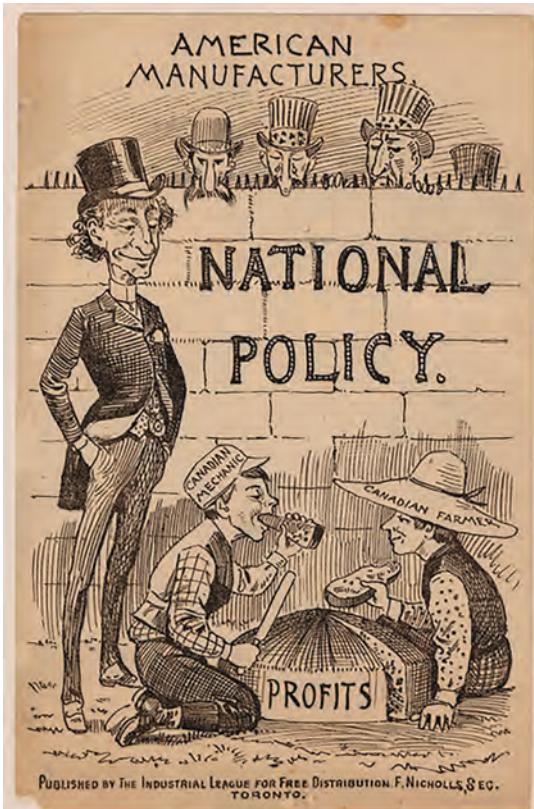
In a widely cited study from 1934, political economist Joseph M. Jones Jr. explored Europe's retaliation. His study provided a warning about the trade wars that can arise when a single nation's tariff policy "threatens with ruin" specialized industries in other countries, arousing "bitterness" throughout their populations.

To provide but one example from Jones' study, the Italian public responded violently to the Smoot-Hawley Tariff. American-made cars were attacked and befooled on the streets of Italy. And in June 1930, Benito Mussolini vowed that "Italy will defend herself in her own way." Tariff duties were increased on U.S. goods, and total U.S. exports to Italy plunged from US\$211 million in 1928 to \$58 million in 1932.

An indignant Italy added insult to injury by signing a commercial treaty with Soviet Russia in August 1930, followed by a nonaggression pact two years later.

More broadly, economist Douglas Irwin notes how the 1930 tariff "was very damaging from the standpoint of U.S. commerce" because it sparked tit-for-tat trade discrimination against the U.S. and "diverted existing trade away."

Economist and New York Times columnist Paul Krugman has similarly reminded us that, although the Smoot-Hawley Tariff did not cause the Great Depression, the resulting international trade wars played a critical part "in preventing a recovery in trade when production recovered."



"This 1891 Canadian cartoon suggests a policy of tariff retaliation against the U.S. would aid Canadian agriculture and industry." American manufacturers look over the fence as a Canadian mechanic and farmer eat their profits.

Image: The Industrial League for Free Distribution, F. Nichols, Toronto
Excerpts from article: 'Trade wars are good?' 3 past conflicts tell a very different story Marc-William Palen, Lecturer in History, University of Exeter
Published on March 6, 2018 by CIGH Exeter

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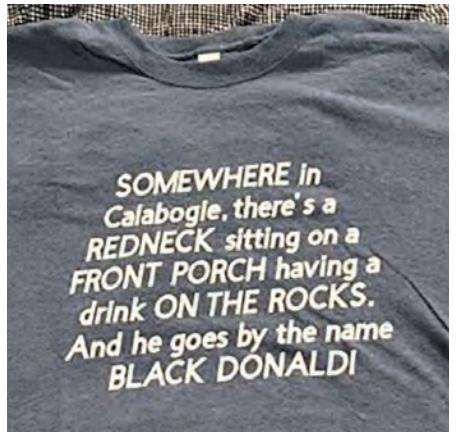
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BOGIE BEAT

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

Spring has arrived in Calabogie—and with it, that electric feeling of new beginnings. The ice has melted, the swans have returned, and once again our little town is alive with stories, music, laughter, and the kind of charm you really can't find anywhere else. Here's what's been happening around The Bogie — and what's around the corner.



Calabogie 500: Snow, Speed & Spirit. The weather may have been wet, but that didn't put the brakes on the Calabogie 500! Racers and spectators alike braved the rain and came together for an unforgettable event. Held at Calabogie Peaks on April 5th, the day was full of roaring engines, high-speed snowmobile action, local vendors, live music, and great food. A true celebration of winter adrenaline and community spirit, this year's event kicked off the season in style. We're already looking ahead to the next round of snowmobile hill drag races with Northeast Snowmobile Racing — get ready for even more high-octane fun! Pics shared by Lindsey Wyckoff



A St. Patrick's Day Celebration to Remember. The Calabogie Lions Club's annual St. Patrick's Day Kitchen Party was once again a hit, bringing together over 150 people at the Community Centre for an evening of music, laughter, and community spirit. With 20 talented local musicians taking the stage and a hearty Irish stew dinner catered by Charbonneau's Store, the event raised an incredible \$2,400 to support the Lions' work in the community.

The beloved kitchen party tradition began in 2016, when Peggy Williams, a proud Newfoundland, teamed up with fellow musician Pierre Desmarais to raise funds for local food banks through music. Inspired by the East Coast tradition of gathering in homes for music and community, they brought the concept to Calabogie and it's only grown from there. *"These kitchen parties have raised over \$20,000 for charity,"* said Peggy. *"Many of the musicians have been part of this from the beginning, and it's their generosity and love for music that keeps the spirit of this event alive."*

A heartfelt thank you goes out to the Lions Club for hosting, the volunteers and organizers who made it all happen, and of course, the wonderful community who came out to support it. Calabogie knows how to celebrate — and give back — in true kitchen party style!

Photos shared by Peggy Williams



Pics Left to Right by: Charles Rigelhof, Colleen Delaire, Rick Padulo, Rick Levitsky

The Swans Have Returned. Spring wouldn't be complete without the return of our swans! People have come to Calabogie Folks Facebook page to report their swan sightings. We are so fortunate to have these big beautiful white swans grace Calabogie each year. My family sees them out on Norway Lake, and along the ponds and creeks of Murphy Road. Others have spotted them on the Madawaska by Springtown, Joe's Lake in Lanark, Ferguson Lake, by the dam, in Grassy Bay, Centennial Lake, Stoughton Creek, in Dacre, in Barryvale, Clyde Lake, Cameron Bay, the list goes on. As most people were very excited for the swan spotting, one commenter did leave a warning for paddlers to be aware as they can be very territorial over their young.



A Well-Earned Salute for a Local Legend. Community Volunteer and Veteran, John Watts was honored for his work with the Poppy Drive. If you know John, you know how quietly and consistently he gives his time to this community. It was a heartfelt and well-deserved recognition, reminding us how one person's dedication can have a lasting impact.

Calabogie Pub Crawl Brings the Fun! The first-ever Calabogie Pub Crawl, organized by Cathy and Rob Brooks, was a big hit! Making their way through some of our favourite local watering holes, this casual village adventure brought people together for laughs, drinks, and good company. The best part? It wasn't just about the booze — it was about connection. The crew crawled from Black Donald Bar at the Calabogie Peaks, to the wine bar at Somewhere Inn Wine Bar, the Lakeside Lounge at the Calabogie Lodge, On The Rocks, the Calabogie Brewery and of course the Redneck Bistro! *"The Calabogie pub crawl made my year,"* shared Carrie. *"I was included and made to feel welcome despite being sober! Rob Brooks and Cathy Brooks, you sure know how to make a girl feel special!"* It was such a success that plans are already in the works for the next one, happening this August. Want to get involved? Reach out to Cathy or Rob.

Pics shared by Cathy Brooks and Carrie Edwards.

Winter Carnival Magic. February's Calabogie Winter Carnival brought all the cozy, snowy vibes we love — thanks to the incredible work of volunteers, the Lions Club, and our firefighters, led by Captain Chris Ferguson. Between pancakes, spaghetti dinners, maple syrup, and snow-covered games, it was a full-on winter wonderland. (The spaghetti sauce alone deserves a trophy, honestly.) A huge shout out was given to Charbonneau's Grocery, Calabogie Pizzeria and Otterburn Maple Farm for their involvement. Mayor Weir even got in the kitchen. If you've attended this event in the past, make sure to share your appreciation with the volunteers! It takes a village to pull off something like this.



A Delicious Success — United Church Spring Supper. The United Church Spring Supper was held on April 12th, and once again, it did not disappoint! Guests were treated to a hearty meal of ham, hash brown casserole, fresh salad, buns, and — of course — their legendary homemade pies. The food was delicious, the atmosphere was warm and welcoming, and the pies earned plenty of well-deserved praise.

You can always count on the United Church to host incredible community gatherings — from suppers and breakfasts to seasonal teas and sales. Their events are cherished traditions in Calabogie, and we're already looking forward to the next one. Last year's spring yard sale was a huge hit, and we can't wait to see what they have in store this year (keep reading for info on the events they're hosting in May).

Pic by Paul

Did you know you can now rent a U-Haul in Calabogie? That's right — Ryan's Powersports & Marine is now an official U-Haul rental location! Starting March 27th, 2025, you can pick up or drop off U-Haul trucks and trailers right here in town. Ryan's is already the go-to spot for powersports, marine, and small engine repairs — and now, with U-Haul on-site, it's even more convenient for locals and weekend warriors alike. Inventory will grow based on what people need most throughout the year, so don't hesitate to ask about specific equipment.

To reserve, visit visituhaul.com or stop by the shop at 4988 Calabogie Rd. It's always exciting to see more services pop up locally — especially ones that save a trip out of town!

The Calabogie Highlands is back at it again with the rebrand of their restaurant, **The Highlands Social House**. From crispy egg rolls to a burger that's practically legendary, the Highlands Social House has become the go-to for a casual night out. Chef Lucas is getting high praise, and the patio will for sure be a chef's kiss in the spring sunshine. If you haven't been yet, I highly recommend a trip out to the Calabogie Highlands Golf Resort for an evening at the Highlands Social House.

The Calabogie Highlands Golf Resort officially opened April 17, with carts humming, fairways gleaming, and the Bunker Bistro ready to serve Lynne's famous cider. The Highlands was one of the first courses open for play in the Ottawa Valley this year. No time was wasted giving the golfers what they've been craving all weekend — a day out on the greens. Whether you're playing 18 or just popping by for a bite, the vibe is pure spring bliss.

This spring, we're celebrating five years of **Calabogie Folks Facebook** page. What started as a way to stay connected during uncertain times has blossomed into a full-blown online community of over 11,000 members. We're now on Facebook and Instagram, with a brand-new website on the way. It's been such a joy to watch this group grow, and I'm actively looking for local sponsors and partners to join the adventure. If that's you, let's chat!

I'm thrilled to be working with **Calabogie & Area Home Support** on a new outreach initiative to help spread the word about their incredible frozen meal service. Many in our community don't realize that affordable, nutritious, chef-prepared meals are available locally — and we want to change that!

BOGIE BEAT

Over the next few months, we'll be running a community mail-out, launching digital campaigns, and hosting local events to connect with residents and make sure everyone knows how to access this valuable service. Whether it's for yourself, a neighbour, or a loved one, this program is here to support the well-being of our community — and I'm so excited to help share it.

What's Coming Up in May

The popular Lion's Bingo has been consistently happening each month with great turn out! In May there will be two Bingo nights. One to celebrate Mother's Day on May 7th at 7pm, and the other will be a regular Bingo on May 21st.

The United Church May 17th from 3-6pm you can stop by for their **Baked Goods Sale**. Rain or Shine! You'll find perennials, vegetables, house plants and the best baking. With so much success last year, I know I'll be going early to ensure I score the best plants and baked goods.

At the end of the month, the United Church will be hosting their **Spring Tea and Lunch**. The menu includes soup, sandwiches, desserts, coffee, tea and cold drinks. They also have gluten free options. This is a free-will donation event. Last year the volunteers dressed up and decorated the hall as inspired by the Beauty and the Beast. Can't wait to see what they surprise us with this year. My family attended last year and all of the soups were amazing! It was such a great variety, we left pretty stuffed!

The Renfrew County Senior Games are an amazing opportunity for older adults in our community to get ac-

tive, have fun, and connect with others! From golf and pickleball to card games and darts, there's something for everyone. Whether you're in it to win or just want to try something new, it's a great way to get involved. The games take place throughout the month of May. Specifically the **Prediction Walking and Nordic Walking** will take place in **Calabogie** at the **Community Hall** on the **23rd of May**. The deadline for registration is 3 weeks before each event. There will be an Ontario Summer Games in Sudbury August 5 - 7, 2025. For more information about the Renfrew County 55+ Summer Games contact Georges Martin (gsamartin@sympatico.ca) and Val Hinsperger (valhinsperger@gmail.com).

It's Food Truck Season in Calabogie:

Fry Dayz by Nancy Greer is looking to open the first weekend of May. You can find Nancy and her amazing fries and other specials located at Ryan's Powersports and Marine (previously TTS 508).

MAD River Paddle Co. Returns for another season on the water with the opening of their Mad Shak on May Long Weekend. They'll be serving up Kawartha Dairy Ice Cream. Last year they brought in some unique lakeside themed flavours and we loved going by for ice cream dates along the water.

Indian Curry Pot is located by the Boggie General Store and they are eyeing a May 9 opening. If you just can't wait, you can always find their popular dishes stocked up at the Boggie General Store in the freezer section.

Next to the Indian Curry Pot, you'll find Scoop Dogs which serves

Kawartha Dairy Ice cream. They're opening May Long Weekend.

A local favourite is the Boggie Grill N' Chill down Hwy 508 (Lanark Road). You can't miss this big yellow food truck! They'll be opening up on May 16th and you can expect the same great service and food as usual.

J&J Crazy Asian Eats is returning for their second season located at Calabogie Campground. They'll be back on May 17. Previously I ate a plant based diet so I wasn't able to try out this establishment. This year we are eating meat again, and looking forward to finally giving it a try!

Mark your calendars

Calabogie Fun Fair on **Wednesday, June 4th, 2025, from 5-8pm!** Hosted by the St. Joseph's School Council and the Greater Madawaska Fire Department, this year the Meet the Keepers Wildlife Show will be joining the fun.

Canada Day in Calabogie event will announce details shortly. If you're interested in volunteering, or getting involved in any way please contact the Calabogie Canada Day Committee through the Township of Greater Madawaska.

Guitars & Gasoline, NASCAR, and More at the race track! We have the Guitars and Gasoline Music Festival in June, followed by the thrilling NASCAR race in July. These two massive events are sure to bring energy, excitement, and plenty of visitors to our town. Locals are buzzing with anticipation, accommodations are filling up fast, and it's shaping up to be two incredible weekends for Calabogie. I'm excited to follow both events as they approach, and I can't wait

to get behind the scenes and share all the action with you!

There is something special in store for **June 21st!** The **Greater Madawaska Business Showcase** is shaping up to be an event you won't want to miss, with over 24 businesses already signed up — and more joining every day! The event will feature live music performances from The Midnight Special with Braedon Vincent and Sarah Wilson, and Break Even, led by Emily Marie Hass and her son Anthony. It's all about celebrating local talent and heart! Three local breweries — Cold Bear Brew Co, Redneck Bistro, and Calabogie Brewing Company — will be on-site, offering craft brews and merch you'll want to take home. And the food? You're in for a treat with Backyard Gourmet BBQ, Calabogie Pizzeria, and Nice Ice Baby serving up delicious eats all day long. There's more fun to be had in the activity zone, thanks to Yardgameguy! Plus, you can check out some seriously cool vehicles from Calabogie Motorsports Park, including the possibility of a NASCAR Canada car up close! You'll also get the chance to meet our local outdoor adventure companies and explore their gear. And don't forget — there will be Touch-A-Truck opportunities for kids to explore a crane from Renfrew County Crane Rentals, fire trucks from the Greater Madawaska Fire Department, with a visit from Sparky the Fire Dog!

Weekly Happenings in Calabogie

- Lions Euchre every Monday at 7pm at the Community Hall.
- Treehouse Art Studio in Calabogie Lodge for the Open Art Studio on

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BOGIE BEAT

- Tuesdays from 10am to 12pm.
- For those who enjoy pickleball, head over to St. Joseph's on Tuesdays and Thursdays from 5:30pm to 7:30pm, or you can also visit the rink to use the pickleball courts.
- Whether you're practicing on your own or playing with friends. If you're into archery, there's a group that meets every Thursday evening from 6:30 to 8pm at the United Church.
- The public library offers something for everyone, be sure to check their column for details.

- MAD River Paddle Co's Paddle Club will return on Thursday nights for some outdoor fun.
- Keep an eye on your favorite local restaurants and lounges for their weekly specials and offerings, and check out their social media for all the latest details. It's a great time to get involved and enjoy what our wonderful community has to offer!

Stay Connected

There are some great local Facebook groups where you can connect, share, and stay in the loop.

- Free Food Calabogie — a thoughtful space where neighbours pay it forward by sharing extra food and reducing waste.
- Buy Nothing Calabogie to gift and receive gently used items within the community.
- For parents, Calabogie Mamas is a supportive hub to chat, ask questions, and share resources.
- If you're looking for updates, events, and all things local, both Calabogie Folks and What's Up Calabogie are must-follows.

If you have news or pics to share, reach out to me at thebogiebeat@gmail.com.



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

GREATER MADAWASKA TOWNSHIP UPDATES

Provided by Jenna McEwan and Caitlin Norton



The logo redesign was made possible through a Rural Economic Development Grant. The GM part will be better suited to electronic media as an icon. Next step is to develop new wayfinding signage for the whole township. You should see the colour versions!

Editor's note: This isn't exactly a new column. Information about events in the township are usually divided between Griffith & Matawatchan News and Bogie Beat depending on the area of the township it pertains to. But there is so much news that is pertinent to all areas of the township that we're consolidating it here to avoid repetition. The information was provided by township staff. That's the first great news.

Many of you might know the township's Community Development Coordinator, Jenna McEwan. She has been doing amazing work with businesses and community groups to, well, develop community relations and boost economic development.

The next bit of good news is that this township has always thrived through our wonderful volunteer community. That was one of the reasons the township was successful in securing a Senior Assisted Living Centre (SALC) grant which provides permanent annual funding of \$55,000 from the Ontario Government to improve the lives of residents 55+. SALC programs work with community groups and businesses to provide seniors with important educational opportunities, such as financial management and elder abuse prevention. They also offer a variety of recreational, fitness, and wellness activities that promote healthy lifestyles and help seniors stay socially connected. These programs are essential resources for building stronger, more vibrant communities.

You might also have met Caitlin Norton at the township's reception desk. That was her workstation, but she wore many other administrative hats. The grant allowed the township to create a new Program Coordinator position. Cait just started in the position and is training her successor at the desk, but she is already announcing an event for seniors and for kids. While the grant provided funds to hire a part-time person to work with seniors, the township topped it up to full-time for the benefit of all.

The following is from the information Jenna and Caitlin provided to the Highlander.



The Certified Swim Instructor position is still open. Apply now!



One of the photos by Lana Cole we were rewarded with through an OVTA partnership.



Local businesses were featured on The Weather Network thanks to a partnership with Ottawa Valley Travel.



A few of them left to right: The Red Neck, Powersports, The Brewery.



From the Program Coordinator

Join the Township of Greater Madawaska's Seniors Active Living Program (55+) for a day trip to the **Ottawa Tulip Festival on Tuesday, May 13 10:45am to 4:15pm**. Departing from Calabogie Community Centre with shuttle service available upon request from the DACA Centre and the Griffith & Matawatchan Recreation Centre. Enjoy a comfortable bus ride for just \$20/person including guided tour.

Limited spaces—register today at greatermadawaska.com, call (613)-752-2849 or visit the Township Office- 19 Parnell St. Calabogie.

For more about SALC programs and events go to greatermadawaska.com and click on Living Here to find Seniors Resources.

Registration is open for the 2025 Kids Summer Day Camp Program!

Fun in the sun awaits kids this summer at our Day Camp! The action-packed program is designed for children ages 6-11 who are eager to explore, create, and make lasting memories. Whether your child is a budding artist, future sports star, outdoor explorer, or all the above, they'll have an absolute blast discovering new interests and talents, with something for every child to enjoy! Register on the Township Website greatermadawaska.com under Play and Discover

For more information go to greatermadawaska.com, call 613-752-2222, or admin@greatermadawaska.com

From the Community Development Coordinator

The Business Showcase Event is coming together with over 24 businesses already confirmed, and more confirming daily, 3 food vendors, 3 breweries, Yard Game Guy on site with an awesome games area, the Fire Department on site with Sparky and a truck, Ontrac will be there to discuss their offerings, OPG has provided a very generous sponsorship, and will have a table on site to discuss their work in the area, and water safety, as they introduce their new mascot. We also have many of our outdoor adventure businesses and touch-a-truck opportunities. I am very hopeful that this

will be a big community success!

Free to all local businesses and attendees, it's day full of fun, networking, activities, and support for our local businesses! We welcome businesses throughout the township to come to the **Calabogie Community Hall on June 21 from 11am to 3pm**. Tables and spaces are available under the roof and in the surrounding outdoor area, which enables those who may wish to bring larger equipment/supplies/ATVs to site the space to easily do so.

The goal is to create an event that not only showcases our incredible businesses, but that also brings the community together to help promote the township experience and support our businesses.

In addition, this event provides an opportunity for networking, new connections, and hopefully, new partnership prospects across the township.

If you have a business interested in participating, we would love to hear from you!

jmcewan@greatermadawaska.com or 613-752-2029.

Local businesses were featured on The Weather Network thanks to a partnership with Ottawa Valley Travel. We love our local businesses and having the The Weather Network and Destination Ontario travel from Toronto to feature them was very exciting. You might have seen the posts on our Facebook page or the article on the myFM Renfrew Today webpage.

We were featured on six full pages of **The Horizon Magazine Travel and Lifestyle magazine**. thehorizonmagazine.com

We also have photos that came from the partnership we won with the OVTA to have **Lana Cole come and photograph the township**. I have been adding new albums to our Facebook page weekly.

Taste of the Valley is returning to Calabogie on September 20. All Taste of the Valley events will be hosted on various **Saturdays from 10 a.m. to 3 p.m.** For more than a decade, Taste of the Valley events have become increasingly popular for both residents and visitors to Renfrew County. Originally developed to promote and support local food

producers in the Ottawa Valley, Taste of the Valley has evolved to encourage an expanded focus on the notion of "taste" with the celebration of local produce, food and beverage products, art and culture, all from within Renfrew County.

Local vendors have always looked forward to and enjoyed the Taste of the Valley events, which take the concept of local farmers markets and artisan shows to a higher level and attract a larger number of vendors and much larger crowds.

Vendor applications are expected to launch at the beginning of May.

To learn more and find the vendor guidelines, please visit the Taste of the Valley website at: totv.ca.

Other News

New "wayfinding" signage throughout the township. The township received a Rural Economic Development (RED) grant last year to develop branding and a logo that is more suited to the digital age - one that can be used as an icon and on signage that carries forward the concept of the previous logo with its emphasis on the natural environment.

The new logo and branding concept are now ready to be used in part two of the grant, which will provide better way-finding. This is the first opportunity since Greater Madawaska was amalgamated in 2001 to improve signage with a consistent township brand. Most work is intended to be completed by November.

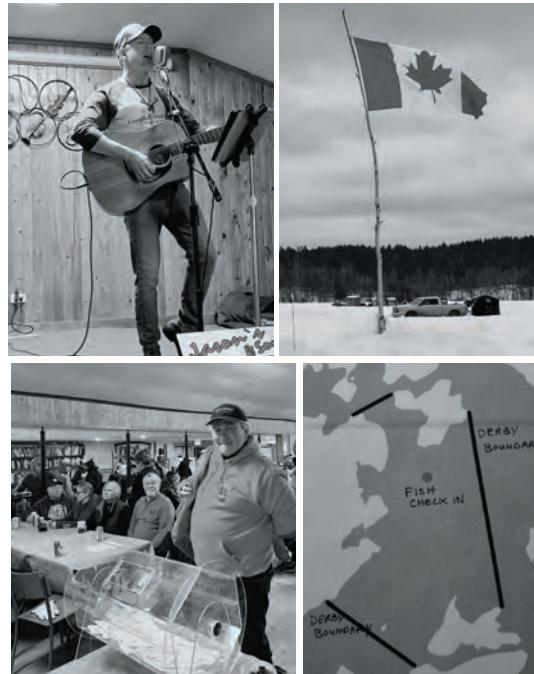
Job Opportunities:

Certified Swim Instructors wanted to teach swimming lessons in the Township for July and August. We're looking for patient, energetic, and responsible individuals who can create a fun, safe, and supportive environment for our swimming students. Interested applicants apply to [Jessica Schroeder](mailto:Jessica.Schroeder@greatermadawaska.com) hr@greatermadawaska.com or through the township office.

- Recreation Programmer summer student** to assist staff with the development of summer recreation programs as well as implement and lead 2 weeks of Day Camp.
- Public Works Labourer.** Applications will be accepted until Friday, May 30, 2025 at 4:00 p.m.

Key addresses: Griffith & Matawatchan Recreation Centre (Denbigh-Griffith Lions Club) 25991 Hwy 41, Griffith; Matawatchan Community Memorial Centre (Matawatchan Hall) 1677 Frontenac Road, Denbigh Hall 222 Hwy 28, Denbigh; Heritage Park, 48 Lane Street, Denbigh; Ginza Street Park, Rink and Pickleball Court, 15 Ginza St, Griffith; Hilltop Church, 25197, Hwy 41 Griffith; and St. Lukes Church – 188 Hwy 28, Denbigh.

By Lois Thomson Send your news to HighlanderGMnews@gmail.com



About 100 people participated in the Griffith & Matawatchan Fish & Game Club's Ice Fishing Derby. The 2025 Ice Fishing Derby was a huge hit because of everyone that came out to support them, because of the many volunteers, because of great community support and because of the many businesses that donated to the event. The ice was solid and lots of snow meant a lot of snow blowing to clear lanes for trucks. This year it was held on Centennial Lake off the E102 trail at Sweets Lane.

The Club thanks the many, many sponsors. \$9,000 to \$10,000 in donations and gift cards were provided by area businesses and community members. and ask that we please continue to support the business that support the Club. Thank you!

I am subbing in for this issue as Daniel Jacques, who served us well for a couple of years, moves on to other adventures. I have heard she was great to work with. All the best Danielle!

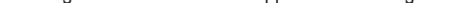
I did my best with this column, but wasn't able to pursue some missing details, which is why we need a dedicated contributor for the column. But I did get the highlights, so if you would like more information, please reach out to the various groups. But here's the good news!

I am delighted to hand the GMDV reigns to Charlotte Dafoe who has volunteered to assume her seat behind the GMDV "News desk". Charlotte and her family returned to Vennachar where she grew up and is looking forward to getting acquainted with new people and catching up with old friends. We welcome Charlotte to the growing family of Madawaska Highlander contributors!

Sadly though, a couple of days before I wrote this, Charlotte's father Richard Rosenblath, who many of us know, passed away. This unexpected loss has broken the hearts of his wife of 50 years, Marlene (née Meeks), daughters



Family Fun Day with sledding, snowshoeing, syrup, and tea boil



Denbigh Recreation's Stew Supper was amazing!



Eggciting things happened at the Denbigh Hall for Brunch with the Easter Bunny and Egg Hunt!



The Denbigh Griffith Lions were able to show their talent off at the A3 Convention in Cobourg



Work on the rock cut and causeway widening on Matawatchan Rd required 6 hr. closures weekdays.

Mystery Dinner. \$25. Doors open at 5. Starts 5:30 sharp. Call Tracy 333-9589 for tickets and info.

- June 28 - Canada Day Celebration

Denbigh Recreation:

- May 10 – Mother's Day Tea 1 – 3pm Denbigh Hall. Prizes for fanciest hat or fascinator and best dressed.
- June 1 – 2nd annual Horse Pull 1pm 48 Lane St. Light & Heavy Class \$10. Under 12 free. For info contact Bonnie Thompson 333-5571
- June 1 – Live Band "Pitch Black" and Dance
- August 10 – Community Corn Bash

Other News

Griffith Mile Update from Greater Madawaska Township:

We asked MTO for permission to do more detailed traffic studies on the troublesome stretch of Hwy 41 through Griffith where we are concerned about vehicle and pedestrian safety. We received a response last October. They only allowed us to install our equipment in November, to be removed in 2025. We did not proceed. They indicated that there was work scheduled for the road in 2025, therefore we would not be allowed to monitor during this time. We will be requesting again in the near future.

We are looking into the feasibility of adding streetlights on the Griffith Mile and adding Village signage, in hopes that this increases its visibility, while we continue to pursue changes such as reduced speeds in that area.

In case you missed it, we now have a column for township news that applies to all areas of the township (previous page) but we will continue to report news on issues that affect the Griffith & Matawatchan & Denbigh & Vennachar area here.

Please make sure you have someone take pics at your events to send to us and give us the details. It looks like it's going to be another great season!

Griffith General Store 613-333-1553

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Wed - Sun, 8 - 7

St. Lukes Church:

- St Lukes will be joining the 100th anniversary of the United Church of Canada in June by going to a huge joint service in Ottawa or by joining it via video link.
- St Lukes also wants you to know that they had a very good pancake and syrup supper for Shrove Tuesday in February. Proceeds are going toward replacing the roof shingles on the church.

Denbigh Griffith Lions Club

- June 14 - Elvis & Sons 7 – 11pm Griffith Rec. Centre
- August - 23 Show & Shine 10am – 2pm Griffith Rec. Centre

Matawatchan Hall:

- May 24 - Plant Sale Market
- May 31 - A Mexican Fiesta Murder

NEWS CLIPPINGS WE HAVE GATHERED

Yellowstone bison come to Canada through Indigenous cooperation. 'Our old prophecy says when the buffalo returns, our people will become strong once again'

Manitoba Métis Federation and Canada sign first-of-its kind Self-Government Treaty

Canada introduced temporary EI measures to act as a safety net for workers affected by layoffs, reduced hours, or industry disruptions due to US Tariff War.

Immigration lawyers urge Canadians who need US visa renewals do it at airports, where they can be processed on Canadian soil, with no risk of getting detained.

Eligible Canadians 18 to 64 years-old will be able to apply for the CDCP in May 2025 with coverage starting as early as June 1. Applications will open by age group.

Restaurants, retailers, online services, manufacturers revamp branding, packaging, decor, menus, displays, and US expansion plans, to showcase Canadian ties.

Siemens chose Oakville for \$150M AI manufacturing research hub for AI battery and EV production citing tech talent and strong world-leading universities.

Ontario welcomed Frontier Lithium's investment of hundreds of millions of dollars to build a first-of-its-kind lithium refinery in Thunder Bay, in a battle against tariffs

Canadian vegan chain Odd Burger stated that it would be halting its U.S. expansion plans due to "escalating political tensions between Canada and the U.S."

Canada's Dollarama Inc. has agreed to buy Australia's largest discount retailer, Reject Shop Ltd. in a deal pitched at a more than 100 per cent premium.

New Canadian app uses facial recognition and location data, to track permanent residents, foreign nationals and refugee claimants as an alternative to detention.

A new Canadian Navy warship, HMCS Protecteur sailed from N. Vancouver in December, nearly a decade after the last supply ship sailed. Another is underway.

Eleven countries have announced they will stop using the US dollar in 2025.

WWI German howitzer found buried in Vancouver has been sent to a local armory museum. World War trophies were displayed until they rusted out or were buried.

BC's General Fusion has achieved one of the most critical milestones in attaining practical and commercial fusion energy in their Magnetized Target Fusion reactor.

China launched the first oil production and storage ship with carbon capture system, capacity of 120,000 barrels. China, Australia, Indonesia lead in carbon capture.

Canada's draft Direct Air Capture Protocol is a transparent, high-integrity framework that encourages investments and international adoption of carbon capture.

Canadian company received a US\$40M from Bill Gates' Climate Solutions venture firm says Alberta test site will remove carbon directly from the atmosphere soon

The new Ontario Corps will work with NGOs and First Nations partners to help coordinate specialized personnel and volunteers to respond to emergencies.

Massive Kubuqi Desert 'Solar Wall of China' aims to generate solar power worth about 100 gigawatts by 2030, shading parts of the desert, providing economic bonus.

Terravis Energy (U.S.) has introduced the AetherLux, a heat pump system that it said can work in cases of extreme cold and extreme heat outside.

ON to build 2 hydroelectric stations in the north in full partnership with First Nations. Canadian tech and workers to power forestry, mining, manufacturing, homes

Federal regulator approves Canada's first small modular nuclear reactor at Darlington Ontario.

Like 20 nuclear reactors ignited at the same time — Japan unveils first super-solar panel using a material called perovskite for solar panels rather than silicon cells.

A vast reservoir of white hydrogen found underground in France, will potentially reshape global energy and significantly advance efforts to combat climate change

Together with nuclear power, hydroelectricity and growing wind power, The World's low-emissions electricity generation has now reached 40.9 percent.

Researchers from Cambridge and Berkeley Universities, have developed an artificial leaf that uses sunlight to convert carbon dioxide into valuable hydrocarbons.

Strains of the fungus Fusarium oxysporum can extract gold from their surroundings and metabolize it into their structure. Biotech could replace destructive practices.

Quebec now has uniform recycling rules, allows all types of containers, packaging, and printed materials in the same recycling bin. Ontario is phasing in the system.

Finland has developed origami-inspired cardboard packaging technology that could revolutionize the packaging industry and cut down on the use of plastics.

Antarctic iceberg breaks away revealing ecosystem teeming with corals, sponges, icefish, giant sea spiders, and octopuses never observed before under ice.

A new detailed map of Antarctica is set to significantly improve predictions of how ice flows and melts in response to climate change, say scientists behind Bedmap3.

A Kenyan company is addressing invasive hyacinth that chokes lakes, as well as the country's plastic pollution issue, by turning the harvested plant into a bioplastic.

Starlink's \$499 Kit Now Free in many parts of Canada. \$140/m with 30 day free trial

A new satellite called GOES-19 will go into operational service in April scanning our skies 24/7 to provide advanced warning of storms both near and far.

Bell reveals Ahlo, an affordable Canadian-designed smartphone that sells for \$270.

A consortium of Open Tech leaders is calling for social media feeds to be unbound from the control of tech billionaires through a Free Our Feeds funding campaign.

A lawsuit filed in California alleges that Tesla cars are falsely exaggerating odometer readings to make warranties expire prematurely.

Tesla is a leader in innovative EVs. It is therefore a shock to say the least that Musk has stated that the company will be shifting their focus to hydrogen power.

Project Arrow, Canada's answer to Tesla, showcased at global trade fair in Germany in April. No word on when fleet of zero-emission vehicles will go into production.

A large number of TurboTax customers in Ontario are facing unexpected bills after CRA audits showed software glitch gave them unearned financial credits in error.

Research confirms lemongrass essential oil can repel ticks by masking host's odours.

Breakthrough breast cancer vaccine stops tumours before they start, showing strong immune responses and no major side effects in early trials.

A New study shows that anthocyanins found naturally in colorful fruits and vegetables may protect the reproductive systems from microplastic damage.

Saccharin, the artificial sweetener used in diet foods like yogurts and sugar-free drinks, can kill multidrug-resistant bacteria—including one of the most dangerous.

Journal of Affective Disorders study says sugary and artificially sweetened drinks related to a greater risk of depression in young adults. Fruit juices and coffee OK

New research suggests acetaminophen's effects on pain reduction also lower people's receptivity to hurt feelings, reduced empathy, and blunts thinking.

Researchers assumed that circadian dysfunction in Alzheimer's patients was a by-product. Emerging evidence shows it may be a key driver of the disease itself.

Canadian researcher won 2025 Breakthrough Prize in Life Sciences for discovering the GLP-1 hormone used in diabetes and obesity medications — including Ozempic

Non-alcoholic range of drinks from Sentia Spirits serve as an 'effective alternative to drinking low levels of alcohol', tricking your brain's into thinking it's a bit tipsy.

A new LL-341070 drug accelerates myelin repair, restoring vision and brain function in MS, offering hope for neurological disease treatment following trials.

Less than ½ of Ontario private wells checked last year partly due to a lack of awareness among owners about free water testing services available to them.

As political tensions and health-care layoffs roil the United States, a surge of American doctors appear to be looking north for new opportunities.

More U.S. academics are looking to Canada amid Trump's crackdown on universities. Critics warn that an influx of talent could impact job opportunities here.

Low travel interest to the U.S. leads to WestJet suspending flights from many places

Canadian airlines cut thousands of seats to U.S. states as demand slows.

Porter Airlines has announced it will launch new nonstop service between the Ottawa International Airport and the Victoria International Airport, starting May 15.

Sir Richard Branson touched down at Pearson in April to launch return of Virgin Atlantic flights between Toronto and London England. "Canadians want to go there"

In 2024, the European Space Agency estimated that there were more than 14,000 tons of material in low Earth orbit, about a third of which is junk.

Nature unveiled another mystery when an octopus was caught cruising through the waters of New Zealand — by hitching a ride on a shark.

LIBRARY MATTERS

Greater Madawaska Public Library News

By Ruth Jones

Regular Programs

Tuesdays, 2 pm - 3 pm | Mahjong (adult drop-in) - Meet-up, and play!

Wednesdays, 9:35 am - 11:40 am | St. Joseph's class visits

And 3:35 pm - 4:35 pm | CHESS (drop-in for ages 6-14)

Thursdays, 9:30 am - 10:15 am | Play & Learn (drop-in, children 0-4, and caregivers)

Fridays, 10:00 am - 11:00 am | Puzzlers (adult drop-in) - For people who like puzzles!

Book Club Titles

May 21 - *Cher Ami and Major Whittlesey* by Kathleen Rooney

June 18 - *The Forgotten Daughter* by Joanna Goodman

Library Materials Exchange to the West End. Call or email to order books, DVDs and activity kits for pickup/drop-off on prescribed dates throughout the year at Pine Valley Restaurant in Griffith. Loan periods can be flexible. Next dates: May 14, 28 | Jun 11, 25.

Exciting News

The library has partnered again with Watersheds Canada who received a TD Friends of the Environment Fund that will allow us to provide watershed testing materials and shoreline protection education in Greater Madawaska. Watersheds Canada will conduct shoreline workshops at locations in the east and west ends of the township on a date to be determined. If you would like to host



Children of all ages enjoy the library. Sharon Nichols reads to St. Jo's School children on Library Day. Please register by May 16th. To register, email admin@ov-caos.org or call 613-805-1117

We have a water test kit available for lake associations to borrow.

Special Events

BOOK BINGO runs to the end of May. Pick up your BINGO card at the library circulation desk. Complete reading challenges for a chance to win an Indigo gift card. Earn a ballot for each row/ column completed. **Return your card when finished.** Prize draw May 30 at noon.

Upcoming Workshops

Please contact library staff if you would like to participate

FREE - INTRODUCTION TO MINDFULNESS & MEDITATION with Attila Kalo, Saturday, May 3, 9:30 - 11:30am in the SJC gymnasium at 12629 Lanark Road, Calabogie. In this session, we will focus on breathing, mindfulness, alignment, and movement.

BREAK THE FAKE - identifying reputable information sources: Tuesday, May 13, 6pm - 7pm in the library. **OTTAWA VALLEY COMMUNITY ARTS - OPEN STUDIO**: Saturday, May 24, 1pm - 4pm, Barnet Cottage, 5179 Calabogie Rd.

HEALTHY EATING ON A BUDGET:

Tuesday, June 10, 6pm - 7pm in the library. Get some tips and tricks for making the best food choices for your budget.

CANADA DAY PANCAKE BREAKFAST: Tuesday July 1, 8:30am - 11am. *Want to volunteer for this fun morning?*

You now can Register for a Library Card online. Fill out the form at addingtonhighlandspubliclibrary.ca. Click on your branch then Applying for a Library Card. You will receive a call or email when your library card is ready for pickup with valid ID. Non-residents can get a membership at our branches for \$10.00 per year.

Exciting News

NEW NATURE DISCOVERY BACKPACK Lending Program. Learn about the program, how to use the resources found in the backpacks, and get inspired for the new ways to explore the outdoors at the Denbigh Library on May 28 from 4:30 to 5:30 and Flinton May 31 from 10 to 11.



Backpacks contain activities and equipment for youth to explore their local areas and watersheds.



Addington Highlands Public Library News

By Bonnie Leo

Clinton Programs

Adult book club 1st Saturday of the month 9:30- 11:00am

Woolly Wednesday is the 3rd

Wednesday of the month 10:00am - 12:00pm

Children's Story Craft program 2nd Saturday of the month May 10th 10:00 - 11:00am and June 14th 10:00 - 11:00am

Denbigh Programs

Children's Story craft program Wednesday May 7th 6-7pm and June 11th 6-7pm

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Valdy: Canadian Legend Still Folksy After All These Years

Q&A with Valdy

By Joe Sornberger

Born Paul Valdemar Horsdal to a Danish photographer father and an English social worker mother, he became a man of renown as Valdy on the strength of his 1971 hit record, *Play Me A Rock And Roll Song*, about getting booted off the stage at a rock festival in B.C. With a resonant low tenor that is the aural equivalent of a comfortable easy chair, Valdy, now 79, still loves touring (most recently in Wilno) when not tending the 15-acre woodlot that he and his wife, Kathleen, share on Salt Spring Island off the West Coast. The following interview with Joe Sornberger, edited for length, traces Valdy's life from a less-than-stellar start in Ottawa – it took him three years to graduate Grade 12 – to today.

Q: You were born in Ottawa where your father was a portrait photographer and your mother was a nurse and writer. Have I got that right?

A: My mother was a social worker and a trained nurse. Quite a writer. Mom was a radical: she used to run condoms into Quebec. She would go over and do family planning with the Catholic moms who were pumping babies out for the church. She got chased out of the province with the priest and the sheriff in the same car. Dad, on the other hand, was a brilliant photographer. He studied photography in Germany after the First World War. He got to Ottawa and fell in love with the Gatineau Valley. He plugged into Parliament Hill as a photographer and was able to be successful stroking the egos of all of the hegemony there. He created a really successful business.

Q: What do you remember about growing up in Ottawa?

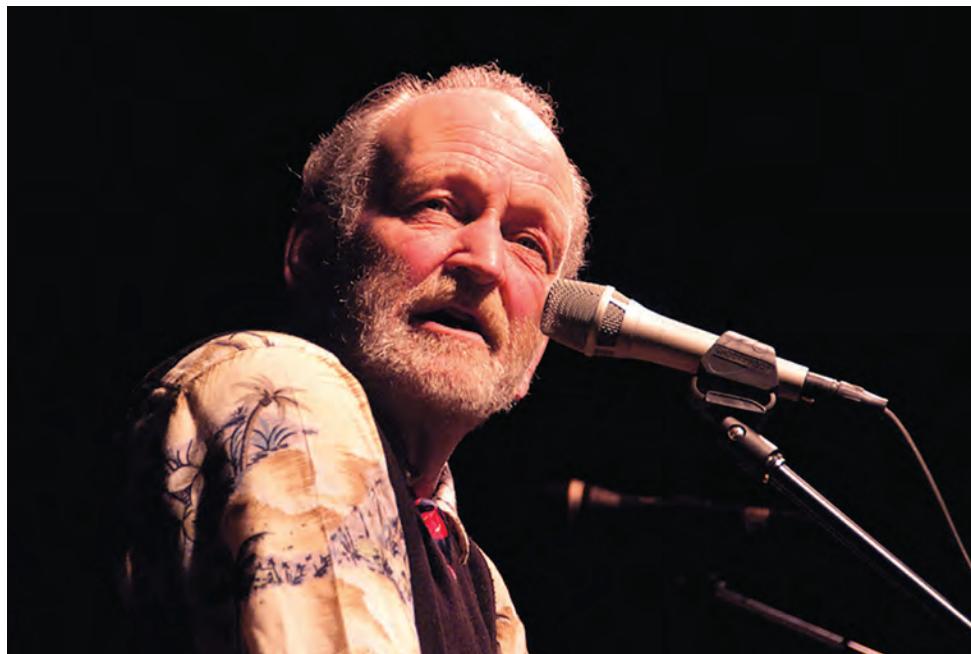
A: Snow. I was the boy of the family, so every time it snowed I had to do the driveway, the walk, the steps and Dad's studio roof.

Q: What school did you go to?

A: Originally, Elgin Street Public School. From Elgin I took three years at Lakefield (College School) for Grades 5, 6 and 7. It got on the map when Prince Andrew went there. We learned sailing and canoeing and water sports. It was in the woods so we all learned construction so we could build our little huts out there. It was a good school for running around. It made me the guy I am. It taught me I had to defend my territory. I wasn't very good at it, so I learned to be good at it.

Q: Then did you shift back to Ottawa?

A: Yeah. When I was at Elgin they were accelerating kids: if you showed aptitude, you got bumped forward. I took Grade 3 and 4 together. So, in Grade 5, I was a year younger than everybody. Socially I was scrambling a bit. Then I went from Elgin to Lakefield and then back to Glashan Public School down by the Queensway, for my Grade 8. Then I went to Lisgar Collegiate for Grade 9. They put me in an accelerated



Valdy continues to entertain large and small audiences across Canada and regularly tours his original stomping grounds throughout Eastern Ontario. Find dates at Valdy.com

class. I took Grade 10 and 11 together.

Q: They were really pushing you through, weren't they?

A: It was ridiculous. By the time I got to Grade 12, I was two years younger than everybody. I flunked Grade 12 because I was trying so hard to keep up socially. Academics were added to the I'll Get To You Later file. I went back to Lakefield for my second year in Grade 12 and that didn't work out. It took me three years to get my

went, 'You know, I could make a living at this.'

A: No. And it's been a real thin living too. I had to chase it. I'm a gig worker. I have to chase the gigs. There's no security in this. I had a hit. If I'd have owned my publishing, I probably would have a little nest egg put away. But as it is, I'm still hand to mouth at 79. But digging it immensely.

Q: Was your family happy with you going into music?

"I'm a gig worker. I have to chase the gigs. There's no security in this. I had a hit. If I'd have owned my publishing, I probably would have a little nest egg put away. But as it is, I'm still hand to mouth at 79. But digging it immensely."

Grade 12. I went to qualifying year at St. Pat's College, which, in those days, was part of Ottawa University. I flunked that year and went into folk singing. Actually, I went into bass playing.

Q: You played bass?

A: I played bass for the London Towne Criers. I went back to school at Glebe Collegiate after I flunked out of that first year in university. I was still living at home. Halfway through the year I decided to go to Montreal and I ran into a folk group, the Towne Criers, playing at the Venus de Milo Room on Rue Saint-Catherine. I was quite taken with them and they were looking for someone and I got the job.

Q: How did you get into music in the first place?

A: I took piano lessons when I was a kid. I took five years of lessons but I only got to Grade 3 because I wasn't a good student. The guitar was what I paid attention to: I could go around and work with it anywhere I wanted. I loved the effect that music had on a room. That was what got me going. If there's strife in a room music can help wipe it out.

Q: Was there one moment when you

A: Mom was. Dad didn't like it. He asked me not to use the family name. He was never really happy with what I did. Never said he liked it. But he said I played strong music.

Q: You have played some of the biggest halls in the country. You packed the Jubilee Auditorium in Edmonton when I saw you there in the 1970s. I remember you headlining and Steve Martin was your opening act.

A: Those were the salad days. I was a young punk, probably a bit pretentious and self-involved. I've gotten over myself since then. I had a manager and an agent. I went and did a bunch of colleges in the States. Those connections got me in front of an audience that was either my age or five to 10 years of my age group. I'm still playing for that demographic.

Q: So, to go back a bit, you were 18 years old and you were playing bass for The Towne Criers.

A: We went on the road for part of the year. Then we all went and picked tomatoes in Leamington. I got a job in the Kelvinator refrigerator plant in London. These were survival things. I still had the guitar. We did a tour across Canada through the Fourth Dimension coffee houses, which was a circuit of Port Arthur (now part of Thunder Bay), Winnipeg and one in Regina. Incredible players would come through there: Sonny Terry and Brownie McGee, Len Chandler, all these incredible folkies from the States.

The band broke up because we were tired of just working gig work to

support a musical habit that wasn't going anywhere. So, I was on my own. I went to Montreal and joined a group called the Prodigal Sons. I played bass with them and lived in a room in the guitar player's father's suite in Old Montreal. Then we disbanded and I went out on my own as a folk singer. I played in the Maritimes doing little gigs. I was learning how to do what I do. I went out on the road with Blake Emmons' country band, playing bass. We played a bunch of third-string places – bars that you wipe your feet coming out of. I was playing bass for him and I was a big guy. Blake was charming, a good-looking guy, and had all the women draping off him. The guys couldn't pick a fight with him so they picked a fight with his band. I was big, so I was a target. I remember going up to the police and saying, 'I think I'm in trouble tonight can you walk me back to my hotel?'

Q: But how did you emerge as Valdy the solo act star?

A: I went to the West Coast in 1966 and played in Victoria. I got a job playing rhythm and blues bass. Then I got in with the Foundry Brass at the Strathcona Hotel. We wore orange tuxedos with gold lining. We played pop, arranged off the radio. In 1969, I was playing (solo gigs) in Victoria. Some people asked me to come and play a festival over on the mainland. I did that and I got a bad reception. It was a rock festival and I was a folk singer. So, I was out of place. I just got pissed off and wrote (*Play Me A Rock And Roll Song*) about it. Not really pissed off: I was hurt. That song became a hit.

Q: And that changed everything?

A: You get a hit and that opens the bigger halls. I opened for Kenny Rogers and the First Edition. I did a tour of the Prairies with them. They put on the same show every night. Exactly the same order, the same moves on stage. It just bored the shit out of ... how could they do that? I change my set every night.

Q: You said that over the years you learned to be an entertainer. How did you learn and what does it take to be an entertainer?

A: That's why I'm there. I'm not there because I'm great and people want to come and hear me. I'm there to entertain whoever comes into the room. That's my job: to get the room together, make it happen, get some buzz going.

Q: How many dates a year do you do?

A: I did 200 up until the pandemic. Now, I don't know. I just did five dates in six days in Alberta. Rented a car. Banged around. I love travelling.

Q: How long will you keep going?

A: If I stop enjoying what I'm doing, I'll stop touring. Because it's not fair to get up onstage and have a bad time in front of people.



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Joe Sornberger is a writer and editor who splits his time between Ottawa and Calabogie. His work has appeared in most Canadian daily newspapers and he is the author of *Dreams and Due Diligence* (University of Toronto Press), which tells the story of the Canadian discovery and development of stem cells.

United Empire Loyalist Migration - Why Canada is Not the United States

By Bill McNaught

Recently, I explored the Scottish view of the Highland Clearances which “theoretically” forced Scottish families to immigrate to Canada because they were dispossessed and poor. “Theoretically”, Canada was populated through destitution. That did not correspond with the experience of my mother’s families—the Hays, the McLeans, the McPhersons, the Camerons, the Clan Donalds, the Clarks and many more—who in 1831 made a conscious business decision to forego their centuries long occupation as tenant ranchers in Scotland to become farmer entrepreneurs in Canada, just west of Toronto. They not only brought their skills and knowledge about cattle-raising, but they paid their passage and brought additional capital to buy their own land. Their hardships cannot be diminished but the power of an idea—land ownership—was even more powerful—Ownership in their own country.

Reading Lucille Campey’s book, “A Very Fine Class of Immigrants” which details the Scottish settlement of eastern Canada, PEI, Pictou County in Nova Scotia, the Mirimachi region of New Brunswick and the Ottawa Valley followed a similar pattern. Emigrants who had skills and possessed some savings to pay for their passage and to buy land in order to become farmer-entrepreneurs were specifically targeted. That formula not only permitted but required whole families and communities to resettle. That Canadian formula was distinct from a policy of “teeming masses” which relied on unskilled immigrants who often had to learn while on the job. It may not be true that the concept of farmer-entrepreneurs owning their own land was uniquely Canadian but it can be concluded that the immense size of Canada’s untouched wilderness suited farmer-entrepreneurs where every family progressed as the community and ultimately the nation prospered.

I have discovered that the unwritten immigration formula predates the Scottish settlements. It first appeared earlier during the Loyalist migration to Canada from the American colonies in 1784. It too was based on skilled families becoming farmer-entrepreneurs in various communities in Ontario. That was an essential building block for the creation of Canada.

I recently read “History of the County of Lennox and Addington” by Walter S. Herrington (ISBN 1-894378-88-1), written in 1913 just before the horrors of World War I shattered the world, including Loyalist Ontario. My grandmother, Martha Jane Ball who was born and raised in Vennachar Ontario, was a descendant (great granddaughter) of Solomon Ball and Esther Walker, who left behind colonial America in 1784, settling first in Ernestown (Bath), then clearing and creating farms throughout Ontario and the rest of Canada. In hindsight, we can understand what our ancestors saw. We can imagine their delight when they foresaw the potential of the fertile land north of Lake Ontario compared to the rocky soil of Vermont and New Hampshire. Ontario was a “tabula rasa” (blank slate), waiting for their creativity—a farmer-entrepreneur country, far different from the restrictions of the tenant-farmer model of Europe. All it took was application.

These families were adept at pioneer-



1934 stamp issued on Dominion Day commemorates the 150th anniversary of the arrival of the United Empire Loyalists (UEL) who fled from the United States. Britannia, on the left, includes the allegiance to the Empire of the Loyalists of British ancestry.

The Mohawk man commemorates the part Indigenous Peoples played in the migration.

ing skills, which they had learned over 6 generations in colonial America. Still, it also took co-operation and compromise. They understood the necessity of these qualities having witnessed firsthand the sectionalism and factionalism that were intrinsic character traits of America. They saw their land as generational wealth rather than a short-term windfall to be exploited.

To fully understand the Loyalists, it is necessary to examine what they left behind. Many with Loyalist leanings stayed quiet within the new America but our Loyalists determined to give up their property and friends for a new society based on Loyalist principles. As Author Herrington points out in his book, the Loyalists did not support the autocratic decisions of King George III and Lord North. Nor did they support independence. Rather, it was their view that as British citizens, they were entitled to representation and that at some point soon, their Parliamentary allies in the opposition to the North Administration, would press for representation of British citizens in North America. According to the Loyalists, the resolution of taxation without representation was best achieved by working within the system not through a complete break. After all, George III was a constitutional monarch. The idea of an all-powerful, immune monarch was decided in 1688 when James II abdicated and the rights of British citizens were codified in the British Bill of Rights and the Habeas Corpus Act. By legislation the policies of George III reflected the policies of the North Administration. Could the impasse in colonial America have been resolved from action within? The Loyalists believed that was the proper way. Herrington reflects that belief in his book for he writes of the sense of betrayal that the Loyalists took with them north of the border. He examines how the Declaration of Independence came about in 1776 when the delegates from Pennsylvania, despite explicit instructions from its citizens not to ratify, changed course and ratified the Declaration of Independence.

It was a war that the British would have difficulty winning for the nature of colonial America made it a supply war. In his book on “The War of the Revolution”, Christopher Ward points out that although the British won most of the battles, the war was lost when the Americans retreated inland leaving a barren landscape, which could not support British armies. The 2 significant losses—Burgoyne’s surrender at Saratoga in 1777 (which encouraged France to support America) and the ultimate



The 6th Generation of Loyalist Descendants on Remembrance Day 2007 in Napanee. Bill McNaught is becoming a member of the Loyalist Society through his grandmother Martha Jane Ball of Vennachar. At least 30 families with UEL ancestors were living in northern Lennox and Addington County in 1901 census. Many descendants remain there.

achieved from within.

To accurately describe the Loyalist perspective, we must conclude that they had the foresight to see the perils of governance in America due to its sectionalism and factions. Instead of seeing themselves as victims, the Loyalists believed they were canny traders who swapped rocky land for fertile farmland large enough for their children and grandchildren. By emigrating, they were also able to jettison the American model of factionalism for a society based on moderation and community progress. It was their gift of moderation that their grandchildren and great grandchildren spread across Canada including the Tri-county communities and which we still witness in villages like Vennachar, Denbigh, Griffith and Matawatchan. In the 1901 census, there were at least 30 families in the population of those towns which had Loyalists ancestors. That is our Loyalist inheritance. It was the inheritance of our grandparents who made Confederation work, bought the Hudson Bay lands, and supported the building of two transcontinental railroads. These were hardly the risk-adverse Canadians as they are often portrayed.

Loyalist history is often compartmentalized. It is viewed as a one, possibly two generation event – an event of sweat, labour and hardship. But a country is not built by one or two generations. It is a never-ending process maintaining the foresight of our ancestors. More than the farms cleared from the Wilderness, our true generational wealth is our understanding that Canada’s bright future must be preserved because it is “ours”. That is the guiding star that our grandparents followed, making Confederation work in 1867, buying the Hudson Bay lands in 1870, supporting the building of two transcontinental railroads in 1885 and 1912, spreading “ours” from sea to sea to sea. That was the motivation for the 4th and 5th generation Loyalists, Indigenous Peoples, and many others, to defend our country in two world wars, a cold war, an age of terrorism, and now an economic war.

All through our history Loyalists have been exhorted and threatened to join the American experiment. But each and every time, previous generations have said “No thank you. We’ll keep what is ours.” And now, we, the 6th generation of Loyalists are being enticed to renounce our inheritance by another misguided and misinformed Jefferson. We are told that we have only to relinquish one small word, “ours”. Our response must be the same as it has been since 1784, “No thank you! This is still ours.”



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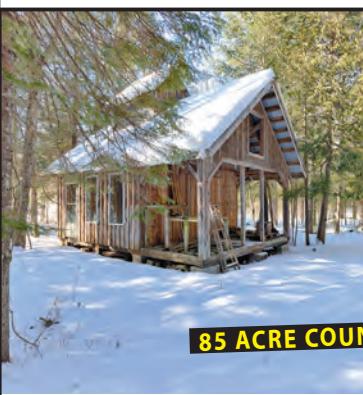
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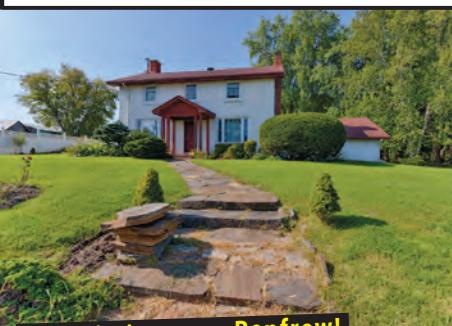
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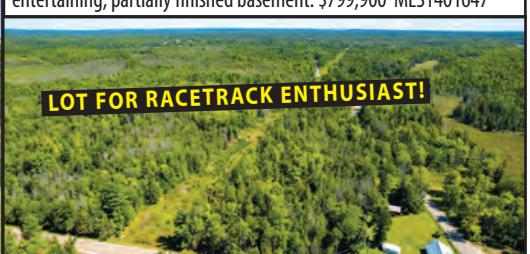


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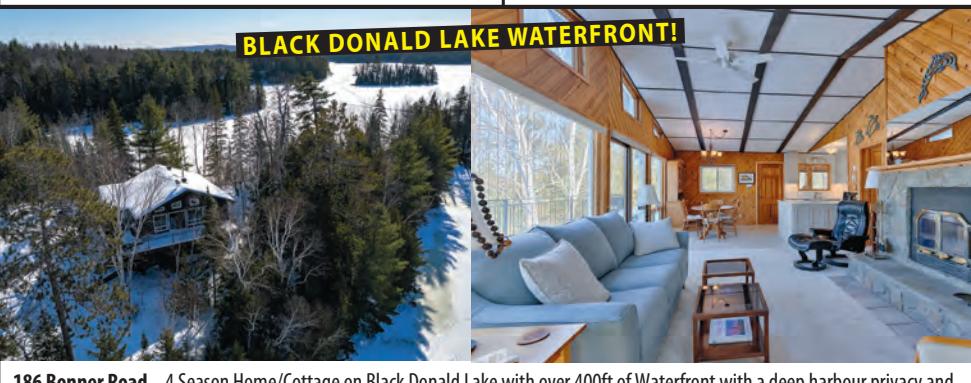


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Birds and Birders - A New Season in the Highlands and the Valley

By Tony Beck

City life has its virtues. All necessities for comfortable living are within reach. However, urban environments lack solitude. We desired an escape from frantic city activities for a more relaxed setting, preferably surrounded by nature. After years of nosy neighbours, poor air quality, and perpetual urban din, we moved from our cozy Ottawa highrise into the natural settings of the Madawaska Highlands.

I'll miss our breath-taking 23rd floor view overlooking the Ottawa River. Besides colourful sunsets and endless vistas, our balcony overlooked several wildlife hotspots including the Deschenes Rapids and Britannia Conservation Area. After 15 years of observations, I tallied 164 bird species, plus several reptiles, amphibians and butterflies - many of them rare or unusual. However, most life forms were at extreme distances. High-powered optics were necessary.

With its various natural habitats, the Madawaska Highlands looked like an attractive alternative to call home. The region includes marshes, swamps, forests, scrubland, meadows, fallow fields, lakes, rivers, agricultural lands, rustic towns & villages, and even some urban sprawl. Each habitat plays host to species adapted to their specific environments. With 4 distinct seasons, local wildlife modifies their behaviour depending on the changes they experience.

The extensive diversity we've found up here has surpassed our wildest expectations. Yet, we expect to find much more. Our goal is to create a wildlife-friendly garden that includes a world-class bird-feeding station. We're applying for the Canadian Wildlife Federation's "Garden Habitat Certification". In the meantime, we're documenting all living things for citizen science databases like iNaturalist and eBird.

We moved here last August as the season's nesting activity slowed down. By September, many forest species and long-distance migrants had passed through including Common Nighthawk, Scarlet Tanager, Philadelphia Vireo, and many different types of warblers. As the year ended, most had already flown south. Meanwhile, our property transformed into a sanctuary for over-wintering creatures like Evening Grosbeaks, Blue Jays, Mourning Doves and squirrels. Each morning, we awoke to incessant chatter of hundreds of hungry animals feasting around our yard. With so much wildlife, it's natural to have predators. Sharp-shinned Hawk and Northern Shrike periodically swoop into our yard taking small prey.

Nocturnal visitors include Northern Flying Squirrels and various owls. The feeders get nightly visits from mammals like Deer Mouse, Meadow Vole, Striped Skunk and Raccoon. We regularly hear Red Fox and Coyote nearby. We also find tracks and scat of both deer and bear.

We noticed the first signs of spring coming in March with the return of blackbirds and robins. Although a few Trumpeter Swans overwintered around local open waters, several more arrived with the first March thaw. Many ducks



Sandhill Cranes in flight A new arrival to the region, Sandhill Cranes were first reported near here about 50 years ago. They now regularly breed in local wetlands. During migration, they stage in large flocks, especially in open agricultural lands near the Ottawa River.



Adult male Chestnut-Sided Warbler. Summer is our most active season for breeding birds. Many wood-warblers, like this Chestnut-sided Warbler, visit our region only for about 4 or 5 months. During that time, they feast on an abundance of insectivorous food while defending their breeding territory.



Adult pair Trumpeter Swans in flight. Trumpeter Swans were introduced into our Province back in the early 1980s. They've been highly successful and have established a viable wild population. Big and white, they've become a regular site in local wetlands.

and geese are also among the first to return. Accompanying them are Sandhill Cranes. They arrive early to establish territories in local wetlands. With the warmer temperatures, we noticed Mourning Doves, Pileated Woodpeckers, and Common Ravens engaged in courtship and territorial behaviours. By the beginning of April, young Ravens were heard begging for food from parents, and the first Eastern Phoebe appeared in our yard. Meanwhile, in our lowlands, huge numbers of Bohemian Waxwings arrived late from up north.

The Ottawa River is a significant natural feature of our region. It provides a corridor for migrating birds between northern breeding territories and southern wintering grounds. When the river flows free of ice, it becomes attractive to many interesting species. In late March,

8 Greater White-fronted Geese joined a flock of Canada Geese at the Pembroke Marina. A common goose in Western Canada, they're much rarer here with only scattered sightings during migration.

I write this piece while waiting for summer warblers and flycatchers to arrive from the tropics. We've yet to witness the highland's intensity of late spring migration and early summer breeding. We anticipate several species to nest here including Scarlet Tanager, Pine Warbler, Broad-winged Hawk, and Blue-headed Vireo. In three seasons, we've tallied 80 species of birds observed from our property. At this rate, we'll push our bird list past 100 before year's end. Even falling short of our goals, it's clear that being surrounded by nature is good therapy.

Have you seen any interesting wildlife recently?

Have you taken any good photos of local wildlife? We would love to learn about your observations. Please submit them to: TonyFMBECK@gmail.com With your permission, we might use them in the next issue.

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



Aquanaut Jill Heinerth - Water Spirit and Ottawa Valley Water Trailblazer

By Lesley Cassidy



Above: Jill prepares her underwater camera to film an episode of the *Nature of Things* titled "Under Thin Ice" for the CBC. Photo by: Jill Heinerth Upper right: Jill drives the 3D Digital Wall Mapper at Wakulla Springs, which was one of her most memorable dives. Photo by Wes Skiles, shared by Jill Heinerth



Jill is preparing to enter the water for a dive. Photo by: Jill Heinerth

Water flows under our feet, our houses, streets and shopping malls.

We can't see them, so it's hard to imagine that caves and channels flow beneath the earth's surface like veins in our bodies. Few people have ever seen these underground waterways. One Lanark County resident has. Jill Heinerth, known as one of the world's top explorers and a diving legend, has explored one of the largest icebergs in Antarctica, dove shipwrecks and mines around the planet, swam through caves in Mexico, the United States, Egypt, Libya, the Indo-Pacific Islands and many more. Her latest obsession flows underneath the Ottawa River and the Westmeath Peninsula.

Cave diving is an exhilarating but technical aspect of scuba diving. It's dangerous and requires extensive training because of the overhead barrier of rock or wrecks, the length and depth of caves, the silt easily stirred up by a fin, the constant darkness and tight spaces that limit movement, all of which complicate access to the water's surface. Divers have to return the same way they entered the cave system, swimming back out through the cold pools and tiny spaces. It involves detailed planning (think endless checklists), specialized equipment including a mix of gases rather than simply compressed air, and careful risk management.

Despite these challenges, Jill embraced this sport with a passion for

exploring, enrolling in her first diving course in Tobermory, Ontario, while attending university. With more than 8,000 dives since then, she shared one of her most memorable diving expeditions: "I think it was Wakulla; it was the time we made the first 3D maps," she explained. "To this point, people thought that cave divers were adrenalin junkies, you guys just go out and get yourselves killed. The project of mapping these caves really proved our value."

In the 1990s, Bill Stone, a fellow diver, founder of the United States Deep Caving Team and engineer who worked on technology that supported scientific research, particularly in cave environments, invited her to take part in an expedition to Wakulla Springs, located in Florida's Edward Ball Wakulla Springs State Park. This area is known as the Nascar of cave diving. It became a groundbreaking exploration.

First, the team mapped the spring's cave system, leading to a better understanding of how water flows beneath the ground, how it's filtered, and its connection to surface water, including runoff from streets and the movement of fertilizers and other pollutants. Over three months, Jill and other divers also used a new breathing apparatus invented by Stone that allowed them to venture significantly deeper into the caves using much less air. This changed the process of mapping caves. "The Florida Geology Service didn't take us and



Jill's latest observation flows underneath the Ottawa River and the Westmeath Peninsula. This Ottawa River Map of Caves, drawn by David Sawatzky, shows the underground and underwater caves that have been mapped to date.



PHOTO7: Jill led the National Geographic diving team in the first-ever dives into iceberg caves in Antarctica. Photo by Wes Skiles, shared by Jill Heinerth

cave diving seriously until this project," she pointed out. "But we brought back data they could use and understand, and a collaboration was born. The data had relevance beyond the diving community."

For Jill, this became a defining trip in her life. "I never knew I would be doing these kind of dives, we were all in. We started to be perceived differently, from sports junkies to science contributors," she pointed out. She also assisted

in filming some of the dives for National Geographic Television. This trip also helped Jill with a personal evolution. "Mapping allowed engineers and geologists to figure out where to put things like gas stations; this all evolved from that project... everything after that, for me, had an element of water literacy and climate change." And that dive opened up more opportunities for filming and storytelling.

So, how does a kid raised in

HAPPY TRAILS



Jill and her team completed the deepest dive recorded in Bermuda. Photo by: Jill Heinreth



Jill exploring icebergs in Newfoundland, where the water was quite cold. Photo by Jill Heinreth

Southern Ontario became a world-renowned cave diver, underwater photographer, storyteller, writer, movie director, and contributor to science? It started when she was young. Jill discovered how much she loved the water after falling off the dock as a two-year-old. Family lore has it that her mother pulled her out of the water, terrified, while Jill was giggling. Her parents signed her up for swimming lessons soon after.

Jill grew up watching Apollo missions on television.

"I really wanted to be an astronaut, but my mom told me there wasn't a Canadian program and no female astronauts," she said. "We watched Jacques Cousteau every Sunday night on the few channels that were on TV, and the next day at school, kids talked about it." She laughed and shared, "I wanted to be an aquanaut."

As a young girl, she hiked the Bruce Trail, paddled canoe trips with her father, and spent most of her time discovering the outdoor world. Her grandfather had a subscription to *National Geographic* and she remembers playing acting with a friend that they had conquered Everest.

"I knew I had this desire to explore."

After graduating with a fine arts degree in visual design from York University, Jill worked long hours co-owning an advertising agency. Every vacation involved finding warm water to dive in. She took more courses, became an instructor, and worked her way up to technical cave diving. A few years later, she quit her day job.

"It was terrifying. It really took two years. I was going down to the Caymans on trips and one of the guys that I took a course from asked me to help him out. He needed someone for a month. So, this was always in mind, and I slowly, over time, shifted my mindset into maybe I can build a career underwater." But it wasn't easy.



Jill led several expeditions to document the shipwrecks from 1942 near Belle Island, Newfoundland.
Photo by: Jill Heinreth

fifteen years later, has never been found. Some of her films and stories explore the theme of water conservation.

"I was making a movie about Antarctica; it won major awards and was shown around the world, but I was told you can't use the words "climate change" if you want it to be shown in the United States (US). I did use the words and it wasn't shown in the US," she explained. "I lived in the US for 20 years. We always need to do more regarding water conservation." One of her storytelling goals is education and sharing knowledge that protecting a river or beautiful places is not enough. She mentioned that humans need to protect that middle or recharge zone underground, where the water eventually comes out of our taps as drinking water.

Nowadays, you can find Jill working on several different projects involving her passion for the earth's water resources. As well, she's the Royal Canadian Geographical Society's first Explorer-in-Residence. She speaks to school classes and inspires kids to be-

come explorers. Underwater, you'll find her exploring the caves along the Ottawa River near Pembroke, working with scientists studying mussels – the little creatures that act as water filters, performing like kidneys for the River. Next month, a movie by an Australian filmmaker about her life called "Diving Into the Darkness" will be released.

*"I'm such a water spirit,
I need to be in the water somehow."*



Lesley Cassidy has been cottaging near Calabogie for over 40 years and now lives in the area. She grew up spending her summers in the area and visiting family in Ashdab 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.

Land O' Lakes Speakers' Forum

May 28 - Mary Lee Exploring Memory and Music

Author Mary Lee will discuss how musical memory works and will take us from the involuntary act of hearing to the way musical memory can inspire our most profound thoughts and new compositions. Mary Lee earned her living as a Management Consultant specializing in Behavioural Studies, but her avocation was always singing. She started performing at age 16, studied voice at the Royal Conservatory of Music, and has featured as a demonstrator for Voice and Choral Master Classes. Mary has written two books about music and the mind, which she will refer to during her presentation.



June 25 - Sue Lounsbury Renovations of Historic Parliament Buildings

Have you noticed the construction cranes on Parliament Hill? Sue Lounsbury is an Engineer who brings extensive expertise in strategic and financial planning, as well as risk management through her role as Senior Business Advisor to Public Works Canada for the Parliament Precinct. Sue has provided critical support for major Crown projects, including the iconic rehabilitation of Centre Block, the conversion of the old Ottawa railway building to the Senate of Canada Building and Block 2, which will house the offices for both the Senate and the House of Commons.



Free admission. Land O' Lakes Lions Hall, 12341 Hwy 41, Northbrook
Doors open 6:30. Light refreshments. Presentation 7 to 8 followed by Q&A.
Presented by the Lions Club of Land O' Lakes and Cloyne and District
Historical Society, funded by Lennox & Addington County Activation Fund.

July 23 - Emma Fuller, Biologist-Naturalist "How To Get Into Birding"
August 27, Professor Graham White
"Canada's North: The People and the Politics"
September 24, Nicholas Nakheel, Electrical Engineer
"Electrical Vehicles Penetration in Canada"



CLOYNE & DISTRICT HISTORICAL

Bolton Descendents Speak about the Northbrook Hotel

On February 17th, 2025, Cindy and Elaine Bolton presented to the Cloyne and District Historical Society on the history of the Northbrook Hotel. They searched through thousands of photos to create a fascinating story of the hotel, filled with anecdotes that made the audience laugh. The meeting was held at the Barrie Community Hall in Cloyne to an audience of about 65 people. Cindy and Elaine provided a transcript, which is available on the CDHS website. Pioneer. mazinaw.on.ca. Here is the beginning of this fascinating story as told by Cindy and Elaine...

The Northbrook Hotel was built around 1915 by Lulu and Casper Thompson who also had built and operated the general store on the lot to the south of the hotel. They sold to Hugh Saul and the property changed hands several times over a few years operating as a Tourist Hotel until 1934 when George Both bought it and obtained the first beer license.

Much of what we know from those days is based on oral history shared by Mrs. Thompson. She told us that a dentist used to set up once a month in the Hotel Dining room and a local doctor rented a room upstairs.

Around 1940 a small log cabin was moved to the lot north of the hotel. It was set on a basement and a kitchen built on in front. George McNeil was the owner at that time and he and his family lived in the cabin. The cabin property was retained by the McNeil family when the hotel sold to Ted and Vern Cournyea. The Cournyea brothers would later sell the Hotel to Joe Bolton in late 1950 (with the deal closing in February 1951).



The earliest photo we have of the Hotel is from 1929. Joe and Madeline took over the Northbrook Hotel in 1951.



Madeline (Bibby) Bolton is in the front left.



Taken of the Bolton children just before they were separated. Joe is the small boy in the front.

Joe & Madeline Years

Joseph (Joe) Bolton was born in England in 1907 and was orphaned around 1913 just before WW1. He and his older brother were sent to an orphanage and their younger sister Mary was taken in by relatives.

In 1923, Joe was sent to Canada as a British Home Child. We found his records in the Canadian Home Child database and learned that he travelled on the ship SS Montcalm leaving from Liverpool enroute to the Port of Montreal. He travelled to an Orphanage in Ottawa and eventually ended up as a labourer on a farm near Campbellford. He never spoke of those years but like many British Home Children, he was ill-treated and ran away as soon as he could to get a factory job. Being an entrepreneur at heart, he established a tourist supply business near Campbellford.

Madeline Bibby was born in 1912 as the second daughter of a hard-scrabble farm family in Seymour Township near Campbellford. She learned the value of hard work and ingenuity early in life. In the early 30s, her parents lost the family farm in the Great Depression, and she used her wages and savings to buy a house in Campbellford for her par-

ents and younger siblings. Madeline was engaged at one time to a friend of Joe's and upon hearing of their breakup, Joe visited Madeline to do some relationship building and get them back together. When it was obvious that wouldn't happen, he started courting her himself.

Madeline always reflected that it was a good thing as the first fellow was a bit boring and had no backbone and that she and Joe were well matched. John said his mother never stood up to Joe but was known to vent her frustration on unsuspecting customers, salesmen, and on more than one occasion, a liquor inspector. If anyone here knew Madeline, she was known to have a bit of a temper!

Joe and Madeline had always worked as a team, but it is said that Joe bought the Northbrook Hotel without telling Madeline until the deal was done. In a courteous gesture he sent away for a mail order course in Hotel Management for her! We still have copies of these manuals with his handwriting and notes in the margin. We thought this excerpt from one for the housekeeping staff was quite funny: "No employee is permitted to decide that the slippers or other articles left are 'no good'. Guests are frequently much attached to old slippers

and will write back for them." Joe had underlined and noted it as important.

We don't know if Madeline ever read the manuals or if she threw them at him! Joe and Madeline took over the Northbrook Hotel in 1951 enlarging the premises to provide more seating and six more rental rooms. In a great photo of Mary Lloyd Johnson's from that time, you can see the work being done on the upstairs addition. Joe's beloved Dodge truck was parked in front of the Hotel. We noted that the Hotel sign says "Rooms, Meals and Running water".

Joe and Madeline didn't move with their boys John (aged 13) and Mike (aged 8) until the 1951 school year was over. John always remembered that he and his Hastings friend Wayne Marsh slept under the stars in the new addition that summer.

To be continued...

See the CDHS "Speakers Series" ad on page 15 for new talks by various others coming soon.

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Listen to your Gut, Baby!

By Derek Roche

There has been an increasing interest in scientific research into the health and importance of our microbiome, specifically our intestinal flora and its effects on brain function, immunity, and digestion. There are even studies which show the link between our flora and certain cancers!

The microbiome is a name for all of the organisms on our skin, in or nose and airways, and all of the bacteria, fungi and viruses that live in and on our bodies. To give you an idea of the importance of the microbiome, 99 percent of our genes are not ours, they are microbial. Our bodies have 20,000 genes, whereas our microbiome has 3 million! If you have a balanced and healthy microbiome, you have a stronger immune system and get sick less often, you can think more clearly, and you may be in a better mood etc. If you have a lack of diversity in your microbiome or have microbes that feed on meat and sugars, you may have a number of health challenges including pain, inflammation, allergies, autoimmune disorders, and skin disorders to name a few.

The human body is home to trillions of micro-organisms. An imbalance of these in our digestive systems is called dysbiosis, and can lead to various diseases including diabetes, obesity and mental health disorders.

Human beings have evolved in a symbiotic relationship to these trillions of micro-organisms. When we are born, we acquire millions of bacteria from our mother's womb and birth canal. This is why caesarean births are not ideal as we avoid being washed in the healthy bacteria on our way out! Let's look at 3 other factors that affect us throughout our lives.

Major influences on the microbiome include diet, lifestyle, genetics, and environmental exposures.

Diet

The standard North American diet filled with excess refined carbohydrates, sugar, meat, and processed foods is creating an imbalance of the gut flora and causing countless mental and physical diseases. A healthy diet includes fibre from fruits and vegetables which feed the healthy bacteria with fibre and other nutrients. Probiotics in pill form have become popular, but you don't need a pill to get a healthy gut. Fermented foods such as sauerkraut, Kim chi, miso, yoghurt, and kefir are wonderful sources of helpful



Every baby is born with healthy bacteria on their skin and within their bodies that form long before they are born.

bacteria. If you do take probiotics in pill form, change it up every month or so, as diversity is critical.

Lifestyle

How we live is also of great importance. Stress kills off healthy bacteria. How stressful our lives are and the steps that we take to reduce this stress is important. Eating quickly or on the run, even watching violence or horror on a screen while eating can promote poor health. Learning quiet and peaceful relaxation exercises such as yoga, meditation and walking in nature provides numerous benefits. Also, in terms of our surroundings, spending all our time indoors on computer screens is robbing the next generation of all the wonderful bacteria found all around us in the soil and on plants. Our grandparents tended to have a much better flora than the present generation.

Genetics

If we came from families that were stressed, ate poorly, and had a genetic predisposition to unhealthy gut flora, we start life at a disadvantage. But this is not to say that we cannot improve our situ-

ation with the diet and lifestyle suggestions above.

Environmental exposures.

Probably the single most devastating exposure in modern times comes from overexposures to antibiotics, especially broad spectrum antibiotics. Although

necessary in some instances, their use has been over prescribed for decades and has resulted in a variety of health issues including a large increase in allergies, mental illness and mood disorders, and immune dysfunction to name a few. Also, as mentioned previously, the lack of contact with the soil and an exponential increase in the use of hand sanitizers and alcohol-based mouthwash has killed off many of the healthy microbes living on our skin and in our mouths.

Throughout most of his life, 19th century French chemist Louise Pasteur insisted that germs were the cause of disease. Nearing the end of his life he changed his mind and stated, "It is the soil, not the seed". Today we realize that if we keep our bodies "soil", in this case a balanced, diverse bacterial culture, we can maintain a strong immune system and be capable of fighting off anything that our environment throws our way. If you are getting sick regularly, are tired and moody or are not sleeping well, "listen to your gut!"

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



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SURVIVOR GUY**Preparing for the Inevitable - Were You Ready for the Ice Storm?**

By David Arama



150 Servings Emergency Preparedness Food Bucket: This bucket sold at COSCO is about readiness in the face of uncertainty. With 80 servings of hearty entrees & sides, 30 servings for nourishing breakfasts, and an additional 40 drink servings, it's one of many easy options that equip you for a range of situations.



Electricity in from any source is not something you should learn to handle through the Internet. A professional installation will keep you from accidentally electrocuting someone or yourself and ensure your portable generator runs as best it can. Remember too that generators give off CO2 fumes so keep them away from open windows and never run them in an enclosed space.



Consider the essentials: Food, water, light, heat, clothing, sleeping comfort, medicines & first aid, toiletries, fresh air, and communications when planning your emergency preparedness kits and keep them handy so you can respond quickly. Teach all members of your household age-appropriate basics.

The recent widespread ice storm in Eastern and Central Ontario brought more extreme weather misery to property owners. There were hydro outages for nearly one million Ontarians, huge property damage, and many trails covered in downed trees. I spent a day cleaning up branches at Marble Lake Lodge, and we lost hydro for two days. We were very lucky compared to many folks. And fortunately, very prepared!

Extreme weather events are on the rise, tornadic storms, windstorms, ice storms, droughts/forest fires, and floods. I believe we're in a climate change shift, but rather than argue why weather is getting wacky, we should question our level of preparedness.

Here are some tips and photos of how we prepared for this type of disaster:

Food and Water

My advice is to at the very least have a good supply of food for that will last three months or more. Include easy to prepare, non-perishable foods with high carbs. There are a number of survival preppers' food suppliers to choose from.

Military MRE food packs are great, but can be pricey, as are camping meal packs.

Many survival foods can be purchased at bulk food retailers including Costco. A few clicks online and you're all

set. Some packs stay useable for 25 years. Just remember where you put it!

Similarly with water supplies, having a good supply of bottled water, and/or the ability to keep a well running with solar power packs and generators. I also recommend having a supply of instant chlorine (unscented Bleach works!) and Aquatab water purification tablets. Boiling for three or four minutes at a rolling boil, kills off pathogens.

Generators

We use several sizes of portable generators, depending on wattage needed. Also, if you want to hook directly into the service meter through a Generlink, it needs

to be a 4,000 to 8,000 watt portable generator. I prefer Digital Sinewave Invertor generators since they are very quiet and have an eco-mode where they output what's needed, whereas manual generators run on 50% load or higher. However, large digital sinewave generators are very expensive. Brands that I prefer are Honda, Wallenstein, Dewalt, CAT, Briggs & Stratton, and ONAN. Some knockoffs are okay, like Champion. In all cases, be sure that any generator you buy is designed to start easily and operate in cold weather and uses a fuel supply that is readily available in your area.

Many folks prefer a standby generator system, that is installed directly to the house. They are very pricey and

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The less electricity you need, the less power you will require to keep the essential parts of your home safe and comfortable. An electric heater draws considerable power, while a woodstove with a thermocoupler eco fan will blow hot air into the room without any power needed.



Thermocouplers use the difference between the hot stove and the cooler top part of the fan to generate electricity that drives them.



If you have a landline, be sure to pick up an old wired phone that doesn't require electricity to work, during emergencies.

require frequent specific servicing. They can run on propane or natural gas. The most marketed brand is the Generac, but I have heard mixed reviews about them. The pros are they are easy to use and maintain, have good fuel efficiency with quiet operation. The cons are that they tend to need frequent repairs, are heavy and difficult to transport, and customer service can be less than stellar. Koehler and Briggs & Stratton sound like more stable alternatives to me. For long lasting and heavy work, diesel generators might be the best choice.

Generlinks are innovative units that connect to the supply meter, and supply electricity directly to your power meter. This allows for most appliances, wells, sump pumps, and furnaces to work. I have the 20amp model, and you can use a portable generator up to 8,000 watts. There are 30 and 40 amp Generlinks that allow for large wattage. I paid \$1300 including installation (takes less than 30 minutes to install).

Tip: Every appliance comes with a label to indicate its power needs. To calculate the size (wattage) of generator you need, add up the watts of all devices, appliances, and lighting fixtures you need to use at the same time to keep your home safe and warm. Add a few more watts for appliances you use occasionally, like phone chargers, toasters, etc. If you have a 100-amp panel in your small to medium sized house, it is the equivalent of a 24,000 watt generator, so plan on cutting back to your most basic power needs when you switch to a generator.

Woodstoves

During cold weather hydro outages and weather disasters, nothing beats a woodstove for heating. There are also thermocoupler ecofans that don't require electricity. My recommendation is to always buy a larger woodstove than the manufacturer's capacity ratings. Bigger is better. Also, what's critically important is the quality of seasoned hardwoods. I prefer sugar maple, red oak, and ironwood. Avoid burning evergreens, especially cedar (produces tons of sparks and creosote buildup that can become a fire hazard).

I much prefer woodstoves versus pellet stoves. Pellet stoves, although more convenient, require electricity to feed the pellets and can require repairs that can be costly.

Propane Stoves, Fryers, Fireplace, Furnace/Wall Heater Units and BBQs

Propane appliances and heaters are great during a power outage. However, propane furnaces and heaters still need some electricity, but will work seamlessly if you installed a Generlink.

Solar and Backup Power Packs

I use Goalzero and Blueti solar generators, which can be fully charged ahead of time, to be ready for outages. The downside with these is price, they hard to repair, and output limited wattage. They are good mainly for basic needs e.g. lighting, tv, but don't last long for appliances. However, they are easy to use.

Tip: A less expensive alternative to solar generators is to hookup a separate solar inverter to charge deep cycle batteries for longer lasting power.

Rotary Telephone

These vintage telephones don't require hydro and never need charging! They are handy for contacting Hydro1 to see outage status, especially in places without cell service.

Toilet Options

Many people fill the bathtub with water before a storm. If the power goes out, so does the well pump. Pour a bucket of water into a toilet to flush it or refill the cistern with the bathwater. While expensive, composter toilets are waterless, and simple to use during a hydro outage. Of course, good old fashioned outhouses are never affected by water or power outages.

Tip: for \$100, you can buy a portable chemical toilet to have for emergencies.

Sleeping Bags

Very important recommendation is to have -30 Celsius sleeping bags, woolen blankets, and a supply of wool clothing on hand for disasters. If all else fails, these can sustain life!

Chainsaws

Aftermaths of violent storms usually culminate with tree and branch cleanups. I like Stihl and Husky gasoline chainsaws

for big stuff, and small cordless electric chainsaws with extendable attachments.

Tip: best to hire a professional forestry services contractor who is experienced, licensed, and insured.

Frequently, people end up as a fatality due to accidents trying to chainsaw dangerous branches.

Being prepared for hydro outages is no longer luxury, its increasingly a necessity in today's climate change world. As the Scouts always teach, "Be Prepared". Be proactive, not reactive. It will reduce your stress and anxiety, next time we go through an Ice storm or Derecho storm.

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



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

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In Mind of Alice - Story 1 of 6 "84 Quarts"

This story is based on things Antonia Chatson's mother in law, Alice Chatson, relayed to her over the years.

I'm done in, so I am taking a much-needed rest. I am sitting in the rocking chair that Francis made. He is my youngest son, the fourth in the family. I like this chair because it is good and wide. Comfortable to sit in. And as I am also getting a little good and wide in the buttocks, we make a good fit. I am certainly not the slim young girl that I was when I married Herb. As I sit here, my eyes peruse the kitchen table before me. I imagine it piled high with loaves of bread, pans of cinnamon buns and pans of yard cake. The last seems to be an all-time favorite, especially with Francis.

I baked twice a week, regular as clockwork - every Tuesday and every Saturday. I liked to bake on Saturdays because one never knew who one might meet at church. And it would only be neighborly to invite them over for lunch. We often had the minister and his wife for dinner or a visiting missionary or guest speaker. And I always wanted the food to be fresh. My husband, Herb and I loved to entertain as it was always a time of interesting conversation with our guests. And we are also admonished in Romans 12:13 to, "Practice hospitality".

Every Tuesday morning and Saturday morning, I would be up earlier than usual to get the fire in the Finlay stove ready for baking. By the time morning came, there was little left of even coals from the banking of the fire



the night before. I used kindling to bring it back to life. Herb would always split the hardwood into small sticks the day before so that it would be easy to get a good hot fire going. As the fire was heating up, I would get the dough ready for the next stage. I would sometimes get the sponge dough ready and rising the night before, then put it in a cool place, so it would not rise too fast. It would be a good start for the adding of flour the next morning. I always warmed my flour before I added it to

the sponge. It would then rise more quickly. Once the fire was going good with the smaller pieces of wood, I would add larger pieces, so it would hold the heat longer. When that got going well, then I would start shutting down the draughts slowly, so the heat would go into the oven and not up the chimney. All the time, I would be preparing the butter, sugar, cinnamon and raisins for the cinnamon buns, and the butter, sugar, and flour mixture for the top of the yard cake.

I would then form the bread into loaves and put them into pans to rise while I would begin the rolling process for the buns and cake. It was non-stop work till all was ready, baked in shifts, then taken out and displayed on the table, where eager hands and drooling mouths were ready to pounce. I did little else on these two days. In a way, I would have liked to have baked smaller batches more often during the week, for the breads did get a little dry after the second day. But once the oven was ready in the wood stove, I wanted to do as much as I could to accommodate that. When the electric range came in, I was able to spread my baking out more during the week. And everyone loved my doughnuts. At least with them, I could make them at any time (and that was often as the demand was high) as I cooked them on top of the stove in lard.

I am always amazed at how much time is spent on food! When I was growing up on my parents' farm in Vennachar, we always had a huge garden. Well, back then everyone did. You couldn't go to a grocery store and buy fresh fruit and vegetables like you can now. Under the strict guidance of my mother, we girls, and eventually there were eight of us, planted the garden, weeded the garden, watered the garden, and picked produce from the garden. We usually didn't need to water it too much in the average year, but we always had water barrels around the house, to collect the water to use when things did get too dry.

In the fall, we girls would pick the produce and bring it in to mother.

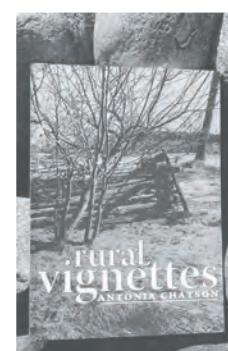
The peas and beans she would can, and of course the potatoes, carrots, pumpkins, squash, turnips and onions we would clean then store in the root cellar for use during the winter months.

There were always wild apple trees around from which we would pick. Mother would make applesauce for our immediate consumption and in a good year, what was left over she would dry for use in the winter. She would cut the apples into segments and put string through them and hang them in the veranda to dry. They made delicious pies.

There were always lots of currants, raspberries, and gooseberries for us girls to pick. I never liked picking the gooseberries as they had prickles on them. We would bring them into the house and others would put them in a pillowcase, then roll that with a rolling pin on the table to get rid of the prickles. Then she would make delicious jam with them.

But the funniest berry was the blackberry - not in itself of course. Blackberries were a temperamental berry, having only a good crop when the conditions were exactly to their liking. Even in a bad year though there were always some. My father loved blackberries, as much as my mother hated them! He would pick them along his fence row by the side of the road, from our house to Vennachar. He would be so excited about getting them, that we girls were given a bit of a picking holiday. When he had a small pail or two, he would bring them into the kitchen and plunk them down in front of Mother. She never said much, but I could read her mind. "George, if you bring another blackberry into this house I am going to scream." Then to add insult to injury, she of course had to can them all!

And there were always wild strawberries in abundance. The ladies in the community were always in a bit of a competition as to who could pick and can the most. One year, one lady canned 84 quarts!



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.

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Mississippi Madawaska Land Trust Acquires Chatson Woods next to Rose Hill in Denbigh

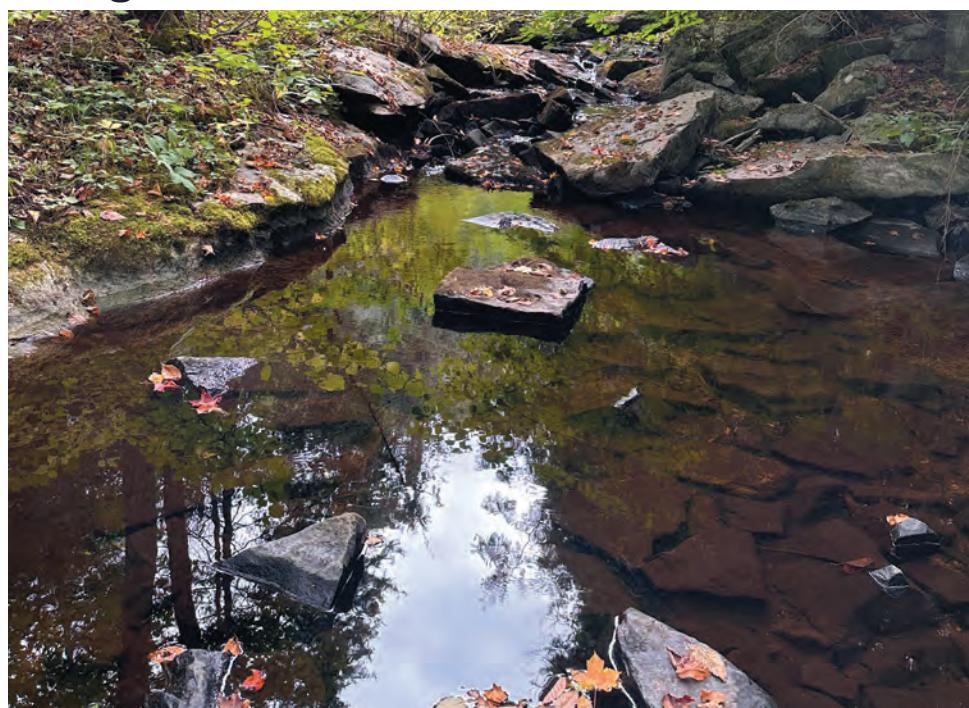
News Release For fun events and ways to help go to mmlt.ca

13th Ecologically Sensitive Property Now Protected by the Mississippi Madawaska Land Trust

The Mississippi Madawaska Land Trust (MMLT) is pleased to announce the successful protection of its 13th property, increasing its total conserved lands to over 3,600 acres. The newly acquired Chatson Woods, a 282-acre property of significant ecological value located near Denbigh, Ontario, has been added to MMLT's Rose Hill Nature Reserve, which the organization has carefully stewarded since 2011. Chatson Woods expands the Reserve to 640 acres, further strengthening the preservation of its diverse and vital ecosystems.

For 132 years, three generations of the Chatson family had owned the property. Through their involvement in social and civic affairs, all three generations left a legacy of resilience, service, and community spirit that endures to this day. MMLT is grateful to Antonia Chatson for her partial donation of the land which made the acquisition possible in partnership with funders and community support.

Encompassing 282 acres, Chatson Woods at Rose Hill Nature Reserve features mixed hardwood forests on rolling hills, grasslands, ponds, a marsh, and the serene Copeland Creek. It is home to a diverse range of birds, mammals, reptiles, and amphibians, including a number of species at risk. Throughout the 2 properties combined, almost 400 plant species have been identified, of which 30 had not previously been found elsewhere in Lennox and Addington County. A full



species inventory will be conducted during the year, along with trail marking and signage, after which the property will be open to the public.

MMLT's President Steve Kotze said: "The conservation of land is one of the most important actions we can take to mitigate the effects of climate change and to combat biodiversity loss. It is also critical for our mental, physical and spiritual health that we ensure the sanctity of places where we can rejuvenate and engage with nature. I have been inspired and moved by the overwhelming public support for this acquisition, clearly demonstrating that others feel as deeply and

as passionately about conservation as I do. A huge 'thank you' to everyone who helped to make this happen."

The acquisition of Chatson Woods at Rose Hill Nature Reserve aligns with MMLT's mission to legally protect and steward private lands with ecological, biodiverse, aesthetic, and cultural value while simultaneously fostering engagement with wilderness. The organization is making a significant difference in our local region with a small staff team, an expert Board of Directors, more than 60 dedicated volunteers, and vital support from local people and businesses.

This acquisition was made possible in part with the financial support of the MapleCross Fund and the many community donors who generously responded to our Chatson Woods Special Appeal.

"Support for the acquisition of Chatson Woods at Rose Hill Nature Reserve was astounding", said Stacie Lloyd, MMLT's Executive Director. "The protection of these lands really resonated with the local community, MMLT members, private foundations, and other funders. We are grateful for the generous response from all donors."

MMLT now has 13 properties entrusted to its care in perpetuity, in the region of the Mississippi River basin, extending north to the Madawaska River. Many of these properties are open to the public to enjoy outdoor activities in nature, such as hiking and snowshoeing, and events including the upcoming Winter Tree ID walk, Notes for Nature music benefit, and the family-oriented Festival of the Wild Child held each summer.

Renfrew County to form Climate Action Committee

Renfrew County Council will soon advertise for applications to populate its Climate Action Committee aiming towards formal creation of the committee's membership before the Summer. There are two positions open for community environmental/advocacy groups, and one from someone attached to a business/industry with an interest in climate action. Two County Councillors will complete the committee.

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Forest Flower Power

By Colleen Hulett



There is a garden in the forest that has been blooming for eons with no gardeners in sight. Left: Trillium, next Bloodroot Top right: Canada Anemone Bottom right: Elderflowers

During the 60's, while I was in public school, I was introduced to marine biologist Rachael Carson's revolutionary book called *Silent Spring*. The book taught us how food chain hierarchies worked (Bug eats a leaf, frog eats bug, bird eats frog, a larger animal eats the bird and humans eat the animal) and how non-degradable substances get passed up the chain to humans.

In her study, Carson proved how a non-degradable pesticide, invented 30

years prior, was being indirectly ingested by humans and a probable cause of some cancers. This pesticide is DDT (DichloroDiphenylTrichloroethane). 95 years after its invention and 35 years after it was banned in Canada, DDT can still be found in ALL our blood samples today. Not only did scientist Carson make an incredible discovery, but she was also a woman and her work was openly mocked and disrespected by scientists in the chemical industry. They claimed she

was alarmist but in fact, Carson's work started the movement towards environmental conservation and assessments. She is a true heroine.

Fast forward to the 70's while I attended high school, the Love Canal tragedy dominated the front pages of all newspapers. The Love Canal is situated in Niagara Falls, New York. The canal was partially finished and abandoned by William Love. The 15-acre site was sold to Hooker chemicals who dumped 20,000 different chemicals onto the site. In 1953, Hooker chemicals sold the site for \$1 to the American Niagara Falls school board with a disclaimer absolving them of any future damages. They built a school then sold the rest of the land to housing developers who developed the area. Eventually homeowners discovered chemicals seeping into their homes.

In May 1978, the U.S. Environment Protection Agency concluded in their study that the hundreds of chemicals found in residents' blood samples is a serious health threat. By August 1978, President Jimmy Carter paid for and ordered the relocation of 236 families living on top of the buried Love canal dump site. In 1979, Hooker chemicals was sued for 124 million dollars (approx. ½ billion today). In 1980, another 710 families from areas surrounding the Love Canal site were also evacuated. It seemed like the disaster would never stop spreading. It hasn't. The Americans have been cleaning the site since the 1990's and while a lot of good has been done, there is still, today in 2025, a nonresidential area to the east of the canal that is contaminated and deemed dangerous. The Love Canal site is beside the Niagara River that flows into Lake Ontario and also just a 22 minute drive from the Canadian border.

When will we ever learn? Never it seems. In January 2025, the US inaugurated a president who doesn't believe in scientific data. He doesn't believe in climate change and climate disasters are 'not his problem'. The president's DOGE department has haphazardly axed many federal teams who collect important scientific data for the government to assist in making sound policies. The President said it was a waste of money. Yikes!

When no real data exists, mis-

information rises to the top. It's a very scary situation for the American people. Even their new head of health doesn't believe in scientific data. Highly respected medical scientists whose expertise is vaccination efficacy, have been fired. It seems the health of the American people and their environment is in their own hands now.

Unfortunately, Canada shares a huge border with the US. We need to protect our own environment against this corporate thinking. The point is, we can't trust governments and corporations to behave responsibly when it comes to environmental issues without rules to force compliance. Saving money while destroying the environment is extremely expensive fiscal policy. Hopefully environmental protections in the rest of the world will continue.

So, what can we do? What can we do on our own turf to help mitigate climate change? What can we do to keep us physically and mentally healthy? What we can do is create a clean air oasis outside our home and even grow food in it if we choose?

The land you have control of is your environmental niche within the wider circle of forests around you. To keep you and it healthy one needs to start purchasing indigenous plants that commonly grow near you and incorporate them into your yard. Local plants have an evolutionary intelligence of your surroundings and are best equipped to protect, survive, and adapt to climate change in your area.

At least 75% of plants in your yard/garden should be indigenous and 25% can be non-indigenous. The higher the percentage of indigenous plants the better.

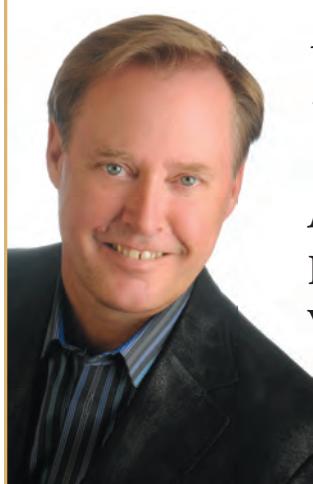
Never plant listed or known invasive species like vinca or goutweed for example. By carefully choosing the 'right' plants, you are becoming part of the solution against climate calamity and may even improve your physical and mental health.

By choosing indigenous plants to grace your landscape you will be effectively creating a sustainable yard that functions in itself and becomes a spo-



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With such natural and hardy beauty available to us, why not have 75% of our gardens in wildflowers? Left: Goldenrod, next Wild Bergamot, Top left clockwise: Butterfly Weed, Columbine, Swamp Milkweed, Cardinal Flower

radic oasis for fungi, flora and fauna between neighboring forests. A continuity of rest stops for birds, bees and butterflies while travelling to and from forests and valleys. Local plants have site specific intelligence and will naturally thrive in your yard.

Following plans for a 'fusion' garden is also an important element in creating a sustainable garden that 'waters' itself.

Fusion gardening incorporates indigenous plants with a water feature (many types: drip hose, pond, fountain, rain barrels, etc. can be used.) which keeps the environment moist and lush with next to no human intervention.

It is very easy to research online or at local garden centres for indigenous plants. Also, there are lists online of invasive and banned plants from your region.

My favourite site is [Ontario Native Plants onplants.ca](http://OntarioNativePlants.onplants.ca). The Ontario Native Nursery at originnativeplants.com is good too and with a larger selection of plants to choose from. For a list of invasive species, you can go to the site ontarioinvasiveplants.ca

Did you know that grass lawns are considered invasive? If you truly want a sustainable yard, you might consider a new ground cover.

There are many gorgeous low lying ground covers to delight your bare feet like spongy creeping phlox or wooly thyme. Low lying clover is quite nice to walk on too.

I should mention that if you choose to have non-indigenous plants in your garden, you also need to be very conscientious and prevent spreading outside your yard. It's much easier to stick with 100% indigenous plants but honestly, I couldn't live without tulips. I'm sure there is a non-indigenous plant you cannot live without too. A 75:25 mix of indigenous to non-indigenous plants is considered manageable by many horticulturists today.

May I also suggest adding yard paraphernalia such as bug hotels to

encourage pollination, a bat house to keep mosquitos at bay, or a toad house. Toads devour garden slugs?

A toad eats as many insects that it can within a mile radius of its home. I think bee and butterfly gardens are awesome but I'm not a fan of bird feeders in the yard as they bring ticks. Let the birds naturally eat the seeds from your plants. If you worry about ticks as I do you can create a 3ft thick barrier of tick repelling plants between your home and any wild spaces.

Plants like mints, garlic, sage, or lavender will create a barrier that stops ticks from crawling into your oasis. The garlic will stop some animals too.

Ultimately the best way to choose indigenous plants is to go hiking biweekly and note what's flowering and if decide if you love it. See them in their normal colonies and how big they will grow. Then go to the websites provided earlier and order your chosen plants. This will save you a lot of trouble in decision making. You also should draw up a map of your yard displaying dry areas of your yard, areas where water pools, shaded areas, sunny areas, areas of rich or poor soils, etc. This information will go a long way in helping you choose the best plants to live in those conditions. Hiking often will also help you plan a garden that has something in bloom all summer and that fits in your personal space.

If you move into forest country, try to keep as much of your property wild as you can with minimal paving. Then you can add in some other species you love to compliment your surroundings.

My forest flower favorites are: bunchberry, bottle gentian, the cardinal flower, butterfly milkweed, partridgeberry, wild columbine and white turtlehead flowers. When it comes to bushes and trees I adore Elderberry, Serviceberry and Hemlock trees. The more you hike the more you'll discover how indigenous plants behave in your shared environment and which ones appeal directly to your happiness.

Understand the natural environment that surrounds you and help strengthen it by adding your yard oasis to function with it - a watering hole for travellers between forests. Let your plant environment give you fresh clean air, food, and mental clarity.

Living among indigenous plants is a gift, an ancient familiarity of cricket and cicada songs. A climate change fighter and healing oasis.

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Courses completed in the Art and Science of Herbology with Rosemary Gladstone and many drawing and photography classes at Algonquin College since the 1980's. Please contact Colleen with any questions at: gatineau.calabogiehiker@gmail.com



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