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ANOTHER NEW RECORD FOR SALES!! Year over Year Increase of 17% for the month of August over 2019 sales, according to the Ottawa Real Estate Board. August's resale numbers were driven by the considerable increase in new listings in both July and August states Board President Deb Burgoyne. She also goes on to say that the rate at which properties are coming onto the market will hopefully bring some much needed balance to the marketplace, although multiple offers are a dominant element as well as low mortgage rates, new decreased debt/equity thresholds and migrating buyers from larger market areas."

- Quoted from Communication dated September 3, 2020 and published by the Ottawa Real Estate Board.



NEW PRICE!
\$269,900 Large, older property with a private lane and lovely view of Calabogie Lake. Great village location within walking or biking distance to shops, restaurants, schools, churches and public dock. Lots to do for busy families in this active, recreational community.



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THE MADAWASKA HIGHLANDER September-October 2020 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

The Madawaska Highlander

Sept-Oct
2020

FREE Vol.18 Issue 5
Next issue October 21, 2020

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

Welcome!

...To fall in the beautiful Highlands of Eastern Ontario. Our talented volunteer writers have embraced the spirit of the season. Robbie takes us Into the Colours and Beyond in Healing Trees. Ernie tells colourful tales of Young Autumns in The View from Here. Leslie shows us how to find colours on Crown land in Happy Trails. Crown land wilderness is not at all like a walk in the park. Survivor Guy concurs, urging us to take courses so we can be in harmony with nature... and safely return.

Antonia describes discords for her choral group when they were All Played Out on the road in Rural Vignettes. And Marcella continues up the road and back in time along Hwy 41 in Cloyne Historical.

Fall is harvest time and this year is seeing a bountiful wild apple harvest for which we are all thankful, especially the deer. The Living Green Group invites you to press your apples into juice on Thanksgiving Saturday. Details on page 11. But you can't harvest what isn't there. Noreen describes how the Manòmin harvest, or ricing, continues in diminished form in Home on Native Land. Loss of habitat and deforestation have put pressure even on mushrooms, nature's most resilient survivors, as Colleen explains in Highlands Hiker. Mushrooms can make their own rain!

Not all creatures are naturally resilient writes Derek in Wellness. Learn how to be more resilient so we can care for ourselves during these trying times. Did you know Wellness starts with a healthy mouth? Tamatha says to care for your teeth, so they will care for you. Learn about C.A.R.E.-ing in Out and About and help Calabogie Animal Rescue stop the feral cat problem. Regional correspondents Anne and John, Skippy, and Angela continue to show they care about our communities, but we're looking for someone to carry on for Angela who is retiring from Denbigh & Vennachar News. Don't miss our Short Story Contest Special Edition in October, but right now it's time to... Enjoy!...



All is calm at summer's end in Margie McAlear's magical garden on a high plateau in Matawatchan
Pic by Anne Dougherty



A fawn quietly feeds on what nature has provided as Mom keeps a watchful eye out for danger. No, no problems here. Not today.
Pic by Lois Thomson

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The Madawaska Highlander

The Madawaska Highlander
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Business Manager: Mark Thomson
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www.madawaskahighlander.ca

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

**Next advertising deadline:
October 9 for October 21 publication
www.madawaskahighlander.ca
for previous issues**

Message from the editor:

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

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

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

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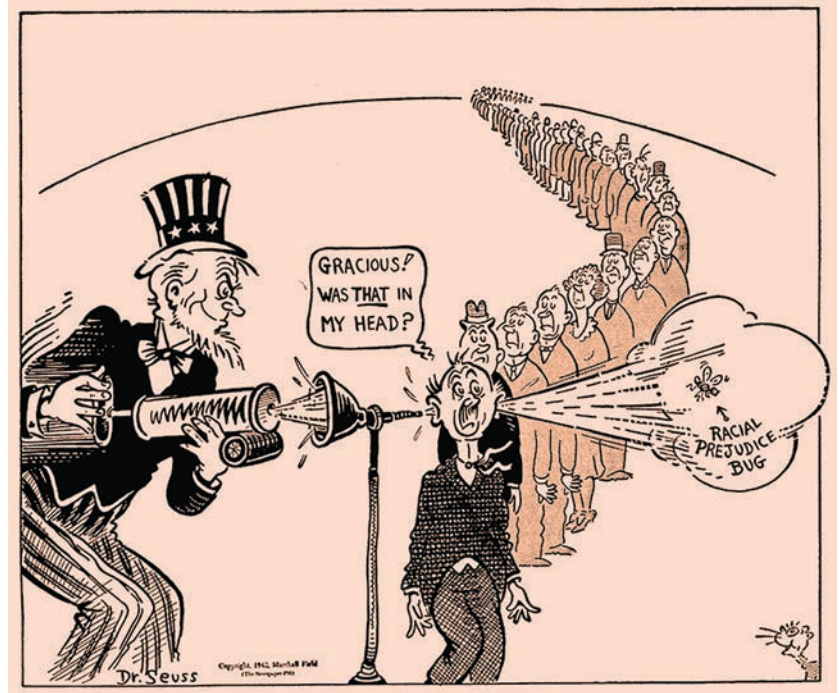
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Thank you everyone!

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

- | | | |
|-----------------|----------------|----------------------|
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| | Marcella Neely | |

What This Country Needs Is a Good Mental Insecticide



Racial prejudice bug being removed by Uncle Sam with an insecticide pump. PM Magazine: What this country needs is a good mental insecticide, 1942 Dr. Seuss Political Cartoons. Special Collection & Archives, UC San Diego Library

A 1942 study showed that WWII had increased American prejudices against Americans whose ancestry was that of enemy nations compared to 1938. World War II was the main catalyst of the Civil Rights movement. In 1941, Roosevelt gave a State of the Union speech outlining the need for America to help Europe fight against Hitler's tyranny. He spoke of Four Freedoms for All that were not enjoyed by African Americans. At a time that required Americans to fight as one, prejudice was a menace, just as it is now during the COVID crisis, or at any time.

<p>Century 21 Eady Realty Inc. Brokerage 29 Raglan St. Renfrew 613-433-2254 www.vincentjohnston.com</p>		<p><i>My heart is in the Highlands. It's where my family comes from and where I like to be. I promise to do my best to ensure details are looked after and everyone is satisfied with the sale. You can trust me to list your home and help you find your dream property. New listings welcome!</i></p> <p>- Vincent Johnston, Sales Representative</p>		
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<p>NEW LISTING WATERFRONT!</p> <p>SOLD</p> <p>102 Hart Lane- Waterfront building lot on Calabogie Lake \$339,900 MLS# 1205800</p>	<p>NEW LISTING!</p>	<p>LOTS & LOTS OF LOTS!</p> <p>04 MATAWATCHAN RD MLS#1175788 \$85,000 BUILDING LOT MADAWASKA RIVER</p>	<p>5254 MATAWATCHAN RD MLS#1187946 \$174,900 APPROX. 3 ACRES TO BE SEVERED WITH WATERFRONT</p>	<p>9 MORNING FLIGHT CRT .76 acre \$49,500 MLS#1183163</p> <p>14 MORNING FLIGHT CRT 1.29 acres \$60,000 MLS#1183021</p>

By Anne Dougherty & John Neale



Our Ottawa visitors enjoyed a great day of fishing on Centennial Lake. They were even treated to an OPP safety inspection. All was A-OK.



Blair McMillan creates one of a kind custom chairs, charcuterie boards, tables, etc. using burl wood from the forest. Blair is also on Facebook as Golden Lake Rustics. He ships all over Canada and the United States.



There's nothing more satisfying than introducing children, like Julian Haye (aged 5), to the wildness of our area. This piece of an old wasp nest was an exciting find.



Margie McAlear's garden is impressive, peaceful and whimsical. Above left is The Hen House. I wonder how many miles Margie has put on the wheelbarrow in the next picture. And why not have an antique antique sign? Serenity Garden above.



Yes, these photos are all of Margie's magical garden. On the building below on the left is a sign that reads: Garden Tours 5 cents. What a deal! There are signs for She Shed, Hen House, White House, Man Shed, and Serenity Garden painted by local artisans Julie Vincent and Peter Chess. These beautiful gardens are a blaze of colour from spring until fall, with some staying colourful well into winter. Margie is the master gardener. Her husband Donnie is head groundskeeper.



As we write this column the trees are already showing signs of their autumn foliage. Firewood is being prepared, delivered and stacked as we prepare for another winter. With Labour Day weekend behind us, residents will begin to reclaim the Highlands for themselves until the hunting season brings our final surge of visitors.

In this issue of the Highlander we feature **Margie McAlear's beautiful garden** on Matawatchan Road. They bought the land in 2007 and built their home in 2009. This garden has been evolving for ten years and it is adorned with many small statues throughout giving it an ethereal presence as you walk through the maze of paths bordered by

perennial gardens. Donnie is responsible for cutting the grass and keeping the pathways in tip-top condition. He also irrigates during the dry spells, pumping water up the hill from their pond. In our opinion, this garden is good enough to be featured on the cover of any world class gardening magazine. Seasonal vegetables are grown and made into Margie's delicious vegan meals. Fruit trees have been planted and apples are already plentiful. There are many original sheds which have a new lease on life. Many are adorned with climbing vines and fun signs. A greenhouse for starting seeds helps prepare tiny plants to be ready to grow outside. The "Hen House" the "She Shed", "The White House" and Donnie's



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“Man Shed” have all been added by Donnie, as well as a pergola. They are pasturing a few of Adam & Kelly Snider’s cows and one bull. A single strand of electrified wire keeps them out of the garden.

The Matawatchan Hall:

The Matawatchan Walking Club continues to be a popular social outlet. They meet at the M-Hall three times a week on Monday, Wednesday and Friday at 10:00 a.m. Walks are generally an hour long.

Saturday Socials at the Matawatchan Hall are now over but you can attend the **Saturday Social and Annual General Meeting on Saturday October 3 at 10:30 am.** The M-Hall Board needs ideas on ways to continue to socialize, while gathering safely. Email matawatchanchancentre@gmail.com or call Lois at 613-333-9399 if you plan to attend, need more information, or would like to share ideas in advance. It will help organizers plan baked goods and physical distancing measures. Please wear a mask (except while snacking). Bring your ideas!

The M-Hall has also been hosting the **Living Green Group** on the first and third Mondays of the month from 6 – 7 pm. See a separate article on page 11 and call Joanne or Ken at 613-553-1109 if you would like to join the group.

Greater Madawaska Seniors Housing Corporation (GMSHC) and its volunteers have been busy all summer raising funds to support seniors who need help to stay in their homes. Five successful yard sales were held at the NU 2 U Shop in Griffith. Shoppers were thrilled to be out and about seeing friends for the first time in months and finding great stuff and at blowout prices!

The program to help seniors with home maintenance and transportation is operational. A number of seniors are thankful for the assistance they have received.

The NU 2 U Shop is finally going to accept donations. Since the shop is not open for business volunteers will be at the shop to accept donations on **September 26 & 27. The shop will be open from 10 am to 3 pm.** Please do not drop off items when the shop is not open.

The Corporation is looking into getting a **foot care specialist** to come to our area. Members of the Corporation would get the service at a reduced rate and low-income individuals would get additional discounts. If you are interested, please call one of these people. **Steve Green (647)454-8589, Green steven@icloud.com or Juliette LeGal (613) 553-1355, juliettejuniiper@gmail.com.**

One-year members of the Corporation will need to renew their membership soon if they want to benefit from the programs offered. You can renew by contacting the people below.

Their Annual General Meeting will be held this year on Sunday, October 18 at 2 pm. The location is still to be determined and be assured that we will respect the COVID guidelines. Hopefully we can add a few interesting activities to go with this event. Watch for our posters in public places.

They would like to thank their many volunteers for the time and hard work they have given in the past year in spite of the unusual circumstances we are living in. Special thanks goes to all who have given masks, hand sanitizers, water and cash donations. **Very special thanks go to Sniders Tent & Trailer Park and Calvyns Pub N Eatery** for their large cash donations! You both have helped increase our annual revenue to nearly normal!!! Members of the Board of Directors are grateful that so many of you support our endeavors in a variety of ways. **Thank you!**

Work has started on the Matawatchan Road. The hill going up from the junction with Centennial Lake Road has been scraped clean of asphalt. Regular grading has kept the surface quite smooth. According to our Councillor Glen MacPherson, the current plan for 2021 is to resurface Matawatchan Road between Centennial Lake Road and the first junction with Frontenac Road.

In the June issue, we mentioned that we had lost one of our seven wonders (Bart the Llama). You were probably wondering what the other six wonders were. In any event, we would like to hear our readers thoughts on the wonders of Griffith/Matawatchan. **Please email your favorite local wonders care of info@reelimpact.tv** and we will publish our top seven list in the next issue of the Highlander. Please put **Local Wonders** in the subject line.

There will be a **drive in church service** for the DMS pastoral charge on **Sun. Sept. 27** in St. Andrews parking lot.

Daytrips on a rainy day: Lately there have been quite a few rainy days when outdoor activities have not really been an option. This is when we like to take short road trips to explore the shops around Eganville, Golden Lake, Cloyne, etc. We went to the First Nations Museum in Golden Lake, but the museum was closed due to COVID. However, the gift shop was open, and we purchased an engaging historical fiction book called *Algonquin Spring* by Rick Revelle. This

is an adventure story set during a time 200 years before the Europeans started to colonize North America. We also drove down McMillan Road on the peninsula where there was once a major fur trading post in the 1600’s. While there was no sign of the trading post left, we did meet a young man creating amazing live edge furniture. Blair McMillan creates one of a kind custom chairs, charcuterie boards, tables, etc. using burl wood from the forest. Blair is also on Facebook. He really knows his wood. The business is called Golden Lake Rustics. He ships all over Canada and the United States.

On another rainy day, we drove to Cloyne and had a new gasket professionally installed on our wood stove door at Holden’s Hearth at Home. Then we bought some meat at Milligan’s and stopped at the Skoot House gift shop on the way to have a look at Skootamatta Lake. The owner crafts most of the fabric items and also sells the work of other crafters. Check it out online via Facebook.

Denbigh is another little town to visit on a rainy day. Rosie’s and Glaeser’s General Stores are great places to shop for food and fun items. Milligan Meats are available at Glaeser’s.

Jason Dellaire our postal worker was someone that we just met but who all local people already know very well. Fourteen years ago, John played music at Annabelle and Jerry Marshall’s wedding anniversary. A week or so later a mail car drove up to our cottage with a thank you note from them addressed to us. The mailboxes are all at the end of our road, but we got door to door service that day. We were asked if we wanted a mailbox, so we got one. It’s great for getting a copy of the Highlander! Jason told us he has been busy delivering many more Fedex and Amazon Prime packages to Highlanders since the lockdown. Our cottage neighbour never gets the Highlander via Canada Post, so we suggested he contact the local post office. Carol took down the details and Jason showed up with an assigned mailbox number and keys. I recently bumped into another “cottage” couple who are engaged with our community and they were unaware they could get a mailbox. Now that is service!

In the City of Ottawa, special traffic cameras in Community Safety Zones have already resulted in 10,000 speeding tickets being issued. It reminded us that there is a need to control speeds on Highway 41 through Griffith. It shouldn’t take a severe accident to implement measures to help slow traffic down between Calvyn’s and the Pine Val-

ley Restaurant. Even if the speed isn’t reduced below 80 kph, many residents feel that this stretch of highway should at least be designated as a Community Safety Zone.

On Sunday, August 30 we took some friends from Ottawa fishing. It was a beautiful sunny day. An OPP boat soon arrived and Constable Jeff Cassidy and another Constable came alongside our boat as we were fishing in a bay across from Big Island on Centennial Lake. First, they asked to see our fishing licenses, then my boat driver license, lifejackets, safety cones and fire extinguisher (required for inboard motors). Fortunately, no one was fined since we were compliant.

There hasn’t been much in the way of live music since the River Concert reported in the last issue. The Tall Boyz did perform for a private family reunion of the Fischer family at Misty Morning Cottages. Pete Fischer also did an impromptu performance at PVR after Bert handed him a guitar. The diners were so impressed that they paid for his meal! One fun nugget of information is that the Tall Boyz are learning to play a country hit song called Dock Rock. Hopefully they can find someone to lead the line dancers (once we’re allowed to have community dances again).

We reached out to some local parents about schools reopening. For many parents, it’s been a very hard decision to make. Linda Rose felt that one factor was that she knows the bus drivers run a tight ship and that they will follow all policies and procedures. Another factor in her decision was that her children are all missing their peers and they are very excited to return to school. Parents have had time to teach their children proper hand hygiene, physical distancing and how to wear a mask. In Rose’s words, “These are scary times and they know that home schooling may have to be done again. Only time will tell.”



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

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

By Skippy Hale

Well, after a hot Summer, it is welcome to see the cool breezes during the day and cool nights. I have been blessed with a cool house all Summer due to shade, the river and a house placed well to work with the elements. There has been seasonal rain which does cause a problem when your house is on a hill and the cellar is bedrock. This makes the house damp and the danger of mould below and seeping upwards. Thankfully, I have a woodstove to solve this. Oh, the comfort and ambience of sitting by the fire! I am pleased to watch the seasons change from my deck. There are swatches of yellow and red appearing through the green pines.

Last Spring, many of us cautioned Council about wholesale opening up the village. We were concerned about the spread of COVID-19, but also the negative effects on the environment. Sadly, it has come to pass. Our trails have been invaded by hordes of off-road motor bikes, and side-by-sides/ATVs. The off-road vehicles have sped through the trails and are spewing fumes over the waterways. They are leaving the trails and ploughing through the bush destroying the flora and fauna. The littering of the trails and bush with garbage and beer cans is more than disgusting. Sadly, there was a collision behind the rink of two ATVs injuring two young women and causing severe damage to both vehicles. A few weeks ago, there was a collision at Kennedy and 508 between an ATV and a motorcycle causing the closure of that part of 508. The motorcyclist needed to be airlifted to hospital with critical injuries. The speed limit for cars on my part of 511 is 50km, but the speed of the vehicles passing my house is 60-100km. This is a residential village and we have young children here! I welcome the Tourism Industry, but many of these folks are just passing through with no commercial benefit to our businesses. Due to COVID-19, I had to close my BnB, but am happy for the restaurants and rental units who are able to benefit.

Eagle's Nest is a sacred place from where you can see in all four directions. When we first approached the Council about the 'invasion' we were told 508 is a County Road and the trail and the site are on Crown land. The hundreds of cars which have parked at this site have caused the Township to get permission to limit parking to one side of the road. The Bylaw officer has been ticketing those in violation of parking out of the designated area. The worst desecration was the



Wear and tear on the bridge on the K&P trail has made the surface unsafe for hikers and cyclists.



Gravel does not belong on the bridge. It is brought there by snowmobiles crossing when there is no snow there.

spray-painting (on the peak) of a swastika and a penis on the rocks! It is a desecration of a holy place to the Algonkin Nation! One local woman has contacted Golden Lake. I believe a smudging or other purification ceremony is needed to remove the bad medicine which is there. A couple told me they only visit mid-week and bring gloves and garbage bags to avoid the crowds and clean up after them. I spoke with Tom Irwin about this. He only takes guided tours and sticks to the trails. He has taken truckloads of garbage from Wabun Lake, one of his favourite places to go. It's not only the roads and trails which have been impacted, but also our beautiful parks and lake. Beaches are crowded on weekends without social distancing. The number of personal watercrafts has increased exponentially. Cottagers have found strangers picnicking on their docks and mooring offshore with several boats tied together for loud drinking parties. The amount of garbage washing ashore is worse than ever. This is not to say all of the visitors are so shameful. I am sure that many are grateful to leave the city behind and enjoy the peace and quiet of the place. Sadly, the 'covidots' have spoiled it for these guests as well as the residents and cottagers.

My late husband used to have a colleague in the Rankin area with a sugarbush. I used to get maple butter from his wife. It was delicious and nutritious. Recently, I discovered that Otterburn Farm in Springtown has a sugarbush as



The Oh-el-la Café needed some finishing touches before opening on Mill St. This driftwood will have a curtain of vines



Calabogie needs help with its feral cat problems. Read the article about it on page 13 in Out and About.



Oh-el-la promises a cozy atmosphere with good coffee and baked goods. Now open 8am - 4pm.

well and make Maple cream or B'eurre d'érable en français. I dropped by to pick some up and was delighted to meet Kate and her two boys, Colby and Grady again. Her husband Byron was out, but I had a great phone conversation later. I met them at the Calabogie Market last year.

The farm was Byron's grandfather's, Albert Zeyl. They have the chubbiest pigs who are free range and work the soil and will be sold later as pastured pork. They also raise cooking chickens. This year, they planted apple trees in two areas which will be another crop in the

future. They will increase the numbers to 4,000 in the next year or so. It was exciting to see this young couple going into farming when so many family farms are disappearing. There is certainly a resurgence in the area. This is good news since the idea of obtaining our food locally is much better than buying canned food from China when we grow excellent produce and meat locally.

Allison and Mike Graham who own Calabogie Rustic Farm have planted apple trees for the future. Right now, they have Beehives and sell organic honey. Their bees pollinate the Slack Fam-



1677 Frontenac Rd.
Matawatchan

Saturday Social & Matawatchan Hall AGM

Please join us
Saturday October 3 at 10:30 am
to help us set the course for
the next year.



Bring your ideas. Gone are the large parties and musical events that double as fundraising events, so we need to find new ways to gather safely.

We will start with snacks and socializing (wearing masks except when eating) followed by elections and most of all a discussion of ways we can keep the community gathering safely.

To help us plan snacks and control attendance numbers please RSVP to Lois Thomson at
613-333-9399 or matawatchancentre@gmail.com

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ily Farm produce and have provided the Slack Family with some hives as well. It is a wonderful symbiotic relationship.

I noticed a sign on a neighbour's garage, so I stopped by to meet Mark McDonald to ask if he has a new business. He told me is a race car driver and races all over North America. There are all kinds of interesting cars of different vintages. Mark bought the property which had once been Tommy's Garage. He bought it for the garage and the beautiful trees out front. He was starting the house renovations and two weeks later, the tornado wiped out his beautiful trees and damaged the house. However, he has done a marvelous job on the house, the garage and the landscaping; a welcome addition to the neighbourhood!

He grew up on a farm in Cumberland and his family went into the construction business, but his heart was in cars and racing. Next year, Mark is planning to build and sell hot rods and acquire special cars for customers. The plan is to have some cool cars to sell. You can watch a description of a winning race at Calabogie Motorsports Park on his website badcompanymotorsports.ca. I watched this race and was on the edge of my seat as he patiently came from third to win! Mark would like to thank James Bergeron for crewing for him and

Calabogie Motorsport Park, all the Marshals, and volunteers for the opportunity to run at such a world-class racetrack in his own back yard."

I wish to salute Annette Charbonneau and her staff for providing curb-side service. I was not comfortable entering the store at the beginning of the lockdown, so I would call in my order and they'd call when it was ready for pickup. At present, with all the staff and customers wearing masks, I am now comfortable to go into the store. Since they gave me such good service, I do all my shopping there rather than tripping into Renfrew when I can get what I need right here in the village.

Calabogie would not be here had it not been for the railway, yet, it seems that part of our history is disappearing. When the K&P, the Kingston and Pembroke, or Kick & Push, passed through this village, it was a lifeline for many. Initially, the wagons full of graphite from Black Donald mines were off-loaded to the trains which took the spur line, parallel to Hwy 511, to meet up with the main line. They crossed the road to the trestle bridge and picked up passengers at my house (the Scully house) across from the school. In about 1906, a new station was built on the island between the bridges. It is not cared for.

The loading dock is grown over and the spot where the second station stood was once a pile of debris from when it burned down. Now it too, is overgrown. When we moved here, walking over the trestle bridges was very dangerous due to the holes in the boards. The 'black bridge' was even more dangerous. I was told the younger generation of years past jumped off into the river, but some set fires to the boards. The County repaired and rebuilt the bridges, but now, the holes are coming again from snowmobiles scraping the boards after the snow is no longer there to protect them. This is our heritage here. 'The Spirit of Sir John A', the train still at Kingston harbour, once stopped at my house when it was a station.

At one time the causeway carried the train across the lake. Folks could walk to Barryvale from Calabogie, but years ago someone took a backhoe and dug out a part of it so there is no way to do so now. Now, it seems someone wants to widen the gap from 10 feet to 30 feet!

Tons of explosives were used to blast through the bedrock for the train to go through on the Barryvale side. That was filled in and that too, has disappeared. If I ever move, will my house be levelled? My heart aches for this loss of our history.

Ella Guckes opened Oh-el-la

Café on Mill Street. It offers Espresso, desserts and a variety of teas. The ambience is cozy and friendly, with cushioned benches around the side and café tables and chairs. The décor is artful and there is a beautiful rack hanging from the ceiling covered with pots of Philodendrons which will spread and form a beautiful green canopy.

I was sad to hear about the death of another Calabogie friend. She was Sue to some, Charlotte to others, and Carla to my late husband and me. Her late husband was from Wales as was my father-in-law, so we shared many good times at our St. David's Day parties. Carla lived life on her own terms and loved to go to Bingo and the Casino. I saw little of her in the past while and only found out she was ill shortly before her death. Rest in Peace, my friend.



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

DENBIGH VENACHAR DISPATCHES

By Angela Bright

Angela Bright has decided to retire from the Madawaska Highlander as our Denbigh-Vennachar correspondent. If you are from the area and are interested in taking over her responsibilities please contact me, Lois Thomson, at

info@reelimpact.tv Angela is willing to contribute to our final paper in November if need be. Thank you to Angela for her well appreciated reportage over the last few years.

*The Denbigh Foodbank will continue to operate in the same way it has for the last while, on the 2nd and 4th Tuesdays of each month. The dates for the remainder of the year are as follows: October 13th and 27th; November 10th

and 24th; December 8th. Call Gail at 613 333 2224 before the day. Pick up is 11am at the Addington Highlands Community Centre in Denbigh, with COVID rules in place.

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Young Autumns

By Ernie Jukes - Artist, Writer, Rover

Pic by Daniel Lee unsplash.com



It was like a cornucopia of fruit during the fall harvest when I was a kid growing up in the Niagara Peninsula. It seemed that if I wasn't there that I was here in the Madawaska Valley. The plums and pears and grapes were ripe, and the Ringed-neck Pheasants scurried through the goldenrod of the grassy meadows and vineyards. After school I would head to the acres of fields fronting Secord's bush at the end of our street in Grantham. It was that time again and Spot, my young white and liver Springer Spaniel, would drag her doghouse from the yard and along the sidewalk if you tried to slip by her in hunting season. Yes, that special time of year when all outdoors takes on a perfect golden hue and offers a special feeling—one that has remained with me ever since

I didn't own a shotgun then, but I did have a little 22 Ace single shot that could take a pheasant or rab-

bit with quite a degree of stalking. This usually meant many hours unless there were chores or a ball practice or game. At the time, it seemed like an eternity to save the \$7.50 to buy my very first hunting and target rifle at Eaton's. Little wonder, working as a trap boy for a whole 25 cents a day on a cold Saturday or Sunday at the St. Catharines' Skeet and Gun Club was no get rich quick scheme. Those fat, "professional" doctor and lawyer members were not big tippers. In fact, they weren't tippers at all!

Occasionally, we went to the local farms for Jack Rabbits, and on those days if I was fortunate, I got to use Dad's handsome 12-gauge Ithaca featherweight pump. It seemed bigger than me, probably because it was, but if I braced myself real good, into almost a 45 degree lean I sometimes got lucky at close range, in spite of the recoil.

In those days, I read all the out-

door magazines I could get my hands on from cover to cover. A few of you may just remember those small black and white but attractively illustrated ads urging the youth of North America to join the "Northwestern School of Taxidermy". I imagined the multitude of great grizzlies, moose, deer, elk that I would stuff one day. We would have giant heads over the mantle and full animals standing around in a large trophy room, just to lean on, talk lots of hunting stuff and maybe smoke a pipe and try to look important—or at least outdoorsy.

Then by golly, my friend Speedmore Joyce actually did join that same old, mail order institution. His first really major lesson assignment, after a frog and a white mouse, was a chicken. He bravely tackled a Plymouth Rock or a Wyandotte, whichever, at any rate it sure took the rush off my becoming a taxidermist. As I recall Speedy gave

his prized trophy to Donna Taylor as a Christmas present. She didn't think too much of it either, something about the neck being crooked and that it smelled peculiar, maybe even a bit bad.

Well, strangely enough by coincidence, Spot also had a definite interest in chickens. If they got in her scent path, she would proudly point and then run directly to them, avoiding all else! We sometimes ran too if the irate farmer took chase. Fortunately, my later track prowess was beginning to bud so I avoided capture which would have been terribly embarrassing for this fledgling great white hunter.

Sure, Spot was a wonderful bird dog, I would argue, but she just couldn't tell the tame from the wild. My buddies would laugh and point their fingers, but we still took some really nice ring-necks in front of her and the chickens were mighty tasty as well.



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

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Ipperwash Park and Camp where Dudley George was killed in 1995 trying to reclaim lands, have been returned to the Chippewas of Kettle & Stony Point First Nation.

Mali soldiers promise elections after coup condemned abroad. President Ibrahim Boubacar Keita resigned and dissolved parliament

Lukashenko, still in power in Belarus, rewards security forces as protests continue.

Belarus blocks more than 50 news websites amid protests over presidential election

Sudan's President faces the most sustained anti-government street unrest of his 30-year rule. "We have only one aim and that is to make the president step down"

US Postmaster General and major Trump contributor DeJoy under fire for postal service reforms that could affect mail-in votes, while Trump declares "election fixed"

Election officials seek to bypass U.S. postal service with ballot drop boxes

Group of 9 drug company CEOs pledge to make sure COVID-19 vaccine follows full regulatory path amid concern the Trump may try to rush ahead of the election.

Israeli jet flies to U.A.E. for 1st direct commercial flight, using Saudi airspace. Ceremonial flight comes nearly 3 weeks after signing of deal brokered by the U.S.

Palestinians call the normalization a clear violation of the Arab position on the Arab-Israeli conflict, holding public protests and burning the U.A.E. flag in anger

Rogers launching 5G in more than 60 communities in Canada by year's end.

Telus slapped by Ad Standards for claim high Canadian wireless prices are a myth which misled consumers by conflating affordability and price in newspaper ad

A new 5G Canadian BlackBerry Android smartphone with keyboard arriving in 2021

Apple first U.S. company worth \$2 trillion, 2 years after first to reach \$1 trillion.

Toronto Man's order of 24 bottles of "priceless" wine that was priced online at \$0 at LCBO.com was honoured at the store. He has given a few away as gifts.

Wild boar that stole German nudist's laptop faced death for friendliness, earned the right to live say organizers of petition to save the life of the boar and her two piglets

As Ottawa Police target speeding, aggressive driving and unnecessary noise, more than 140 tickets were given out in one night during a blitz in the Kanata area alone.

A 12-year-old Toronto boy drove his parents' "stolen" SUV for a 20 km joyride late one night. Police found it after calls about an impaired driver swerving across lanes.

Today in people doing dumb things on highways around Toronto, we have a local rapper Top5 who halted live traffic on Hwy 401 to get some shots for a music video

Over 22,000 Tickets Issued By Toronto Speed Enforcement Cameras in First Month

Airline pilots report 'guy in a jetpack' flying past them near LAX., where he was allegedly cruising past planes at an altitude of 3,000 feet about 300 yards away.

By 2030, BP Oil says it will cut oil and gas production by 35-40%, increase renewables by 20 times, and multiply their low carbon investments by ten.

Husky Oil reviewing White Rose oilfield in offshore NL and other "future operations"

Total has written down \$7 billion in tar sands assets and will quit the Canadian Association of Petroleum Producers for its opposition to action on climate change.

Scotiabank to pay \$127M in fines for traders' price fixing of precious metals. Fines are for failing to detect and stop fake trades designed to manipulate prices.

TD Bank fined \$122M by U.S. consumer regulator for pushy tactics. Will reimburse 1.4M customers who were signed up for overdraft they didn't want or know about

Bank of America customer opens mobile app to find an extra \$2.45 Billion.

Greenpeace activists have started building a granite barrier around the Baltic Sea's Adlergrund marine reserve to keep industrial boom trawlers from scraping it up.

Rio Tinto boss to step down after willful destruction of 2 ancient, sacred Aboriginal caves in Australia, to mine iron ore. Site of continuous habitation over 46,000 years

Canadian company injects captured CO2 from the air to strengthen and permanently store it in concrete. Only coal, oil, and gas produce more CO2 than concrete making.

World's first electric hydrofoil speedboat that reduces energy consumption, noise, and sea sickness - by "flying" above the waves, made its debut in Switzerland.

Uber incentivizes drivers to switch to electric vehicles, all electric fleet by 2030

Fuel-efficient aircraft Flying-V took first test flight in Germany. Seating, fuel tanks & baggage hold are built into the wings. 20% better fuel efficiency than Airbus A350

Japan's SkyDrive Inc., among the myriads of "flying car" projects around the world, has carried out a successful though modest test flight with one person aboard.

Tesla cars are going to play elevator music through external speaker because Elon Musk likes it. The main function is to output a pedestrian warning sound.

Canadian Real Estate Association: July 2020 marked the highest monthly home sales figure on record, with data going back more than 40 years.

The low number of houses available on the market in Renfrew County has lifted the average selling price to a new record of \$309,613, up over 20% from last year.

Toronto tiny home that hit the market for \$1 million sold for \$1,800,000 in August.

A two-bedroom "loft" home in Corktown Toronto is listed for \$990,000. Billed as "an artist's dream come true" is a converted garage with a functioning roll-up door.

Caught on security camera, a real estate company is apologizing, after a realtor picked her garden clean of berries and pears while showing her house in Vancouver.

Jennifer Lopez and Alex Rodriguez buy \$40 million home on Florida private island

Berlin Film Festival scrapping actor and actress awards to be more gender-sensitive

JK Rowling said she supported trans rights but did not believe in "erasing" the concept of biological sex, returns human rights award stating she is not transphobic.

Anonymous person set up plaques around Toronto to tell the slave-owning pasts of prominent historical families. There is a push to make them permanent fixtures.

Telus donating proceeds from film rentals by Black creators to Black Health Alliance

Kardinal Offishall joins Universal Music Canada staff to launch Black youth scholarship in partnership with the Pinball Clemons Foundation

US Activist historian Jessica Krug admitted in online confession that she has been pretending to be Black for years. Not urban Black, but suburban Jewish.

McDonald's sued for racial discrimination in U.S. by over 50 Black franchisees. Plaintiffs say they were steered to stores requiring high security and insurance costs

Trump is seeking to stop federal funding for certain racial diversity training at the White House. Memo calls it "divisive, anti-American propaganda."

Canadian Ranger group investigated over ties between a member and far-right militia groups. "watching for illegal immigrants" has been removed from literature.

Scarborough Bluff's "Lookout Point" earned its name in August when a large section fell in an explosive rock and dust cloud onto the beach below. No bathers were hurt.

A 3-year-old girl in Taiwan was reported safe after becoming caught in the strings of a kite and lifted, twisting, inverting, several metres into the air at a kite festival.

A 20-year-old Detroit woman who had been declared dead by authorities was discovered to be actually still alive after being transported to a funeral home.

Eight deaths in 1 month in BC amid increased outdoor recreation during pandemic

Physical distancing not only helps with COVID-19, but Canadian health authorities now reporting a nine-year low in the national rate of positive flu tests.

Around 10% of Canada's restaurants are as good as gone. Space restrictions and rising food costs will mean higher prices and possibly non-refundable reservations.

Marlin Travel Renfrew is closing and consolidating with the Pembroke franchise.

Airbnb bans house parties to comply with limits on gatherings

Italian cruise ship leaves Covid rule-breaking passengers behind at Naples port.

Ford's push against pandemic price gouging triggers more than 26K complaints.

Canada To Join Vaccine Alliance Of 150 Countries That Trump Renounced Giving early access to a potential COVID-19 cure and access for poorer countries

'Chocolate snow' falls over Swiss town after Lindt factory accident. It wasn't a Willy Wonka chocolate giveaway, but a defect in the cooling ventilation, Lindt said.

Russian cosmonaut captures possible UFO footage from International Space Station

NASA: A truck-sized asteroid is headed toward Earth one day before US election. It's super tiny and has low odds of hitting us, much to some people's disappointment.

Leonard Cohen's estate considering suing Trump for use of "Hallelujah", but spokesperson made it clear that "You Want it Darker" is allowed.

A component of honeybee venom can suppress the growth of breast cancer cells

Manòmin - Wild Rice

By Noreen Kruzich



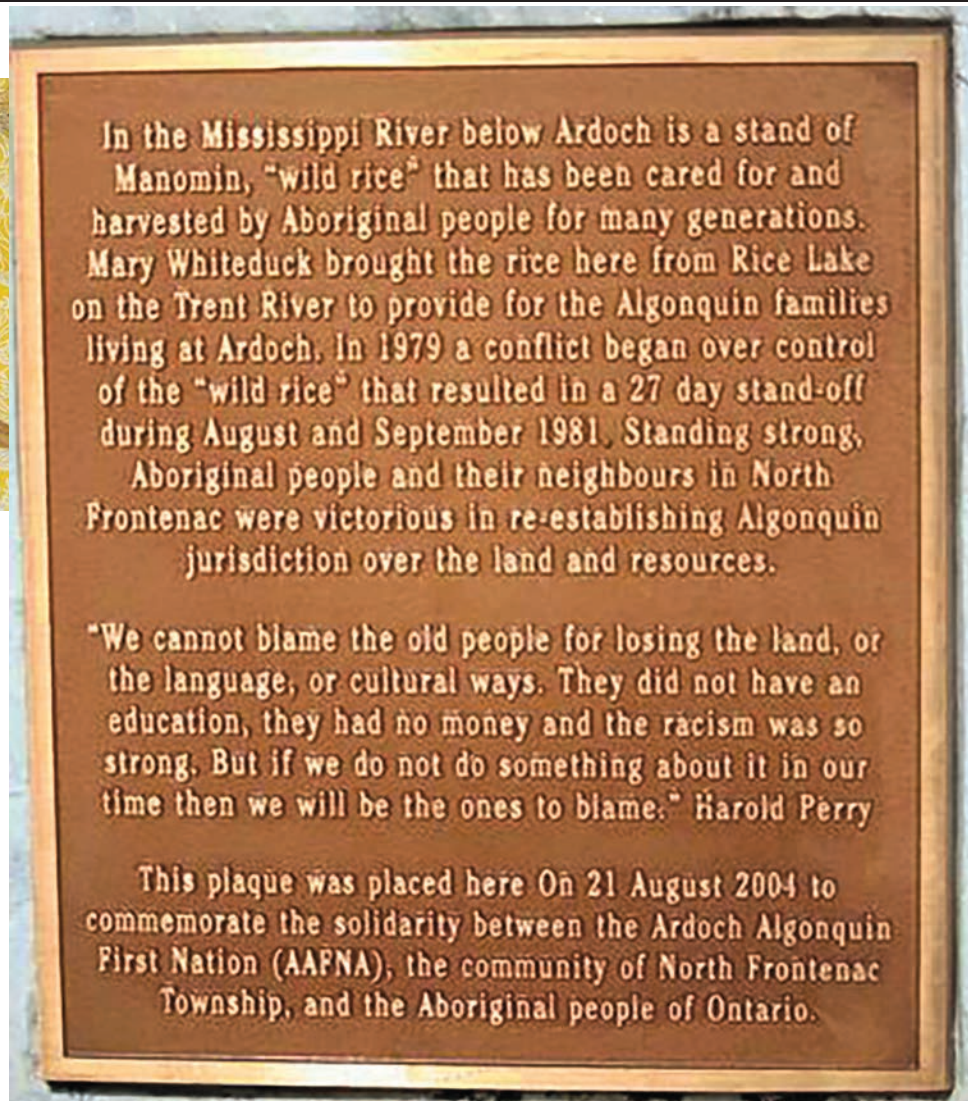
"Manòmin is a plant with spiritual significance that stretches back to the Creation of Anishinaabe people and the Great Migration. During that time our ancestors were told to continue until they saw this plant growing on the water. As a result Anishinaabe people settled all over the Great Lakes and developed relationships over thousands of years." (www.aafna.ca)

Wild Rice is harvested in September and the gathering of it is referred to as "ricing". The traditional way of harvesting Wild Rice is by threshing of the stalks, which detach the kernels. The threshing is known as "knocking". The technique for knocking is to hold a stick in each hand and by pulling as many stalks of Wild Rice as possible over the side of a boat with one stick, the harvester takes a second stick to knock a sharp blow on the first stick so that the seeds fall into the bottom of the boat. The stalks need to be at the proper angle to the gunwale of the boat so that they do not break off making a second harvest impossible. If the rice is ripe it explodes into the boat in one stroke. But sometimes it takes a second whack at it before the rice is knocked loose from the stalk or sheaf as in a bundle of stalks.

This annual water grass loves nutrient-rich water and thrives in shallow areas of the lake. In turn, a thick bed of Wild Rice protects our water quality. But Wild Rice in Ontario has been falling-off in another way, by that I mean the habitat for this traditional food of the Anishinaabe peoples known as Manòmin (men-knew-min) has been on the decline. You would think a lake called Rice Lake, situated just south of Peterborough, would be filled with the plant.

"There was plenty of Manòmin on Rice Lake up until the 1920's," says Caleb Musgrave, owner and operator of Canadian Bushcraft—a First Nation owned wilderness living skills school at Hiawatha First Nation, situated on the north shore of Rice Lake. "Back then," Musgrave adds, "10-thousand bushels of Wild Rice was harvested annually." Musgrave explains animals like the muskrat made huts out of the water grass, fish loved the nutrient-rich thick beds of stalks. For minnows it was a nursery and for big fish, a safe harbour. Insect larvae fed on the Manòmin and the larvae provided a rich source of food for small marshland birds. As well, the water fowl and birds like the Eagle, Osprey and Loon are grain eaters and the grass was used as nesting material for many birds and animals at Rice Lake.

Today, Wild Rice cannot be



This plaque reminds communities – First Nations, Settlers and Governments —that grass root stands on historical and cultural preservation of our land and its resources can make a difference and that it is time for this type of preservation to be acknowledged and acted upon.

found in Rice Lake; it's been void of the grass for some time now. Musgrave travels to Buckhorn, Pigeon and Mitchell Lakes, about 50km north of Rice Lake in the territory of the Curve Lake First Nation to harvest Manòmin.

The levels of most of our waterways have been manipulated by the construction of canals, locks and dams over the last 75 years. Where Wild Rice once grew, it now cannot and if it can it's due to the fact that it is forced to the shoreline and survives there. But other activities create the danger for its extinction even if it has replanted itself near the shoreline. The force or wake caused by speed boats destroy stands of Wild Rice. Some recreational users want the lakes free of grasses and oppose any reseeding of it. Pollution of course is another threat as it changes the ecology of our waterways.

How to harvest the Manòmin that remains has also been another controversy. First Nations feel the government needs to respect the historical relationship between their people and Manòmin stands. That is—commercial harvesters should not be given rights by the government to take the Manòmin.

A local story and plaque reminds communities – First Nations, Settlers and Governments – that grass root stands on historical and cultural preservation of our land and its resources can make a difference and that it is time for this type of preservation to be acknowledged and acted upon.

The Mud Lake area, just south of Perth, like most areas went through a complete transition in the 1800's. Forests were being clear cut and burned. Ani-

mals and plants no longer had the habitat needed to survive and like many First Nations, neither did the Algonquin peoples living there. They were struggling to survive. A story goes that the First Nation peoples on the south shore of Rice Lake learned that Wild Rice was not surviving at Mud Lake because of the destruction and change in habitat. So Manòmin seeds were sent to the Algonquin, and then planted into Mud Lake by the Whiteduck family. The seeds grew and have been cared for by Ardoch families over the decades.

But there is more to the story at Mud Lake, for in the fall of 1979 the Ontario Ministry of Natural Resources allowed a permit to a commercial company to harvest the Manòmin at Mud Lake. That harvest was challenged in court by a descendent of the Whiteducks, and did halt the commercial venture in 1980.



But in 1981 again a new permit was issued. Twenty-seven days of resistance by the Ardoch Algonquin First Nation with cooperation and help from Indigenous allies finally prevented commercial harvesting.

Today, a monument stands at the bridge in Ardoch to commemorate this struggle, resistance and the solidarity of a community.

Mireille Lapointe, a member of the Ardoch Algonquin First Nation, in a 2018 interview with Union Farmer Quarterly said that she wasn't exactly against commercial ventures, "There is a specific need here to help people remember how to harvest and process Wild Rice themselves...to get people to rethink on this responsibility for food." Lapointe is a strong believer in the need for people to reconnect with the food source, as is Musgrave.

Lapointe feels a responsibility to her ancestors as she sees it as a part of the original instructions to protect the Manòmin – as it is in protecting the culture.



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

Trick or Treaty. She is currently working on her second book, *Blood, Paper and Spoken Word*—a highlight of indigenous ancestries across Canada, revealing suppressed indigenous history—and putting faces to the stories.

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Crown Land - Not Just a Walk in the Park

By Lesley Cassidy

Crown land. What do those two words bring to mind? Lakes, free campsites with a rocky fire pit, trails for ATV, hiking and cycling, an abundance of bush and it all equals freedom. With almost 87% of Ontario land defined as Crown land, oodles of space exists to roam.

Campgrounds, provincial parks and public land in many places across Canada are under heavy use these days. You can see it is happening across the country with media headlines trumpeting: "Provincial Parks Overwhelmed as Campers Spill onto Crown land," (VancouverSun) "Ontario Backcountry Camping Group Reports Increase in Trash on Camping Sites" (Sudbury), "Hordes Descending on Wilderness Areas in Insane Numbers" (Sarnia). Close to Ottawa, south of Belleville lies Prince Edward County, an idyllic area to ride an ATV (All-Terrain Vehicle), hike and cycle. With endless dunes and miles of Caribbean-like beaches, Sandbanks Provincial Park has become one very overrun space. With 2,200 parking spots available, the staff closed the Park for day use ten times this summer due to overcrowding. Ontario Parks campground visitation is seven per cent higher than last year and backcountry camping increased by 29 per cent compared to summer 2019.

With campgrounds packed, people flocked to Crown land to enjoy time away from their homes where they have been cooped up for the past number of months. Many visitors didn't behave, leaving litter, toilet paper, destroyed trees, or cranked radios and set off fireworks at all hours. Respect for the land and oth-



Crown lands aren't city parks. They belong to all of us and we are the caretakers. Don't assume someone will clean up after you. Take out what you bring in.



er visitors was in short supply. And yes, sometimes inexperience contributed to this behaviour. People who don't regularly visit Crown land didn't realize there is little infrastructure (no trash cans, outhouses or cut firewood, etc.). Other times it's merely a lack of respect for the environment. Regardless, Crown land is for everyone. To ensure a trail or a favourite campsite can be enjoyed sans litter, human waste and chopped down trees - it's good to understand a bit about public land.

For starters, the rules governing recreational use on Crown land are straightforward. Campers can pitch a tent for free for up to 21 days on one site in a

calendar year as long as there isn't a sign posted indicating otherwise. Recreation activities allowed include hiking, cycling, boating, canoeing, water skiing, swimming and birdwatching. Hunting and fishing are permitted as well, but you do need a valid license. You can horseback ride and use your ATV or off-road vehicle as long as the land is not restricted (signs posted) and the ATV (and SXS) riders must follow the Off-Road Vehicles Act. The Ministry of Natural Resources and Forestry (MNR) manages Crown land in Ontario. Several activities do require their approval ahead of time, including building a new trail, constructing a water crossing and holding organized events.

Seven different types of Crown land exist. It's either general use or assigned a specific land use designation such as Provincial Park, Conservation Reserve, Forest Reserve, Provincial Wildlife Area, Enhanced Management Area, or Wilderness Area. There can only be one primary land use designation for an area - that designation defines what is permitted. In other words, these seven different types of protections balance the many uses of crownland. As an example, ATVs are not allowed in Provincial Parks. In contrast, they are permitted on most other types of Crown land. Hunting, trapping and other traditional activities are generally permitted in Conservation Reserves. There are different arrangements as well, such as leases, localized land use permits, and easements, but these are for specific situations and adhere to highly defined rules.

Regardless of the land use designation, the MNR expects people to behave respectfully. Packing out litter, extinguishing campfires, avoiding sensitive

areas such as wetlands, wildlife habitat, staying on existing trails, and not harming, killing or collecting plants, trees, habitat or wildlife are core expectations outlined on their website. These aim to reduce the human impact on the land, the wildlife and environment.

What happens when visitors don't follow these basic expectations? The MNR has an enforcement arm - Conservation Officers. According to the MNR website, "Conservation officers patrol the lakes, trails and back roads of Ontario to protect our natural resources, and ensure public safety. They are professional, armed peace officers trained to police standards." Conservation officers investigate and prosecute incidences related to fires, species at risk, fishing or hunting out-of-season, waste dumped on Crown land, and people taking more fish or game than allowed, among many other natural resource-related activities. In 2015, Officers issued close to 7,000 warnings across the province and laid almost 3,000 natural resource charges.

Witnessing bad or illegal behaviour? The MNR tip line, 1-877-TIPS-MNR (1-877-847-7667) is a good number to call. As well, Crime Stoppers has an anonymous tip line 1-800-222-TIPS or visitors can contact the Ontario Provincial Police. The Ontario Conservation Officer Association website highlights some of the different illegal activities including turtle poaching, fish baiting and big game poaching, among others that they investigate. Conservation Officers also do outreach and education to address issues before they become problems.

Which leads to the question - how do you know what is permitted in

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Often called "jack lighting", the use of a spotlight and a high-powered rifle to hunt big game at night is illegal. People who jack light often damage fences and crops as they drive the country side in search of animals; carelessly fired bullets sometimes hit rural buildings and kill livestock; this illegal activity puts public safety at risk and damages the reputation of legitimate hunters.

Solving a crime is like putting a puzzle together, each piece of information is important and your call can help fill in the blanks.

If you have any information about jack lighting, or any other crime, call Crime Stoppers at

1-800-222-8477 (TIPS)

All calls to Crime Stoppers remain anonymous and you could be eligible for a cash reward.

CRIME STOPPERS

This message is brought to you by the South Central Ontario Fish & Wildlife Association, Ajax Rod & Gun Club, and Pickering Rod & Gun Club.

It's Your Call



Your hunt of a lifetime can be ruined by the illegal act of just one poacher! Every year hunters locate the rotting carcasses of unlawfully shot and abandoned moose – these are moose that are lost to honest hunters and to the tourist industry that relies on healthy moose populations.

Protect your moose hunt – it's your call.

If you have any information about illegally shot and wasted moose, deer, or bear or any other crime, call Crime Stoppers at

1-800-222-8477

All calls to Crime Stoppers remain anonymous and you could be eligible for a cash reward.

CRIME STOPPERS

Jacklighting, poaching and illegal uses of Crown lands are serious offences. Fines are stiff and jail time is possible. MNRF has partnered with Crime Stoppers. If you see something suspicious, call it in.

the area of Crown land you intend to visit? The Ottawa Valley is part of a land use planning section that stretches from Kenora to Ottawa and ends just north of Kingston. This large tract contains almost 45% of the province's Crown land and nearly all of its commercial forests. This area underwent an intensive two-year planning process called the Ontario Lands for Life (OLL) Project, including broad consultation in the late 1990s.

Ontario MINISTRY OF NATURAL RESOURCES AND FORESTRY CROWN LAND USE POLICY ATLAS

About Bookmarks Map Layers Find Information Markup & Printing Measure

Select Map Layers Legend Zoom In Zoom Out Pan Initial View Previous Extent Next Extent

I want to...

Refer to Help for Legend details

Primary Land Use Area

- Conservation Reserve
- Enhanced Management Area
- Forest Reserve
- General Use Area
- Protected Area - Far North
- Provincial Park
- Provincial Wildlife Area
- Recommended Conservation Reserve
- Recommended Provincial Park
- Wilderness Area

Thematic Data

- Private Land
- National Park
- Indian Reserve
- Other Federal Land
- MNR EcoDistrict
- MNR District
- MNR Region
- Forest Management Unit
- Geographic Township
- Niagara Escarpment Plan Boundary
- Provincial Park Admin Zone
- Tertiary Watershed
- Caribou Range Boundary
- Renewable Energy on Crown Land Policy
- Far North Boundary

Overlay Area
Amendments in Progress
Community Based Land Use Plans

Before heading out to the wilds you must know if the area you will be heading to is private property or Crown land and what kind of Crown land it is, so you will know what you are allowed to do there. This online Crown land use policy atlas tool by Ontario's Ministry of Natural Resources and Forestry tells you everything you need to know. geohub.lio.gov.on.ca

It was a long and arduous process that brought together people from the mining sector, forestry, tourism, environmental and indigenous groups and other recreational communities. This resulted in the Ontario's Living Legacy Land Use Strategy that still governs the Ottawa Valley today. This Strategy resulted in more Parks and protected areas (an increase from 7% to 12%); more land use provisions for recreation, backcountry, fish and wildlife, resource-based tourism, and forestry; more robust agreements between tourism and resource industries; and set out ways to protect areas and address forestry industry needs. As well, it included increased access to hunting, fishing and

funding for scientific research.

But this Strategy is just one layer of land use. Historical decisions, broad government objectives, and localized land use permits in some areas were also important parts of land use in this immense land tract. So, in 2004, the MNRF created an online mapping tool – the Crown Land Use Policy Atlas (CLUPA). It brings together the Strategy, local and regional decisions, documents and sources that would typically be difficult to access all in one place. This gives anyone with an internet connection and some time, access to understanding Crown land, it's permitted activities and uses in Ontario.

With a few clicks of the mouse, it's quick to identify the parcel of land. Colours are standard and easy to navigate: green indicates parks, blue for creeks and water bodies, bright green highlights conservation reserves, grey represents private land. Off white/yellow identifies general use Crown land. Zoom into an area and then click on the tab along the top of the map that reads "Find information". Click on the "Find land use information" button on the far left of the computer screen, and information appears explaining whether it is Crown land or private land.

As an example, clicking on a green parcel just north of Highway 508 outside of the town of Calabogie shares information about the Constant Creek Swamp and Fen Conservation Reserve which covers 527 hectares. Selecting the "Add layers" option allows you to add information. The Atlas helps identify land use (Provincial Park, reserve, general use, etc.) and create maps. Elsewhere on the website, there are explanations of what is permitted for each of the seven different types of land use.

Dealing with overcrowding, litter, and other bad behaviour on Crown land isn't going to disappear anytime soon. The solution involves education, action by elected officials and recreation communities and ultimately, enforcement. By understanding Crown land and basic expectations, this helps each person make better decisions. But it really starts with respect. Respect for the land by everyone who enjoys the outdoors.



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

LIVING GREEN

Living Green Group

By Mary Catherine Mills



Living Green



The Matawatchan Hall was "comfortably full" on September 5 as a mask-wearing crowd gathered to socialize, enjoy wonderful baked goods, tea and coffee, and hear Kate McLaren (center) describe what she was hoping to convey through her artwork, in "Art in the Time of COVID". Above right: Beverley Davis, Mary Catherine Mills (moderator), Ruta Danaitis, Cathy Blauer

On Saturday morning September 5th, the Living Green group hosted an art show at the Matawatchan Hall, but with a difference.

The wonderful watercolours by Kate McLaren were displayed at the front of the hall, and Mary Catherine Mills moderated a discussion with Kate for the group seated, at a distance, facing the works. Not only could we take the time to really see and appreciate the works, we were able to hear the artist's intentions

and inspirations and understand better what these pieces represented to her, and share our own ideas on what we saw in them. Kate even showed us what she thought were her failures, and why she thought that. It was an engaging, memorable time together over coffee and tasty treats

Next up, **how to make sauerkraut!** Unfortunately, space for this event on September 21 is limited and we are at capacity. But if enough of you are inter-

ested, contact Ken (below) and we can possibly arrange another session.

Come Thanksgiving we are celebrating with our favourite home grown fruit - apples!. **Apple Fest will be on Saturday October 10th, 10am at the Matawatchan Hall, 1677 Frontenac Rd.** We'll have Joanne's excellent coffee plus home baked apple themed cakes, buns, and treats from our local gifted bakers. Our special guest will be Bill Graham, who will show us his apple pressing wiz-

ardry. If you'd like to press your own apples, please bring them along. First come first served at the presses.

We are planning more get togethers that will encourage a vibrant exchange of ideas and continue to help each other live greener. Hope to see you at some of them!

Contact Ken Birkett,
joandken@xplore.ca, 613-553-1109
if you would like to join us or have any questions about our group

Into the Colours and Beyond

By Robbie Hanna Anderman

As we gradually move into Autumn, we notice daylight being shorter each day, the weather being chillier, and I notice in myself in grief for the passing of my beloved Summer. The heat I endured is but a fading memory.

I'm finding some Trees lead the way in getting ready for the cold of Winter by withdrawing their chlorophyll (green colouring) from their leaves into their body and roots. The Pin Cherries for me were the first this year to glow red and orange on their lower branches. They were followed soon by the Sumac.... Then I noticed Red Maple leaves along the forest paths. Sometimes these were half red and half still green, in various patterns of delight.

The grief I feel inside is massaged a bit by the cheerful sights of all the leafy colours. It almost seems like the Trees are out to cheer me up with their bright oranges, yellows, golds and reds. They are helping me make the transition, the inner adjustment to accepting Summer's passing for this year.

Autumn has arrived, and with it the acceptance of the natural urge and necessity of preparing in all ways to whole heartedly welcome Winter. Yes, the Trees are reminding me how much I love Winter, the season when I can move amidst and amongst them on snowshoes without the impediments of bugs or wet bogs. A time when the forest is naked of the leaves of the understory and young saplings and other wild flora and the natural contours and undulations of Earth's hills and valleys and of the Trees them-



Butternut Husk



Black Walnut Husk



Sugar Maple Tree

selves can be more readily observed and appreciated.

Beyond pure enjoyment of vis-

iting and looking at Trees as they go through their seasonal changes, this is also the time when we can mimic the

squirrels and chipmunks and other wild critters who are gathering all they can for winter storage. It's time to go nuts, to go looking for Tree nuts.

My favourite and most easily accessed nut is the Beech Tree nut. Enclosed in a 3/4-inch burr-like husk are two pyramidal nuts each inside its own individual shell, which looks like a large buckwheat seed. The nuts are delicious eaten raw, sprouted, or roasted. It was common to dry them and grind them to flour. Roasted they make a good coffee substitute.

Well-ripened nuts yield up to 20 per cent oil. A non-drying oil, it can be used for cooking and as a butter substitute. The remaining oil cake can be added to baking or fed to livestock. They must be gathered after the first frosts in autumn before the squirrels and chipmunks get them.

Oaks' nuts, the acorns, are the next most easily accessible nuts of our forests. People have been eating acorns as an important regular good food source for thousands of years all across the Northern Hemisphere, well before agriculture brought grains into the common diet. John Muir, naturalist and preservation activist, called acorn cakes "the most strength-giving food."

Acorns have been eaten by both Indigenous Peoples and settlers both as a starchy protein staple and as a dietary supplement, especially during famine, in breads, soups, porridge, as well as toasted and ground as a coffee substitute and "out of hand." Acorns are 25% fat, 60% carbohydrate, and 6% protein.

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OUT AND ABOUT

C.A.R.E.ing about a Big Problem in a Small Community

By Linda Gervais



Feral cats are bird predators and often carry a dangerous parasite linked to Schizophrenia, Alzheimer's, memory loss and learning problems in humans.



Daisy is C.A.R.E.'s most recent arrival and will be taking some time at her foster home to learn how to trust humans and how to be a loved and pampered as a pet.

Feral cat colonies have been a growing problem in the Calabogie area. Currently Calabogie animal rescue has six colonies that they are working towards cleaning up and has received many requests for help with additional colonies developing in the surrounding area. At their last survey of the six colonies they counted 14 adult cats, 1 pregnant Mom cat and 27 Kittens. They estimate that it will cost between \$19,000 - \$25,000 to Trap, Neuter and Return the Feral adults and to Trap, Vet and Foster the kittens. That estimate is low because colonies will inevitably grow as the kittens mature, mate and give birth to more kittens.

Since their inception at the end of June C.A.R.E has been able to rescue 5 kittens. Dorothy, Ashes, Tiger, Griffin and Daisy. The great news is that three of them have been adopted to loving fur-ever homes. Griffin will very soon be showcased at one of the four Rick's Pet Store Locations to help him find his fur-ever home. "Getting kittens out into the public really helps them to socialize and speeds up the process of finding loving homes. Our customers and staff get to feel like they are helping save these souls that would otherwise be living their lives outside" says Mendy Knowlton - General Manager at Rick's pet stores. Having community business partners is a win-win.

Many weeks of fundraising work had to happen before rescuing could truly begin. C.A.R.E has a number of great events in the works including a Plant sale, Bake Sale, Virtual Walk-A-thon and a Christmas themed Auction. For details head on over to their Facebook page and click on the events tab.

If you would like to make a donation you can send an E-transfer to calabogeanimalrescue@gmail.com. Cheques can be mailed to 1317 Scotch Bush Rd. Douglas, ON K0J 1S0. Cash donations can be made at Bogie General store. If you have a business and would like to set up a donation jar on behalf of C.A.R.E, please email them directly. C.A.R.E is always looking for more foster families and volunteers. Please consider sending in an application.

Sadly, in our region, we mostly have only Red Oaks, rather than the White and Bur Oaks. The latter take only one year to mature their acorns and therefore don't develop as much tannin as do the Red Oak acorns, which take two years to ripen. Processing all acorns properly to remove all tannin is necessary, though there are some varieties that can actually be eaten fresh and raw. There are many YouTube videos that explain the process well. Plus, The Healing Trees book covers the topic, too.

Rarer locally, yet very nutritious and tasty are the wild Walnuts of this area. Mostly we have Butternuts (aka "White Walnut") which is the hardest Walnut and we also have some Black Walnuts. Both have a green husk covering a very hard shell. The Black Walnuts are very round and might be mistaken for a green apple. The Butternuts are more egg shaped.

Black Walnuts' husks contain a very high quantity of natural iodine which is naturally antiseptic, besides being used as a germicide, a vermicide and a parasiticide. It is also very staining and thus a great dye for fabric or for making ink. A friend told me of removing the husks with his bare hands and being stained brown for a couple weeks. Made into a tincture, the husks can provide the iodine the human body needs, besides providing many beneficial medicinal effects.

They both have very hard shells which are challenging to crack. While a well-placed hammer and/or a good strong vise can accomplish this task, Grimo Nut Nursery in the Niagara (www.grimonut.com) sells the Duke Black Walnut Nut-cracker, which does a fantastic job. The nuts are worth the effort - delicious and an excellent source of omega 3 essential fatty acid; 'brain food'.

Constant vigilance will result in your nut collection growing, compared to watching the rodents adding to their collections.

Into the Colours of Autumn we go, in a nutty way.

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



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

EDITORIAL

Human activity is in the middle of a much-needed reboot that is already proving to be good for the environment. The surprising thing is that as coronavirus deaths mounted, air pollution-related deaths fell. We have seen the immediate effects of cleaner air three other times in the past: September 11, 2001, the 2008 Beijing Olympics, and the financial meltdown of 2008. The difference this time is that travel restrictions are expected to be in place for a long time and the "buy local" movement is growing.

Civil aviation accounts for 2% of global CO2 emissions. That doesn't sound like a lot but consider that it is coming from roughly 5% of the world's population with enough money to afford to fly. Cargo shipping produces nearly 3% of the world's CO2 emissions. Total emissions of CO2 and other pollutants from cruise lines is hard to measure, but Carnival Cruise Lines alone emitted 10x more cancer-causing gases in Europe than all of its passenger vehicles combined. Carnival has also been fined \$40 million for dumping oily waste from its Princess Line Ships.

The world has proven over the last seven or so months that we can cut CO2 emissions and cancer-causing pollutants simply by travelling only when necessary and buying local. This doesn't mean buying cheap clothes that you'll throw out next season from a local Giant Tiger. It means buying good quality clothing made locally, where the workers are paid a living wage. Don't buy pears grown in Argentina and packed in Canada. It's still not local. If our governments can't force companies to pay worldwide workers a living wage, consumers can do it by buying local.

Up to 80% of US businesses polled have said they will be making permanent changes that will coincidentally end up being good for the environment. Surveys have shown a large percentage of employees want to continue working from home, which will impact workplaces, transportation, where people live, and how often they eat out. Organizations will find it hard to justify huge conventions again when they have proven they can accomplish much of the same things electronically.

We have become used to getting to another continent in a day, but as we have experienced during the lockdown, a slower pace of life with fewer options can sometimes feel freeing rather than limiting; our horizons feel like they are expanding rather than narrowing, especially now that so many Canadians are vacationing outdoors in Canada.

According to the conversation.com, the Swedish flygskam (meaning, "flight shame") movement of 2018 centered around a commitment to give up flying. It spread through initiatives such as the Facebook group Jag flyger inte - för klimatets skull (I'm not flying - for the sake of the climate). The campaign managed to lower the number of international flights at Swedish airports by 4% within a year. Flying used to be something to brag about, but unnecessary flights really should be shameful until airlines can get off fossil fuels, which isn't likely to happen soon, especially with current low fuel prices.

The future will have fewer airlines, restaurants, and gyms, and cleaner air, but there will only be fewer cargo ships on the sea and transport trucks on the road if we buy local.

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Resilience in this Time of Unprecedented Crisis

By Derek Roche

The COVID-19 pandemic continues to affect all our lives in a variety of ways. Many of us are lonely; missing loved ones, afraid for our health, worried about our finances or simply bored. The question on many people's minds is, "How can I maintain a sense of well being while the world around me is in crisis?" The answer to this question may well be found in the quiet but powerful quality of resilience. Resilience refers to how well you can deal with and bounce back from the difficulties of life.

Resilient people tend to maintain a more positive outlook and cope with stress more effectively. Research has shown that while some people seem to come by resilience naturally, these behaviors can also be learned. If you're going through a tough time now, here are techniques you can focus on in order to foster your own resilience.

Develop a Strong Social Network. It's important to have people you can confide in. Having caring, supportive people around you can be comforting. While simply talking about the pandemic with a friend or loved one won't make the virus go away, it allows you to share your feelings, get support, receive positive feedback, and come up with possible solutions to emotional problems such as loneliness and isolation, or even practical difficulties such as grocery shopping.

Be Optimistic. Maintaining a hopeful outlook is an important part of resiliency. What we are dealing with may be difficult, but it's important to remain hopeful and positive about a brighter future. We will come out of this eventually. Positive thinking does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are temporary and that you have the skills and abilities to combat the challenges you face.



Nurture Yourself

When you are distracted and stressed, it can be easy to neglect your own needs. Losing your appetite, ignoring exercise, and not getting enough sleep are all common reactions to the pandemic. Instead, focus on caring for yourself. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience.

Establish Goals. The current pandemic, the environmental crisis and the multitude of socio-economic issues are all daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way and set reasonable goals to deal with the problems. When you find yourself becoming overwhelmed, take a step back to simply assess what is before you. Brainstorm possible solutions, and then break them down into manageable steps.

Believe in Your Abilities. Having confidence in your own ability to cope with the stresses of life can play an important part in resilience. Listen for negative

comments in your head. When you hear them, practice immediately replacing them with positive ones, such as, "I can do this," "I am strong," or "I'm a survivor." Research has demonstrated that self-esteem plays an important role in coping with stress.

Embrace Change. Flexibility is an essential part of resilience. By learning how to be more adaptable, you'll be better equipped to respond when faced with having to social distance, wear a mask or wash your hands frequently. Resilient people often utilize these events as an opportunity to branch out in new directions.

Develop Problem-Solving Skills

Research suggests that people who are able to come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through the issues.

Find a Sense of Purpose. In facing the current crisis, finding a sense of purpose can play an important role in your health. This might mean becoming involved in the community, cultivating your spirituality, or participating in activities that are meaningful to you.

Take Action

Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, you can take steps toward making your situation better and less stressful.

Keep Working on Your Skills

Resilience may take time to build, so don't get discouraged if you still struggle to cope with our current situation. Everyone can learn to be resilient and it doesn't involve any specific set of behaviors or actions. Resilience can vary dramatically from one person to the next. Focus on practicing these skills, but also build on your existing strengths.

Finally, we come to my favorite technique for fostering resilience, gratitude! If you have a roof over your head, clothes to wear, running water and food to eat, perhaps take a moment to be thankful.

Derek Roche is an Acupuncturist, Nutritionist, Allergy specialist, and Zero Balancing practitioner with over twenty-five years experience working in Cambridge (UK), Halifax, St Catharines, and Ottawa. He practices in Ottawa at 2211 Riverside Dr, suite 106 and runs Natural Healing Retreats in the Madawaska Valley in the Spring and Fall on a private lake. Call 613 333-2368 or visit Natural-Healing-Retreats.com for more information.



Dental Care for our Aging Population

By Tamatha Strachan

Ontario seniors are living longer than before and thanks to good oral hygiene practices, many are keeping their teeth. Provided you look after them, your teeth and gums will look good and stay healthy for life.

Seniors have different oral health needs than younger patients. Common dental complications for seniors are:

Cavities, exposed root surfaces are prevalent in seniors and can be areas of concern. Years of brushing too hard and the natural effects of aging can cause gums to recede. Arthritis may cause impaired motor function in the hands and thus cause difficulty brushing effectively in these areas.

Your oral health is a contributing factor to your overall health and quality of life. Recent studies have linked **Periodontal disease** with heart disease, stroke, pneumonia, respiratory disease and diabetes. Gum disease may worsen existing diabetes or increase complications associated with diabetes. If left untreated, **Tooth loss** may result. Many seniors are taking medications to treat these chronic health conditions. These medications may cause a decrease in saliva production, which contributes to an increased risk for decay of tooth struc-



Pic by Joe Hepburn unsplash.com

ture. Recommendations for individuals with **Dry mouth** include sipping water throughout the day and limiting alcoholic beverages and beverages high in sugar or acids. Additionally, there are several products geared to relieving this syndrome that can be recommended.

Denture wearers are at an increased risk of an overgrowth of yeast, resulting in oral **Candidiasis**. Another fungal infection of concern is Angular cheilitis. Symptoms include burning, itching, and dry cracked skin at the corners of the lips. Further, dental patients over 65 years of age are at the greatest risk of **Oral cancer**. Early detection is

key to survival rates.

Many seniors have a fixed income and unexpected dental problems may pose a burden on their **finances**. Regular preventative dental care and maintenance are always less expensive than treatment.

Physical barriers related to rural community living, transportation arrangements and physical limitations are addressed by providing mobile services to your home. With the ability to practice independently, qualified dental hygienists are able to bring dental hygiene services to you. Calabogie Smiles serves the Greater Madawaska area.

Social barriers such as anxiety and dental phobia are addressed with personalized individual service. To better serve the community, Calabogie Smiles is committed to addressing the barriers that prevent seniors from accessing oral care. The Calabogie clinic location is a single treatment room that is quiet and calming where you will interact with your dental hygienist only. Privacy is ensured. At your first appointment, we will conduct a comprehensive oral evaluation and together we will develop a customized preventive care program to help keep your mouth healthy. Referrals to the appropriate specialist will be made if required.

You are never too old to have healthy teeth and gums. Call (613) 220-6534 to reserve your appointment time.

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



Wilderness Training - A Basic Necessity

By David Arama



Humans have developed a false sense of security by living in cities, but no one told the wilderness about our invincibility. It's important to learn how to go out safely and respect the beauty and power of nature. Take a course to avoid situations you can't get out of. Enjoy nature with respect and remember that you are biodegradable.

Staycation Disasters:

This year has seen a flood of new inexperienced campers heading out into the region's wild areas, with sometimes predictable disastrous results. There have been reports of frequent lost person occurrence, huge increases of people camping illegally on private property, and many drownings.

Some of my own observations:

- A large group of families setting up room tents at the Highway 41 Dark Sky Viewing Area parking lot
- Tourists signing out rental canoes at Marble Lake Lodge asking us how to get the canoe in the water and where to seat themselves
- Dozens of lost motorists without road maps or automobile GPS systems in cellular dead zones.
- Folks heading out to go fishing during a violent thunderstorm
- A family setting off fireworks that misfired right into seated family members and friends

With millions of Canadians no longer allowed to go on lavish vacation trips to Cuba and oceanfront destinations, or expensive luxury cruise ship voyages, camping and the great Canadian outdoors has become the destination for hordes of people needing to escape the pandemic stresses. The risks of acquiring Covid-19 in the great outdoors is very low, compared to being indoors, and vitamin-D from sunlight strengthens your immune system! Never before have we seen the need for proper wilderness skills and training as we do now. People are setting out into the wilderness or provincial park as though they are in a city park. Out here there are no toilets, water fountains, custodians, paved walkways, or lifeguards. Growing up in the city you were taught how to ride a bike, cross the road, take an umbrella, and not to talk to strangers. Similarly, if you didn't grow up in a family who taught you how to camp safely and with respect for the environment, you need training. It's not just a little nicety. It's a necessity. A survival course is still a good idea even if you did grow up camping.

Just in case you are wondering, I don't usually promote my courses in my column. The editor asked me to write about wilderness training because so many newbies are hitting the trail without it during the pandemic.

WSC and many other companies offer a host of training initiatives aimed at self-sufficiency and safety out of doors.

Groups:

WSC can customize courses and camps for groups at our 350 acre Kargus Retreat, and/or at Marble Lake Lodge. Groups include local interest, Scouts/Guides, Cadets, Schools, Professionals who work in the Backcountry, etc.

ATVing, Snowmobiling, Boating?

These are the top three killers in the Ontario wilderness. My guess is that due to the pandemic, this year's fatality numbers will be high. At minimum, these folks should have first aid and survival training, plus some navigational skills. WSC can organize programs for member clubs and have public courses for individuals.

Disaster Prepping

While the Pandemic is an international disaster that has raised awareness for the concept of survival preparedness, I wonder how many folks have raised their level of preparedness? Humanity is always vulnerable to much worse natural disasters and wars.

Homesteading and Survival Courses cover valuable skills that could save your family's lives.

Nature as Therapy, At-Risk Youth and Adults:

The pandemic has increased the number of people who suffer from depression and suicide. Many studies point to nature as therapeutic and healing.

Corporate Retreats:

Corporate retreats improve team building, communication, decision making, and are another good excuse to get outdoors. WSC can customize a retreat for sales teams, managers, and staff.

Courses:

Our website details a calendar of events, including a variety of 1-day and weekend overnight courses and 1-week camps for youth, families, and adults.

Find out more at wscsurvivalschool.com

WSC specialties include Wilderness Survival, Wilderness First Aid, Edible/Medicinal Plant Foraging, Winter Camping, Canoeing, Homesteading, Bushcrafting, Backpacking, and GPS Navigation and Orienteering.

Recent Survival Camp and Canoe Trip Experiences:

WSC Survival School recently ran two programs. Our flagship Advanced Survival Camp Aug 16 - 22 at our Kargus Lakes off-grid retreat near Quadeville, a Canoe-Camping Long Weekend trip Sept 5 - 7th at Marble Lake Lodge and Kashwakmak Lake, North Frontenac. Students learned important outdoor survival skills, bushcrafting, off-grid prepping, backcountry first aid, plus GPS map and compass navigation. They had to simulate hands-on survival in a shelter made out of forest materials for three

nights and camp in tents for the rest. For some, this was an eye opening experience, taking them way out of their comfort zone, while others embraced the challenge. The canoe trip focussed on flatwater paddling techniques, safety and rescue, and camping on Crown lands. Let's get outdoors but do it safely! And hopefully we'll see an end to the Pandemic soon.

Remember, be prepared, you are biodegradable.

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



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

marblelakelodge.com wscsurvivalschool.com



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Journey Back in Time - Part 4

By Marcella Neely

Our journey along Highway 41 is continued from the August-September issue...

We are still in Northbrook where the old United Church is now serving as a second-hand clothing store, which is a fund raiser for the United Church. Directly across the road is a private home with office of Lemke Electric. Next to it, during the 1940' & 50's was Drysdale's General Store. Purchased by Lankins then back to Drysdale, then to Wannamaker until the 1980's, then Careswell, then Barb Scott. It is now owned by Andy Anderson. He renovated it into two apartments and a retail space that is now the Kuriosity Shop run by Karen Anderson. Directly across the road a post office was built. In the late 1980's it was sold to Stuart & Janine Orland for a winemaking business and outdoor garden centre. It was vacant for a few years then sold to a Tattoo Artist. Across the road again was a large parcel of land once the site of the Vogen Family's sawmill (relatives of Isabelle Spencer). More recently James Vogen operated the local telephone office and rental units from the location. In the late 1950's Ellery Thompson bought the telephone service. Eventually Ken Douglas bought the entire property, had the buildings torn down and developed into the liquor store, the original Medical Centre with rental offices and the Subsidi-



Methodist Church which is still standing. It has served as a drop-off location for used clothing for the community and is operated by the United Church today.

dised Housing rental apartments. Chris Winney's Real Estate is now in the space previously occupied by the Medical Centre. Until the mid 1950's "Killingbeck's Garage and Store" was where the motel is now. Ed & Ada Shotton bought the property and built the motel. They also operated a restaurant which burned in the early 1960's. Vi Hope bought the motel in the 1970's then later sold it to Larry Pealow. We know it as the Pine Grove Motel. It is now owned by Marina & Nick Tsedik. They have added a seasonal Pizza trailer to the property. The small house was originally a part of the property and run as a store by the Brooks Family. Next to it Fred Snare built a Pool Hall in the late 1940's. In the early 50's Ralph Kenney



Ellery Thompson operated the Kaladar & Northern Telephone System in Northbrook. When telephones went to dial-up in the mid-1960s this switchboard was no longer needed. Ellery (man in center with striped tie) donated it to the Sunshine School. A member of the school board (man with glasses) was present for this photo. The switchboard was to be used as a learning tool for the children. After the switchboard was of no longer in use it was returned to Ellery who donated to the Pioneer Museum where it now resides.

operated it, along with a watch repair service. In the mid 50's the Royal Canadian Legion bought the building and used it as a dance hall and then a combination Beer-liquor store. Bob Taylor bought it in the 70's. It housed the Ambulance Base, then bulk food and craft sections, then was leased to "Northern Connections Learning Centre". Now it is a residence and a seasonal fresh produce market.

Across the Hwy from the old Vogan property an elementary school was built in 1928 after the Glastonbury school burned down. In 1967 it was purchased as a Community Club and is now the home of the Land O'Lakes Lions Club. The small house next to it was Bill Drabek's Barber Shop until the late 1950's. There was only a vacant lot next to it until 1972 when the Beer Store was built.

Now we are at Tall Pines Road. A short jaunt West along this road Gilles Paquette operated his logging business from his home; later relocated further north on Highway #41. Diagonally across on the east side of Hwy #41 Dr. Tobia



Shotton's Restaurant in Northbrook at the present site of The Pine Grove Motel (across from The Beer Store). Circa 1962



Ellery Thompson at Northbrook Shell Station mid-1970s. Part of the Ken and Elaine Douglas Album.

built a Medical Centre in 1989. It is now the Lakelands Family Health Team and Tobia Pharmacy. Back to the west side of #41, we see a new home that houses a Sears Order Office, A& R Heartcrafts Gift Shop, Wine Making and Home of Anya and Rick Cameron. In the 1950's Bob Snazel ran a Body Shop from here. It was torn down. Next was Bill's Live Bait started in the 1930's by Bill Sowers. After his death it was operated by Mike Short. Next to the bait shop. Ellery Thompson built and operated the Brookside Shell, Owl Convenience Store, Laundromat and Sears Order Office. It is now Northbrook Petrocan. On the property since the 1980's, Isobel's chip stand serves hungry travellers and locals every summer. This is a good place for us to stop and take a break, both in life and in this article.

Information for this section is primarily from John & Elaine Bolton and from Roxanne Bradshaw's 1990's Road Trip.

To be continued...

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



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We're All Played Out!

By Antonia Chatson

One of the many things that drew my husband and I together when we first met, was our music. With our two children we formed a gospel group which played at our church in Vennachar as well as at other gospel sings. We had some interesting experiences when we did so and we never knew in each venue what to expect.

One time we were asked to play at an outdoor gospel sing. As we did not like to play in chairs that had arms, we had borrowed several chairs from the church. You know, the kind that had steel legs with a shaped plywood back and seat. After we had performed our set of pieces, we took our chairs and placed them on the ground beside friends of ours who were also performing there. The soil was extremely sandy and little grass grew there to bind the sand together.

As we sat listening, I felt a slow, but steady momentum towards the back of the chair. I looked over at my husband and found that he was sitting uncomfortably at a rather slanted angle backwards. As he seemed oblivious to the angle at which he was perched, I said nothing, but I did reposition my chair. Almost instantly I felt an imperceptible movement backwards, but it was only after we had clapped loudly for another musical group, that the movement triggered what to us was equivalent to a minor earthquake. I felt myself being drawn backwards by the top of my chair. I screamed, thus interrupting another set of players, grabbed hold of my husband, and we both tumbled backwards onto the ground. He was alright as he had trousers on, but I was not, as I was wearing a skirt.

The commotion of the people around us, my surprised scream and the resulting double thud onto the ground interrupted the proceedings entirely. Everyone turned around to see both of us squirming on the ground, ass over applecart, and me with my dress up over my head. I think everyone wondered what had happened and obviously registered concern over two people thrashing around on the ground. But if they ever thought to laugh, they did not, and for that I commend them highly! After that embarrassment, we exited the grounds as discretely as we could, on tiptoes, but we could feel everyone's eyes on us. Although we kept our eyes on the ground, I am sure that some of them were exhibiting a smirk, thankful that it was not they who had taken a tumble!

It was at a Christmas concert in a small rural church that we experienced another rather bizarre incident. We had come early, had taken our instruments out and tuned them. We had put the cases under the pew in the front row on one side of the church and were sitting quietly waiting for the concert to begin. All at once the minister appeared coming in from the back. I glanced around to find him systematically walking through one set of pews after another working his way towards the front of the church. His eyes kept darting under the pews and sometimes he would bend over to get a better look. He eventually made it to the front set of pews and after he had scoured the floor under the right pews, came over to our side. My husband and I were all ready to greet him, but he never looked at us, but bent over in front of my husband and looked under the pew on either side and in between his legs.

When he reached me, he bent



down again but could not get a good view of under the pews because I had a long dress on. He grabbed a hold of my skirt lifted it up and I think he looked under the pews, but I'm not sure! Still not having a good view he took hold of my legs, pulled them apart and looked once more. Not finding things to his satisfaction, he moved over and did the same manoeuvres on my daughter. Still not satisfied, he moved along, but this time although no one was blocking his view on the seat, he could not see under the pew for we had our instrument cases piled there. He got down on his hands and knees and hauled them out one at a time and continued his search. Then with a huge sigh, he got up, and still very preoccupied, he went up past the altar and left through a door behind it to the Sunday school room.

We had a quiet little chuckle over the antics of the minister but had no idea what he was looking for. But about ten minutes later, we heard some ladies entering the church from the back. They were laughing and we heard them say, "Well, he finally found his boots. There they were, right in the vestibule. He must have passed them right by." And sure enough, when he came in front of the congregation, he was wearing a stunning pair of high cut cowboy boots, and sported a huge Stetson, cockily tilted to one side of his head. I never could figure out the connection in the minds of some people, but they seemed to think that the bigger the boots and the louder the lid, the better they would play. But on the other hand, if the congregation was so distracted by their outward appearance, it wouldn't really matter how they played!

Another time we were asked to play at a seniors' home. As both our children had measles, we asked another lady from our church to come along with us to play in their places. She was a good singer and was looking forward to being with us. When we arrived there, we found the doors locked and it took some time to attract the attention of a worker to let us in. Then we had to wait while she went and located the woman who had invited us, to know where we should go. As we waited, we noticed that not all the residents were seniors. We also noticed that many of them showed signs that they were mentally challenged and that their behavior was unpredictable.

It did not take long for a crowd to surround us. Eventually, the lady in charge of affairs arrived, and she told us to follow her to the room where we would be playing. My husband followed

first carrying the banjo and guitar. I came along after him with the violin and mandolin and Grace followed me. And behind Grace, were the curious crowd that we had accumulated when we had first arrived. We went along several long corridors uneventfully, when all of a sudden, Grace screamed at the top of her lungs and as she did so, she lunged at me and jumped onto my back. This sudden sound and movement led me to follow suit. I screamed as my body was jettisoned into my husband. As I clung hard onto the instrument cases, not wanting to drop them, my progress was erratic with the momentum of both myself and Grace. In turn, my husband let a roar out as he dropped his two instrument cases and was pushed into our guide!

As she was trying to regain her balance and composure, my husband turned on Grace and me and inquired in a rather loud voice, "What is the matter with you?" As the assembly had come to a screeching halt, the residents at the back of the procession had sort of tumbled against one another. It took a few minutes to sort ourselves out. My husband picked up the instrument cases. Grace insisted on travelling in front of me and our guide led on to our entertainment venue. Grace later told us what had happened. As we had all been moving forward, Grace said she felt a body sort of crawling up her back and two hands came around her neck and started to feel her face! I guess we all should have been prepared for something like that to happen, but when it does, it catches you unawares. It was a good thing our children recovered quickly from their measles, for Grace never went with us anywhere again!

The crowning incident occurred as my husband and I were on our way to play at a memorial service, to be held outside in a graveyard. As always, he had taken "the road less travelled" which he said was a shortcut. It was a beautiful drive but a lonely one. All of a sudden with no warning whatsoever, the truck gave out. My husband barely had time to pull the truck over as far as it would go. It was still on the road itself as there were no shoulders on the road. What to do now?

It was before cell phones became popular, so we had none. There were few houses as it was an isolated road and many of the houses were used as summer cottages. After ten minutes, a vehicle came by and kept going. Then another one, and another. Some smiled and waved, others tutted a finger at us probably thinking that we had pulled

aside to do some spooning. They would slow down, but I guess they didn't like the looks of us so kept going. I guess we were the stuff that crooks are made of!

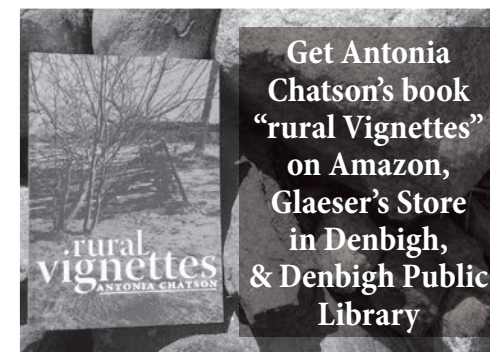
After about 25 minutes a truck came by, pulled in front of us, and three guys exited their vehicle. They were three of the roughest guys you could imagine, long hair, scruffy clothes and just plastered with tattoos. But God looks at the heart. They asked if they could help us.

After hearing how the truck just quit, they looked at the engine, checked things out, eliminated some and finally gave their verdict. As everything else looked good, they assumed it must be the fuel pump. They said the best thing would be to call a tow truck and could they offer us a ride to the nearest house? Knowing this would be our only solution, my husband thanked the men, then turned to me and said, "You go with these gentlemen dear, and I'll stay and watched the instruments." My jaw dropped as I turned to him and said what might have been my final goodbye. I now knew for sure where his priorities lay.

One of the guys got into the back of their truck and I sat between the other two as we drove off into the sunset! Two miles down the road, we found a house with a man working outside in his garden. Yes, I could use the telephone, of course.

I phoned another player's wife who had not gone to the cemetery and told her what had happened. Then I phoned our local garage man to come and tow us home. I gave him explicit instructions of how to locate us, but he admitted afterwards that he thought we were playing a hoax on him.

Those fine gentlemen waited for me and drove me back to our truck. You just never know. Looks can be deceiving, but I often wondered just how far my husband would go to ensure the safety of his instruments!



**Get Antonia Chatson's book
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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.

Spore dropper or Spore shooter?

By Colleen Hulett

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



We have little understanding of the role mushroom spores play in our environment, but with deforestation these barely visible life-generating spore clouds are diminishing

There is something satisfying about helping a puff ball to expel its spores.

A single mushroom can launch some 2.7 billion spores per day.

Is it me or are there more mushrooms fruiting now than you've ever seen before? Why now is a good question? Well, two things in sync with each other have jumped into my mind and I believe there has recently been a raise in consciousness for fungi, and recent climate chaotic events have imparted the perfect conditions for fruiting and actually 'seeing' them as key to nature.

When I ask clients if they have seen the movie *Fantastic Fungi* their answer is frequently yes. This is a visually stunning time-lapse filmed by Louis Schwartzberg. It was released this March before the beloved Morel season. Perfect timing. The movie, in my opinion has successfully raised the consciousness of its watchers and the present fruiting bombardment is noticed. There they are. Right there beside you all of a sudden.

The second reason everyone is noticing wild mushrooms is on a more serious note. I have witnessed drastic regional climate events in the area since the deadly ice storm decades ago. This damage to our forests is harming our beloved trees and mushrooms have come to clean up and literally save the forest. Ice storms, major floods, droughts and tornadoes have plagued our valley in a very short time. All record setting

climate events. Widow makers are everywhere and rotting waterlogged hardwoods are littering the forest floor. The funga kingdom has a lot of work to do to bring our region back into balance. They will chew through everything and make a rich mineralized soil for life to begin again. It is estimated that 90% of the flora kingdom has a mutualistic relationship with the funga kingdom so their presence is very welcomed even though they are infamously slimy mighty recyclers. You might think I misspelled fungi as funga, but the terminology is changing to be in line with other kingdoms, flora, fauna, and funga. Fungi refers to more than one fungus.

Where did the mushrooms come from anyway? It's complicated. Fungi that we can see with our human eye are both sexual and asexual creatures. Sexually, two different hyphae can find each other under the soil and fuse to create a fruiting body. Asexually, a fruiting body can disperse spores. Mysteriously, the spores then lie dormant until given the right environmental conditions to produce a fruiting body. Fungi are reputed to like chaos. Lightning, fires and feces to name a few...

Nik Money who is an expert on fungal growth and reproduction mentioned on a recent Mushroom

Revival podcast that more than 50 million spores are in the atmosphere daily or 1000 spores per cubic millimeter of air or the entire surface of the continent of Africa. That's massively interesting, no? He mentions spores are concentrated above forests where multiple mushrooms live and fewer spores are believed to be floating above non-forested geographical zones. It's fascinating to know that spores may contribute to the seeding of the clouds above them thereby producing their own rain.

Mushrooms are 80% water. Ingenious. What do the airborne spores do for us? We don't know the whole story yet. What we do know is how unique each spore shape is and how differently they fling their spores out into the air for survival. They are very entertaining.

Spore dispersal in the funga kingdom is quite fascinating and in some cases unique to everything else on the planet! Mushrooms are split into two major groups. Basidiomycetes are the spore droppers and Ascomycetes are the spore shooters.

Basidiomycetes spores are produced externally on the end of specialized cells called basidia. Examples of basidiomycetes are grilled mushrooms, polypores, Stinkhorns, puffballs, bird nest fungi and jelly fungi.

Ascomycetes spores are shot out of an asci sac. The pores are little sacs full of spores that get ejected when the sac fills with condensation. Examples of Ascomycetes are cup fungi, morels, earth tongues, truffles, cordyceps, xylarias and daldinias.

Henry Reginald Buller, a British-Canadian mycologist out

of Winnipeg calculated that mushrooms can release 30,000 spores per second and hundreds and billions in less than three days of their lifetime. We breathe up to 10 different spores with every breath. Spores are tiny so it is hard for the naked eye to see but if you hold a mushroom up to the sun you may see the sparkling spores spewing out. Another method is to take a flashlight to a freshly foraged mushroom in the evening and readily view its sporulation but please tell the kids around a campfire that its fairy dust.

As you can imagine there are so many different ways to sporulate so I will only describe a small cross section of mushrooms found this past week that you may still find in the valley. Incidentally, all of them are edible mushrooms. Please see photos included and never eat anything you cannot positively identify.

Ravenel's Stinkhorn (*Phallus ravenelii*) oozes out a very smelly olive slime filled with spores. The slime attracts insects to eat it and deposit the spores elsewhere in their poo. Edible before it erupts into a mushroom.

Pear-Shaped Puffballs (*Lycoperdon pyriforme*) when mature open up a hole and wait for pressure from the rain to shoot out their spores. Puff balls are edible before the spores form. You must cut everyone in half before eating and guarantee the center is pure white and solid.

The Artists Conk (*Ganoderma applanatum*) is a polypore and uses gravity and air currents to help dump its spores. The brown coating found on many of these conks is actually spore deposits. This mushroom makes a healthful tea and is not a cu-

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Artist's Conk



Ravenel's Stinkhorn



Shaggy Mane mushroom



Apricot Jelly



"Mushrooms are masterpieces of natural engineering and we are just beginning to understand how they work. Every one of the 15,000 known varieties has a different spore shape which affects the trajectory of dispersed spores.

linary edible. This conk can be sliced, dried and then ground to brew for tea.

Meadow Mushroom (*Agaricus campestris*) also uses gravity and air currents to release its spores. Its gills are actually pink in their early stage and change from pink to light brown to medium brown to black as millions of spores are moved outside the gills via the inherently unique to fungi Buller's drop mechanism. Gravity and air bring the spores to the ground. These mushrooms are a deli-

cious edible.

Due to its uncooperative shape for springing the Shaggy Mane (*Coprinus comatus*) quickly melts and dissolves into an inky goo within days to carry spores to the ground. Edible when young and pure white. Rub outer skin off and discard before frying. If you find them during the goo stage, you can draw with its ink. Really, but don't eat it.

Apricot Jelly fungus (*Guepinia helvelloides*) has internal sacs in every pore on its surface and each sac is full of spores. Condensation collects

inside and when full the spores are released. Edible but tasteless. Adds an interesting texture and nutrients to soups and stews. Boil before eating.

I hope these examples pique your interest, especially your child's as someone in our future needs to scientifically find out what the heck those spores are really doing circulating in the atmosphere and if losing half of them since man hit the scene matters and in what way. Paul Stamets believes that "saving our forests is a matter of national security"! I get it now, Paul.

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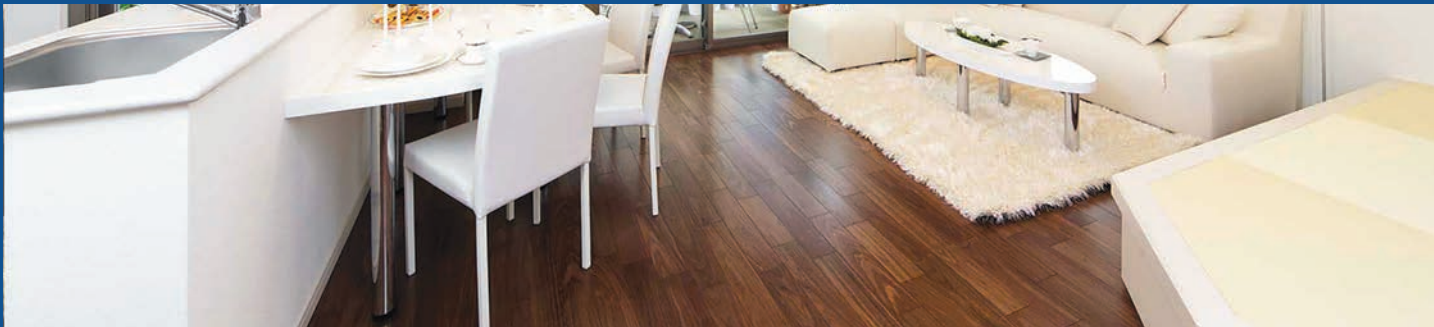
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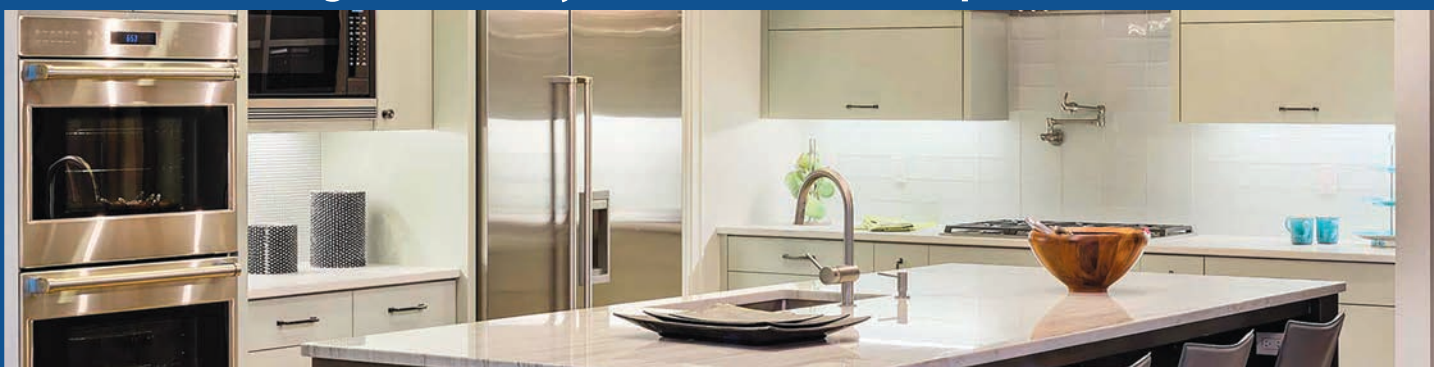
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