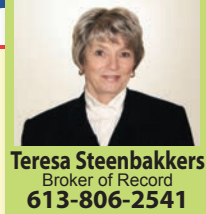


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Great news for Calabogie and the Greater Madawaska area as Buyers' strong interest continues, evident from the SOLD signs dominating the roadsides. The pandemic has caused people to re-evaluate their lives at home and workplace, making the need for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



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

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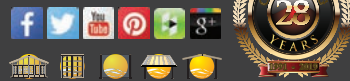


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# The Madawaska Highlander

May  
**2021**

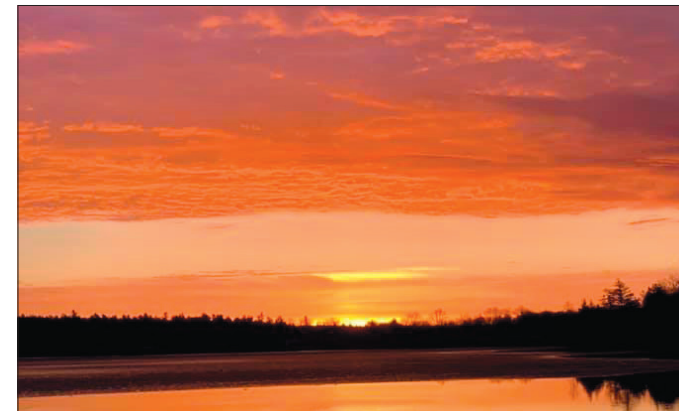
FREE Vol.19 Issue 1  
Next issue June 16, 2021

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

## Welcome!



Cindy McNally's inspiring morning view on Stones Lake helps her start her day



Joanne P. Coughlin says, "Good morning from Ferguson Lake!" And Tim Labenek captured this Black Donald Lake sunset through an Inukshuk. As the World turns the sun reminds us that all things will pass.



...To the beginning of a new season of so much to like in the Madawaska Highlander. You'll learn to Like and Love Lichen as Colleen introduces us to mysterious "things" in Highlands Hiker. Ernie introduces us to the mysterious disappearance of Le Giffon sail ship in 'The View from Here, part of our French-Indigenous history. We can't go back in time to solve a mystery, but see the editorial on page 13 to discover how Elmer Strong froze time by recording voices of elders at the end of an era of settlers and river drivers. You can now listen to them on madawaskahighlander.ca/heritagerecordings. Maybe their stories about the past will inspire you to write a story of your own as we prepare for the third annual Short Story Contest, details on page 9.

It would be nice to be able to turn back time, but Antonia reminds us that even the Before Times had their downside as she looks at the upside of the pandemic in Rural Vignettes. Hello? In Wellness, Derek shows us how to flatten the curve of the emotional ups and downs of social distancing, while building up our immune systems at the same time.

We'll see that the term "lockdown" is a misnomer as modern explorers head for the hills for the first time. Let David be your guide to Crown Land Camping in Survivor Guy. Not even the explorers of yesteryear went into the wilds without a guide.

If a day trip along a woodland trail is more to your liking, Lesley suggests you show your love by adopting your trail in Happy Trails. And while you are out there take your time and breathe in the trees, especially when wild Canadian Plumb is in bloom, as Robert describes in The Healing Trees. And speaking of healing, Ken and Jane weave the tale of The Flying Doctors of Northbrook in Cloyne and District Historical.

But it's not all about looking back. Our talented volunteer writers present news and views of the present. Read News Clippings we have Gathered, Skippy's Bogie Beat, and John and Anne's Griffith/Matawatchan News to learn what you might have missed and note what you don't want to miss. Enjoy!...

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Connecting residents and visitors in  
the Highlands of Renfrew, Lennox  
& Addington, Hastings, and Lanark  
Counties.

**Next advertising deadline:  
June 4 for June 16 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 serves the Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar. Also check out www.greatermadawaska.com and other township websites for information. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss it. We keep our advertising rates low to keep it accessible for small businesses.

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## CONTRIBUTORS THIS ISSUE

### Thank you everyone!

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

Ernie Jukes  
Skippy Hale  
Antonia Chatson  
David Arama

Lesley Cassidy  
Colleen Hulett  
John Neale  
Anne Dougherty

Ken Hook  
Jane Scott  
Derek Roche  
Robbie Anderman

**THE GRAB-ALL.**  
"UNCLE SAM - See here young feller - Don't get excited, I need the money and I ain't afraid of your parents!" - by Alonzo Ryan, 1904

When the discovery of Yukon gold was made only a few dozen kilometres east of U.S. soil, the only ocean port to the area was American and the majority of miners stampeding to Dawson City in 1898 were Americans. Canadians of the era strongly suspected that Britain (which still controlled the country's foreign affairs) had little to no interest in going to bat for them in territorial disputes with the U.S. As this cartoon indicates, it would have been relatively easy for the Americans to seize the Klondike.

A new threat to our arctic sovereignty is China. In December 2020, the federal government rejected a takeover of an Arctic gold mine that would have given a Chinese state-controlled company a foothold in the Northwest Passage. The mine site is a little more than 100 kilometres from a NORAD North Warning System radar station in Cambridge Bay, Nunavut, part of a chain of installations across the North that gather information and transmit it to military operation centres.





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By Anne Dougherty & John Neale



The Denbigh-Griffith Lions hard at work packing Easter Baskets for area families.



The Lions Club and generous contributions by our caring business owners and the community made many families' Christmases brighter with Christmas Baskets. See the Thank You ad Pg.7



Saturday Social Distancing mornings draw between 15 and 25 people who really enjoy the opportunity to gather as allowed. There is plenty of room for more. We take turn providing home baking (including gluten free) for purchase. This covers the cost of heating the space as we enjoy music, conversation, and now a crackling fire.



Our Lady of the Holy Rosary Church in Griffith as it looked before demolition on February 23, 2021. It was built by community members in 1888.



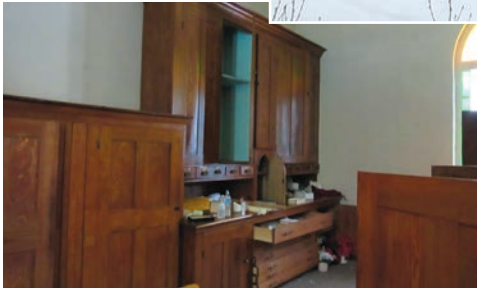
The salvage and demolition will appear on Salvage Kings that will air on the History Channel in July. Exterior pics sent in by Michael Mansfield who added, "The cross wavered, the bell bonged on the way, the sun was struggling to spotlight the steeple and over and down to dust".



We were sad to hear Sally Beusch passed away this winter in Ohio. Sal had been coming to Matawatchan since she was 15 when her father and several other locals were building Buesch's Lodge on Hutson Lake. Sally and her partner Margie Smith, along with Harve Malcolm and Ernie Jukes built the G'Day board in 1995, a key communications link still in use in Matawatchan.



Check matawatchan.ca, follow Matawatchan Hall on Facebook, or check the G'Day board for our next Matawatchan Matinée. The Matawatchan Hall has a great sound system and acoustics and now a movie style popcorn machine.



Margie McAlear's cat is friends with a local fox. They play and hang out outside together in her garden.



Invasive Phragmite is much higher than native Phragmite. Its deep roots dry out ditches and destroy stream and lakeside habitat. Pic from Ontario Phragmites Working Group opwg.ca



On May 27, 2015 the rector and hall were sold to Shawn Varrin and moved down the street by John LaCourse Carpentry. See the video at madawaskahighlander.ca/heritagerecordings



Church pews were given away to anyone who could use them. As much as possible was salvaged. The lot will be sold, but the cemetery will remain church property.

**Spring arrived** with a burst of warmth which was too good to last. Cooler temperatures persisted throughout much of April. We finally received some much-needed April showers to bring May flowers. It has been a windy winter and spring as evidenced by the number of fallen Black Spruce trees. Water levels are up already. Black flies will likely be here by the time you read this column. The dump always seems to be one of the worst places for them. Get the bug suits out!

Speaking of bugs, **Deer ticks**, also called Black Legged ticks, are also becoming a real nuisance in our area. Unfortunately, they can pose a serious threat to our health because they carry so many pathogens, including those that cause Lyme disease. Be sure to check your legs and your dogs for these tiny insects after you've been out in the bush. Best to wear long socks on the outside of your jeans.

**Phragmites are an invasive plant species** that has already shown up in Lanark County where it is causing damage to wetlands. It can grow to 15 feet (4.7 metres) in height. It is not clear how it was transported to North America from its native home in Eurasia. For more information on efforts to control the spread of this species, please go to [opwg.ca](http://opwg.ca).

There may soon be a new high-speed **internet service** available to residents of GM. Starlink is a new service soon to be offered by Elon Musk of Tesla

and Space-X fame. If you go to [starlink.com](http://starlink.com), there is a sign-up option at the top of the page. If it becomes available in our area, it would be great for many residents. At least one household from Calabogie is already on the Beta Trial. Many locals have applied, but so far (to our knowledge) no one from G/M is on the trial. At the very least, Starlink could spur incumbents to step up their roll-out of high-speed services. Meanwhile, **EORN** applied for ultra-fast-internet money for a fibre-optic or cable connection to up to 95% of the region with its "**Gig Project**" by 2025 or 2026, if it gets the funding that is.

So, what do you do with your **woodstove ashes during the winter?** Spreading the ashes over our snow-covered yard throughout the winter appears to be paying off. The grass is growing greener where ashes were spread, although some raking was required to get rid of the bigger bits. We used to toss the ashes over the hill where we didn't want anything to grow. Lesson learned!

Speaking of ashes, in April there were **three fires in a single week** that volunteer fire fighters responded to. At one call they had to travel all the way to the Eagles Nest Trail where a hiker had lit a campfire along the path. This fire got out of control very quickly.

Councillor Glen MacPherson expects that work on the **Matawatchan Road repaving** from the river to downtown Matawatchan will start by the time

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Tree Lighting at the Matawatchan Hall was subdued last Christmas with the absence of Santa and threat of freezing rain. About 20 adults and children braved the elements by the fire ring and sang socially distant carols to mark the occasion then went inside for hot chocolate.

High water levels this winter caused a lot of ice damage to docks on Centennial Lake.

you read this since the pavement needs to set before the hot weather arrives.

The **Hilltop Church** south of Griffith and **St Andrews United** in Matawatchan continue to have services at 11am on Sundays in their parking lots using an FM radio broadcast with a range of about 200 feet. Most people find that car seats are more comfortable than church pews anyway. Plus, if you don't like the sermon, you can always change the channel!

**Matawatchan Hall:** The **Social on February 27** was attended by about 18 hardy souls who braved the heavier than forecast snowfall. Patrons enjoyed coffee, tea and baked goods between 10am and Noon. Mark Thomson played a fire-place DVD along with recorded music that was broadcast over many speakers to add atmosphere. The same day from 2pm to 4pm the M-Hall featured a **Matawatchan Matinée** documentary called *Standing in the Shadows of Motown* about the studio band which backed up all the great Motown hits. Other **Socials were held on March 13 and 27**. March 27 also had a **Matawatchan Matinée** that featured a video of a Gordon Lightfoot concert. Sixteen people attended.

Lockdown restrictions permitting, the **Annual Plant Sale & Market** will either be held on May 29 or June 5 from 9am until 1pm at the Matawatchan Hall. If no indoor gatherings are permitted the market will move outdoors. **Follow Matawatchan Hall on Facebook, the matawatchan.ca website, and of course the G'Day board in Matawatchan for updates.**

**Griffith/Denbigh Lions Club:** During the pandemic, the Denbigh Griffith Lions Club has continued to

serve our local community. On March 30th, they packed and delivered 15 **Easter Hampers** to distribute to the local community. This would not be possible if it was not for the generous donations received from members of our community. See their thank you ad on page 7.

**The Greater Madawaska Seniors Housing Corporation** continues to be active helping seniors. The GM-SHC bid farewell to their friend and treasurer **Chris Ward who passed away on April 2, 2021**. Her dedication, skills and contributions will be greatly missed. The group received over \$15,000 in donations in 2020. Offering tax receipts is a great incentive for donations and the organization hopes that more people will contribute. Many seniors are benefitting from the **"Stay at Home Program"**. Also, a **Foot Care program** is being launched in May and will be available to all members at a subsidized price. **The Smile Program** is offered by the VON Association and offers help that is more extensive than GMSHC's Stay at Home program but is only open to seniors 75 years of age or older. **The NU 2 U shop will have yard-sales** during the summer, but it is uncertain if the shop will be open. It will open if the provincial guidelines permit and if there are enough volunteers to work inside the building. The planned date of reopening is the long weekend of May unless the Covid lockdown is extended. There are still two openings to sit on the Board of Directors. **Please call Steven Green at 647-454-8589 or email him at green\_steven@icloud.com** if you are interested or if you would like to volunteer on one of the sub-committees.

**Khartum:** Why was this former Hamlet named after a city in Sudan? A

recent article in the Eganville Leader explained this mystery. When there was a community here, many years ago, the residents wanted to honour the memory of locals who participated in the attempted rescue and evacuation of Major-General Gordon and his troops in Khartoum. The Nile Expedition, also called the Gordon Relief Expedition (1884-1885), was a British mission to relieve Major-General Charles George Gordon at Khartoum, Sudan. Gordon had been sent to the Sudan to help Egyptians evacuate from Sudan after Britain decided to abandon the country in the face of a rebellion led by self-proclaimed leader Mahdi. British planners of the expedition were convinced that Canadians had the voyageur skills needed to navigate the Nile River and its many rapids. A contingent of Canadians was recruited to help the British force navigate their small boats. Unfortunately, the rescuers arrived two days too late and found Gordon's head impaled on a pike along with the slaughtered bodies of over 5,000 inhabitants.

**Ontario Power Generation (OPG)** had an information conference call on the evening of Tuesday, March 23rd. Participants had many complaints about water levels, wells running dry, dock damage, etc. While OPG reps were sympathetic, participants did not receive any assurances that their issues would be addressed. Information was presented by Shawn Heinz - Director SE Ontario Operations and Halya Petzel - Director of River Management. On the call we learned that only Centennial Lake and Bark Lake (near Barry's Bay) have the capacity to store flood water. Water downstream from Mountain Chute Dam (on Black Donald Lake) cannot be

stored. We also learned that the Madawaska has an 8500 sq km catchment area and is 270 km long. In total there are 12 dams of which 5 are hydro generating stations. There is a 350-metre drop from Bark Lake to Arnprior. This year there was far less snow than usual and OPG had to quickly start storing spring runoff in order to meet the needs of boaters and spawning fish. Callers were referred to [opg.com/water](http://opg.com/water) and [opg.com/river](http://opg.com/river) for more information. **Questions can be directed to [media@opg.com](mailto:media@opg.com).**

**Party Time?** Nothing much to report on the live music front. The Tallboyz are learning a few new tunes to play once live music venues resume. Another River Concert is being planned for the August long weekend. Stay tuned for more info in the next issue. No doubt there will be a lot of pent-up energy to celebrate once things get back to normal. But some people feel that things will never quite be the same again. Heavens knows we have lost some precious time not doing the things we love to do during this never-ending pandemic.



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.

**BOGIE BEAT**

**Bogie is a Happenin' Place!**

This is your column. Contact me to report on anything you find interesting. (613)433-1131 [maryjoanhale@gmail.com](mailto:maryjoanhale@gmail.com)

By Skippy Hale

As usual, **the weather report:** Upsy-daisy is the word of the year! Mother Nature is playing games with us as usual, since that is her job and she is annoyed with Global Warming making her job all the harder. It really was not a bad winter and shorter than we are traditionally used to. Because of lockdowns, it seemed longer than it was. We look forward to Spring weather and have had a few days to cause joy, then low temperatures to follow. I got my first black fly bite and it's not even May, so good weather must follow! However, as I write, it is wet snowing!

**This article's theme is Entrepreneurship** since we are able to welcome five new businesses to Calabogie! They are young couples who are putting their faith in the future of our community. Starting

a new business is a great leap of faith and more so in the midst of a pandemic! I salute them and hope that you will support them.

Two young ladies are models of fitness and energy and are putting their efforts and life goals into practice. Sherry Cameron leads the **Calabogie Fitness Lab** twice a week, hiking, kayaking, and climbing. I went out one day and decided that I am 45 years too out of shape! Tana Smith met Sherry with her fitness group and a partnership was born! The name of the company is **Mad River Paddle Co** after our mighty Madawaska. How fitting that a river used by Algonkians to paddle canoes should give rise to this company unique to Calabogie! This business is totally online and has kept a Peterborough company busy keeping up with orders.

These kayaks, paddleboards and canoes are molded, recycled plastic by Paluski Boats-Premier Canadian manufacturer of Canoes & Kayaks. Tana and Sherry toured their facilities and were very impressed. It is a 'Mom&Pop' operation and an example of entrepreneurship and how Canadian small business is the future of our country. With Tana, a teacher with her degrees in Outdoor Recreation and Education and in Sherry's education and experience as a Physio Assistant and Rehabilitation, matched with their love of outdoor fitness, they are Soul Sisters.

Products available include Canadian hand-printed Leisure wear designed by Indigenous Artists. No-Mi-No-U is the name of the company. There are also sunglasses, jewelry and other items to be added

by Canadian artisans and producers. Check out their website: [www.madriverpaddleco.com](http://www.madriverpaddleco.com) to shop, book a rental and/or lesson package or how they support local charities; on Twitter **#MADRIVERPADDLECO** and Instagram. Payment methods, debit, credit card or e-transfer at [Tana@madriverpaddleco.com](mailto:Tana@madriverpaddleco.com). You can also visit their FB page. One result of the pandemic is the she-demic, where women have been most affected in terms of employment. Let's encourage these female entrepreneurs in their new 'Adventure Venture'! They wish to thank the local social media for support.

Adam King and Lia Mackey have opened **King Offroad and Small Engine Repair** at 594 Mill Street; [kingsoffroad.ca](http://kingsoffroad.ca) [kingsoffroad@outlook.ca](mailto:kingsoffroad@outlook.ca), (613) 752-0226 on

Face Book, and Instagram @ kingsoffroadsmallengine. Adam grew up in his father's Powerwashing business cleaning barns. (It never occurred to me that such a business existed). What he really loved, was fixing motors of all kinds, so in high school and college he pursued education in the automotive trade. He built engines for race cars and decided to specialize in 4x4s, Side-by-sides, Sea-doods, Snowmobiles and boat engines. Calabogie seemed to be the place to settle down especially with the growing tourist industry. He and Lia support local groups such as the Lions and other charitable groups with cash donations.

Another young couple, Warren Alcock and Laura Lentz have started **Alcock Electric** at 522 Mill Street. Their website is alcockelectric.com; email is: alcock.electric@gmail.com; (613) 314-2492. Warren is a Licensed Electrical Contractor and Master Electrician. Laura is an Apprentice Electrician. They handle everything from small appliances, residential, commercial and small and light industrial jobs. "No job is too big or too small" so says their website. They are right here in the village and ready to serve.

**Calabogie Rustic Farm and Market** is a new exciting venture for Allison and Mike Graham. They are now certified Organic.

<https://calabogierusticfarm.ca>; info@calabogierusticfarm.ca; 5258 Murphy Road; (613) 433-5690. Mike has been building beautiful furniture, staircases and bars for several years, logging his woods and hauling the wood with the help of his faithful Percherons. Over the past few years, he has planted an orchard of apples, plums and pears, with 800 more being added this Spring. He has beehives and sugar maples. In a few years, the orchard should be producing a crop, but the bees are already producing honey and the trees are producing delicious, healthy Maple Syrup! They also grow garlic, Hascap raspberries, squash and tomatoes. Mike and Allison are working with other local farms, Otterburn for Organic eggs, frozen meats and some of their maple products such as Maple Butter and candies. Three Ottawa Valley Cheese companies will be supplying cheese: Balderson's, Glengarry and Gunn's Hill Artisan Cheese. Fresh produce will be supplied by Ottawa Valley Farms, Terramor Farms being one. From Bristol, over in the Pontiac, they will be getting Apple Cider, pies and Sourdough Bread. There is a surprise hopefully coming from Vancouver Island and Newfoundland.

The store will contain work by local artisans: glass blown objects, turned bowls, chainsaw carvings, stained glass, clothing, art, cards,

and woodworking. It will be a place to exhibit works of arts and crafts. One important work of art is the building itself. Locals remember the old Barrie/O'Brien barn on the Golf Course. It was falling into itself and a safety hazard. Mike took it down piece by piece and you can see parts around the village including the wainscoting at the Redneck. Some of this is incorporated into the store building! **Soft Opening is May 8 and Grand Opening May 22, depending on COVID rules.**

On the parking lot of Brown's Pub House, now closed, Alex and Allison Brown have opened a retail depot of their **Valley Landscaping and Excavating** business. They have served many properties here in and around Calabogie for years and have been in business for sixteen years. Located at 4988 Calabogie Road, (613) 649-8222, visit them online at valleylandscaping.ca or email contact@valleylandscaping.ca. They have served many properties here for years providing hardscaping such as interlock bricks for patios or driveways; retaining walls; building or replacing septic tanks, weeping beds and basements. Open Monday to Friday, 8-5 and Saturday 8-2 and they accept cash or e-transfer. They will deliver starting at \$75/ trip depending on distance. They will be selling materials in 50 lb. bags and

perhaps grass seed, rakes, shovels, etc. The laundromat is still open as well. This is a welcome addition to the village since many more are getting into outside staycations and gardening.

I was unable to contact the fifth entrepreneur at this time and will pursue it for the next edition. It is a CVAC company and I hope perhaps, reading this, they will contact me.

**Calabogie Family Farm** wants to help make our community and our bees happy by providing both with healthy organic flowers and food. To do this they developed **Community Blossoms** which is supported by the Madawaska Highlander, Calabogie Lodge, Calabogie Brewing Company, From the Ground up Culinary, Ottawa Valley Coffee, Otterburn Farms, and Four and Twenty Headshop and Art Collective.

They are planting flowers and sold (sold out) flower shares for weekly or bi-weekly pickup throughout the summer. All profits from the flower shares will go toward planting organic food to be delivered to the Renfrew food bank. See calabogiefarm.com for details and contact them if you would like to get outdoors and help on the farm this summer. info@calabogiefarm.ca 343-998-8654

*continues on next page...*

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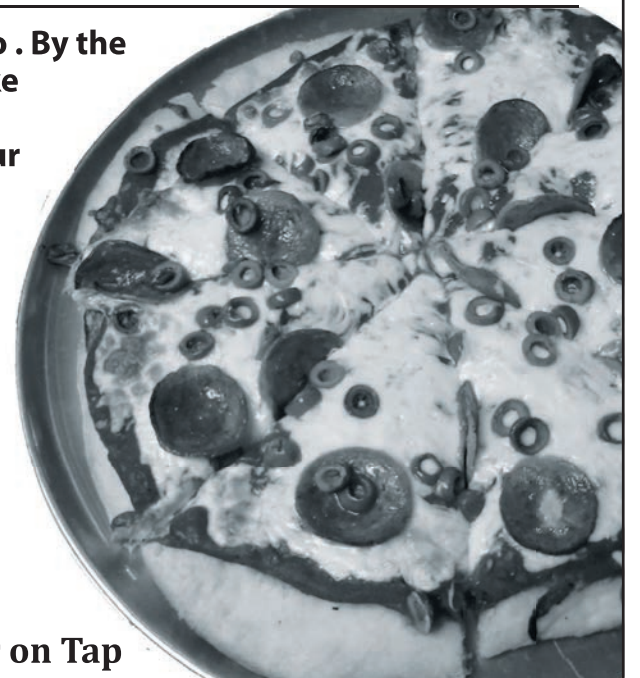
Club House

Fish & Chips

Handmade dough  
stone baked

Thin Crust Pizza

Steamwhistle Beer on Tap



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



Susan Gumbley took a Pinterest idea and made it blossom. The community came together to crochet squares that were assembled into trees in honour of all those who suffered and those who died in long term care during the pandemic. Trees were placed on the lot across from Calabogie Brewery for all to admire and lift spirits. The squares are being reassembled to make lap blankets for seniors in Care Homes. Great job!

Picasso started as an anxious foster kitten, but has become my wonderful, loving adopted cat thanks to the CARE stray cat project.



Work to dismantle and expand the OPG Generating station in Calabogie continued over the winter. Turbines that have been operating since 1914 were removed and shipped out. Pics by Nick Tourangeau and Jeff Levesque



The project is a massive undertaking that will greatly increase the capacity of the generating station. Upper right: Old Hydro Company homes. We would love to hear from readers who have memories of living in those homes.



KidsBKidz Child Care took 1st place in the Light up Calabogie Contest hosted by the Lions Club. The children's faces on Santa's impish elves delighted all who passed by.

...continued from previous page

**We lost many past and present neighbours over the winter.** If I am missing anyone, please let me know before the next edition.

**John Allerton** was an active member of the Lions Club and Library Board Trustee, serving as member and later as Chairman, and on many committees here in the village and was most upset at times with our Canadian pronunciation of words such as 'herbs'! Condolences to Betty and family.

**Neale Dalton** was a most interesting man who loved to read, but what he and Sheila loved most was to dance! They won many awards for Ballroom Dancing. He even danced with me one evening in the Library to demonstrate certain steps. Condolences, Sheila.

**Earle Pearce** is another long-time resident who passed away this winter. Condolences to Cathy and family.

**Allan Fougere** lost his battle with Cancer in the winter. He worked for the Law family well-drilling business. He certainly helped out with problems with my well. Condolences to Debbie (nee Law) and family.

Hockey rinks and Golf links will be missing a very special man. **John Bonnar** loved hockey and golf, but more than those activities,

he loved his family, and spending time with his grandchildren was extra special. John was active in the community especially as a Lion. Condolences to Sharon and family.

**The CARE group** have been working hard to save, protect, neuter and home our overwhelming feral cats. They need foster homes and it will be a bigger problem soon with newborn kittens. I volunteered to foster and was told that the cat needed some socialization. When she came to me, she was very difficult, but with patience, she calmed down and won my heart! The danger of fostering is you may end up adopting and that's a good thing, at least for me! We are best pals and she runs the house. I serve at her pleasure! Drop donations in the jar at the Bogie Store and drop beer and liquor cans and bottles at the Calabogie Rustic Farm and Market, 5258 Murphy Road.

Under great difficulties, the **Lion's Club** has been doing their best with creative fundraising ideas, such as masks for COVID protection. They provided Halloween, Christmas and Easter treats for children using good Public Health guidelines. A new fundraiser is, "**Calabogie Lions Club Community Wellness Raffle**". **Catch the Ace online** has been a successful fundraiser for many organizations. Three other Ottawa Valley organizations with

wellness mandates will participate with the Club as beneficiaries. We are confident this grouping will generate significant interest from supporters of the four beneficiaries, yielding much needed funding for their programs. See the ad on page 15 for details.

Many events happened over the winter including a **Santa visit to KidzBKidz Child Care and a socially distanced Winter Carnival!** The Lions hosted a **'Light up Calabogie Contest'** and KidzBKidz won First Place. The highlight of the winter season were the beautiful Christmas trees on the vacant lot on Lanark Road across from the brewery! Susan Gumbley spearheaded the project with Marjon deJong to crochet or knit squares to piece together and cover a wooden frame of a fir tree. Thanks to social media, the message got out and many of us got our needles and creativity going! Some folks donated wool. It was fun for me to crochet again to keep my hands busy at night while watching Netflix. I only made 8, but many others contributed many more, such that two frames needed to be built; then volunteers from the Arts&Crafts Club worked at piecing the squares together into tree shapes, while the frames were built. There were so many squares that a tree skirt was pieced together for the garden box holding a natural evergreen! Extra squares hung as decorations.

It was a colourful spot in the village in an otherwise bleak year! **Two large crochet trees stood proudly on either side of the natural tree. These trees were dedicated to all who lost their lives to COVID19 Long term Care Homes.** The project did not end with the dismantling of the trees. The volunteers are busy taking apart the squares and crocheting them together as Lap Quilts for local Long Term Care Homes. These will go to the homes after COVID is finished.

We live in a trying time in our history, but with us all cooperating, it will end in time. In the meantime, wear your mask; sanitize and wash your hands; keep your distance and avoid large unmasked gatherings which are super-spreaders. Be patient! Be part of the solution!

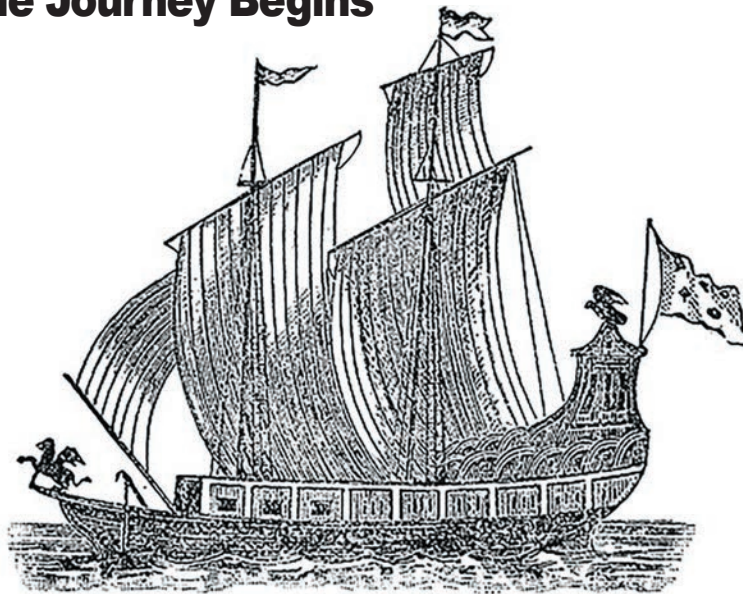
This is your paper. Please inform me of events you wish to be covered. I cannot be everywhere, especially during this time, but in the 'tomorrow days' we will all be able to celebrate together!



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

## Mystery of the Ship "Le Griffon" - The Journey Begins

By Ernie Jukes - Artist, Writer, Rover



Left: Portrait of the famous explorer René-Robert Cavelier, Sieur de La Salle (1643-1687) by Pierre Gandon Above: Artist rendering of le Griffon. Constructed and launched at or near Cayuga Island on the Niagara River, it sailed on 7 Aug. 1679 with a crew of 32 and landed on an island in Lake Michigan where they traded furs with local tribes. La Salle disembarked and on 18 September sent the ship back toward Niagara. On its return it vanished with all crew members and its load of furs. There is no consensus as to its fate. It was the largest sailing ship on the Great Lakes at the time.

### *Pour ta santé mon ami...*

There was great celebration in Québec when René-Robert Cavelier, Sieur de La Salle sold his large farming estate in Lachine to take his place in history as a noteworthy French-Canadian explorer. He was perhaps not as experienced as his many predecessors, but he studied the diaries and maps they had recorded with much detail while exploring lands from Hudson Bay, south to the Gulf of Mexico and west to the Pacific. His job, now commanded by the King of France, was to establish a series of trading posts, down the Mississippi to their land they called Louisiana via the Great Lakes.

This young man, often called Robert La Salle, was a tall, dark, striking fellow who was born in Normandy in 1643 to a wealthy family. He considered himself a leader so rather than follow his Jesuit vows taken in 1660, he arrived in New France where he purchased Lachine from the Sulpician order at Ville Marie. It was right on the St. Lawrence River, so handy for his brother Jean and other significant Black Robes that followed him. As well as having the King's ear, he had many other good friends already exploring for the gigantic fur trade.

Now La Salle, in his new plans to build stockades, would first look at good trading locations. He knew they had to provide protection from marauders as required and shelter from storms or winter cold when needed. The fish and game were plentiful and supplies and men were always coming in from Montreal, but he knew it was up to them to reach out to the native tribes along the way for true long-term success. This latter aspect created a peaceful reputation for the French pathfinders from Canada.

His large crew of traders used big canoes and 35 ft. Batteau's which could be paddled, rowed, poled or sailed. There were many advantages to big boats on big waters. They got very familiar with the many islands where Lake Ontario dumps into the mighty St. Lawrence River. Here he built his first fur trading post in 1673 which he called Fort Frontenac (Today's Kings-

ton). Significant too were his orders to build a large barque that he also called Le Frontenac, both named after the Governor of New France. This was, in fact, the first sailing supply ship to travel on the Great Lakes (not Le Griffon) and the same one they used, filled with equipment such as lamps, oil, saws, axes, boat spikes and hammers and even drills. La Salle was ready to set out to find the long river south. Of course, he would rely on others.

Invitations to join him on this excursion were sent to old friends Louis Joliet, a catholic priest born in Quebec and Jacques Marquette, a Jesuit from France. They had been received and accepted. Earlier in 1673 these two had already mapped the Mississippi and explored much of the Great Lakes. It had been decided that La Salle would pick them up in what is now Lake Ontario's Hamilton Bay about midsummer. Aided by their familiarity in various dialects, they would continue the extraordinary search together. It was a good move for La Salle as he would hope to find a route out of Lac St. Clair, but there were some kinks in his map.

A significant member of LaSalle's team was his lieutenant, Henry de Tonti, who was also a mapmaker and trader. The fort they established, Fort Conti, was named after Tonti's patron, Louis Armand I, Prince of Conti. It was located on their route at the mouth of the Niagara River. Another significant member of LaSalle's team was another Jesuit priest, Father Louis Hennepin who was born in Ath in the Spanish Netherlands (present-day Hainaut, Belgium). He came over with LaSalle and was a valued artist and scribe. He later wrote and illustrated three books about his adventures in North America, which were well accepted even though some facts may have been twisted. He brought his own snowshoes, dog harness, and paints on board Le Frontenac.

While in the middle of Lac Ontario, which was also known as Lac Frontenac or Lac St. Louis their heavily laden ship was caught up in a terrible storm. They headed for the

north shore to gain protection in today's Humber Bay, near Toronto. The next morning, they crossed the Lake in sunshine to spot the smoke of their guests in the bay, then together they sailed up the Niagara River as far as the current would allow. They anchored and tied up about where Ft. Niagara is today.

They left a strong guard aboard ship as they climbed an old portage used by the natives to get up and out of the fast rapids and swirling whirlpool of the treacherous gorge.

When they got up on the main trail, they soon could hear the giant cataract perhaps about 7 miles south, along this Niagara Trail, today's Parkway. La Salle was making a plan as he went.

It was December 7, 1678 another sunny mild day for which the Niagara frontier is noted. They could see and almost feel the thundering cataract as they deliberately marched right by. The group continued along the trail, checking water depths above the falls. They also looked for shelter and big timber. La Salle had decided to build an even bigger brigantine or barque which was to become "Le Griffon" right here on this river about 3 miles above the cataract at Chippewa Creek, but first they would need a fort to protect them from the threatening Senecas.

To be continued...



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.

**The Denbigh/Griffith Lions Club would like to send a sincere thank you to the following individuals, organizations and local businesses that supported us with their generous donations to our Christmas, and this year Easter Food Baskets 2020 & 2021. Extra donations, will go to the Community Food Bank in the Addington-Highlands Community Centre in Denbigh.**



Denbigh-Griffith Lions Club  
25991 Hwy 41, Griffith, Ontario

### Denbigh

Erin McBride & Ken Hopewell  
Evelyn Petzold  
Mary McKinnon  
W & R Stone Carvers  
GOA Paving  
Tony & Gail Fritsch  
St. Luke's United Church  
Nancy Dafoe  
Vennachar Free Methodist Church  
Karen & David Savigny  
Donna & Howard Carr  
Dianna & Garth Malcolm  
Betty & David Bass

Bridgette Hoffman & Sue LaFleur  
Stewart & Hélène Thomson  
Greg & Jan Roche  
Sandy & David Downs  
Glen MacPherson  
Bill & Diane Shipley  
Jim & Judy Phillips  
David Munt  
Helen Madigan  
Betsy & MacKie Sayers  
Carol Ann Adams  
Peggy & Kurt Wilson

### Renfrew

Goulet Funeral Homes  
George Jackson Toyota  
Adam Kasprzak Surveying  
Barker Collision Centre

### Cloyne & Northbrook

B. Tobia Medical Professionals & Tobia's Guardian Pharmacy  
Kathy Frost & Kevin Breat  
Remax - Suzanne Regan  
Bev & Bill Snider  
Jeannette Scott

### Pikwàkanagàn

Smoke Signals  
Grass Roots Healing  
Pikwàkanagàn Fuels, Golden Lake

### Others

Denise & Dick Leckie, Eganville  
Eganville Leader, Eganville  
McCarthy Propane, Killaloe  
David Minns Insurance, Pembroke  
MPP John Yakabuski-Pembroke  
Susan Irish & Ernest Pennell, Napanee  
Nyle Ramsay, Napanee  
Country Traditions, Napanee  
Country Classics, Bancroft  
R.J. Selle Sand & Gravel, Douglas  
Dianne & Edwin Rohr, Plevna

### Donations on behalf of others

Zoe & Brennan Sutcliffe, Kinburn  
Sheri & Ken Chatson, Denbigh  
Liam & Cedric Sutcliffe, Gatineau

**Thank you so much! It has been a year since we closed due to Covid-19 and were unable to hold our fundraising events. Then you, the community, stepped up. Please support our generous donors who helped to make Christmas and Easter a joyous occasion for some of our local citizens. Check our website and Facebook for on going activities. [www.e-clubhouse.org/sites/denbighgriffithon](http://www.e-clubhouse.org/sites/denbighgriffithon)**

CKWS Kingston to go to digital signal out of Kinston and shut down rebroadcasting from the Vennachar Tower. CKWS Kingston will no longer be available off air in area

Uvavut TV fulfils a long-cherished dream, NITV chairperson says. New Inuit language channel will include six hours of IBC programming each day

Power of cities under scrutiny at Supreme Court hearing over Premier Doug Ford's cut to Toronto city council during the last provincial election.

Canada's last wooden ladder factory made its last wooden ladders in January in Vancouver. Giant industrial property in East Vancouver is for sale.

GM to invest C\$1 billion in Ingersoll plant to manufacture electric vans

Calabogie Peaks Resort plans to build 400-500 homes around the ski hill.

Ottawa rejects bid by China's Shandong Gold for Canadian miner TMAC Resources over security concerns

Chinese state-owned restaurant chain strongly refuted article by a Canadian journalist alleging surveillance video from cameras over tables was being sent back to China.

Ottawa's largest school board bans use of n-word at school, including in discussions

PepsiCo renames 'Aunt Jemima' as 'Pearl Milling Company' investing \$400 million over 5 years for black communities and boost black representation at the company.

Immigrant from France fails Quebec's French test for newcomers. He feels the test should not be so hard a native French-speaker has trouble passing.

CBC Music launched hub for Black music, "The Block", during Black History Month.

The Edmonton Football Team turns to public in search for new name. Elk, Evergreens, Evergolts, Eclipse, Elkhounds, Eagles and Elements are possibilities.

Australia changes word in national anthem to reflect Indigenous history. 'For we are young and free' will now be 'For we are one and free'

Ithaca's Mayor Svante Myrick's proposes to replace police department with a "Department of Community Solutions and Public Safety" to reduce armed disputes.

U.S. police officer paid for family's Christmas groceries instead of charging 2 women with shoplifting to feed their two girls.

Would-be Brampton porch pirate is scared away as homeowner opens the door while recording him. He backs into a snow bank getting hung up until police arrive.

Toronto woman cooked and donated over 250 free meals a week for charity.

Long-term impact of the pandemic may be to slightly slow climate change because of reduced emissions of carbon dioxide, which lingers in the atmosphere for decades

Air pollutants cost Canada \$120B a year. More than oil and gas exports bring in.

Japan to start releasing treated radioactive water from Fukushima nuclear plant into sea in 2 years. Residents, fisheries and environmental groups denounce the decision.

Ontario, Saskatchewan and New Brunswick, signed a memorandum of understanding related to exploring small-scale nuclear technology.

City of Ottawa passed a resolution of concern about nuclear waste projects and practices at Chalk River and Rolphton, upstream of Ottawa on the Ottawa River.

NASA offers \$500,000 for ideas on growing food in space.

Community Paramedics will reach out to the approx. 600 residents waiting for long-term care beds in Renfrew County and provide care based on the level of need.

Two Vancouver Value Village employees help return over \$85,000 to elderly owner who had forgotten about her stash her family donated when clearing out her home.

SpaceX launched a satellite that will monitor the world's oceans re. climate change.

NASA has confirmed that an object thought to be an asteroid spotted by its asteroid-hunting facilities was NASA's 2020 SO, a Centaur rocket booster from the 1960s.

Canada joins Artemis Accords, a U.S.-led mission to send explorers back to the Moon

About 60% of almost 6,000 satellites orbiting the Earth are no longer in use.

Fifty Years On, Alan Shepard's Golf Ball Has Been Found On The Moon.

The European Space Agency (ESA) has inked a deal with ClearSpace SA to clean up orbit with craft equipped with pincers designed to grab space junk.

NASA and SpaceX agree to share data to avoid satellite collisions

Winnipeg's Ufology Research released a survey showing UFO sightings in Canada levitating discs, erratic lights, floating triangular objects — increased by 46% in 2020

Toronto and Montreal saw a record loss of residents between July 1, 2019 and July 1, 2020 as more people moving out of the cities to other regions.

Many insurance companies are giving policy holders rebates in the hundreds of dollars as crash rates have gone down and liabilities are reduced during pandemic.

'Guelph driver told police that his car wasn't insured because "he didn't believe in it."

A legal first: B.C. man accused of dangerous driving for sleeping in self-driving, speeding Tesla in Alberta.

Lamborghini driver with G2 license goes 110 km/h over limit on Toronto highway

B.C. driver who was speeding excessively requested that police hurry with the ticket, as she didn't want to be late to take her driver's test.

Ontario dissolving Highway Transport Board that favoured big co's, opening the market to smaller bus companies with smaller buses serving less used rural routes.

Promising treatment brings new hope for patients with chronic Lyme disease

New 3D-printed smart gel changes shape when exposed to light, becomes "artificial muscle", may lead to new military camouflage, soft robotics and flexible displays.

Ontario makes changes to liquor rules, allows permanent delivery of alcohol with food. Alcohol distillers allowed to sell spirits, wine at farmers' markets

Civil claim of \$2 million in punitive damages, accuses Madan family employed by Ontario, and others, of illegally issuing and banking \$11M in COVID cheques

Ontario man charged in connection with infamous CRA telephone scam, RCMP says 10 people have been charged in connection with the investigation.

Vancouver's North Shore Rescue accidentally finds lost hikers on first-ever night-vision test flight just 5 mins. into the flight, before the hikers were reported missing.

51 years after California serial killer sent coded messages to newspapers, amateur codebreakers revealed the message. "...gas chamber will send me to paradise"

Cougar purportedly captured on Northwestern Ont. trail cam, but MNRF still says it's difficult to determine if there is a resident population of cougars in the area.

Live prehistoric 'Sea Dragon' Species Discovered Near UK Coastline. About 2.5 metres, sharing some similarities with sperm whales with an 'extremely deep rib cage'.

EORN applies for ultra-speed-internet money for a fibre-optic or cable connection to up to 95 per cent of the region in "Gig Project" by 2025 or 2026 if it gets the funding

Ottawa man, Adrian Cho, developed syncspace.live, Zoom-like software that uses a sound engineer to coordinate feeds for live music without lag between musicians.

Toronto woman developed Heartcade dating app that matches users based on preferences, giving them 48 hours to chat and play games before sharing photos.

Two Torontonians Made A 'Not Uber Eats' Site To Help Save Local Restaurants that have their own delivery service.

Vancouver restaurant owner creates FromTo food delivery app with no commission

Not-amazon.ca is a new directory for independent Canadian businesses, which lists nearly 4,000 retailers in Toronto, Halifax, Calgary and Vancouver.

Ontario is setting up a Digital ID program by year's end to help people "securely and conveniently prove their identity for Ontario services online.

A man has over \$200 million worth of Bitcoin, but he forgot the password to access it. With only two of ten guesses left, he has made peace with never seeing his money.

Italian consumer association launched a 60 million euro class action against Apple for the practice of planned obsolescence re. iPhone 6, 6 Plus, 6S and 6S Plus.

A six-year-old girl Florida girl born in Russia is one of the world's richest YouTube bloggers at \$18.5M/yr. on Forbes' latest list of high-earning YouTube stars.

UK Man Legally Changed His Name to Céline Dion While Drunk, Says He Doesn't 'Remember Doing It'. "As it stands - I'm keeping it!" he said.

Apple issues new warning: Keep your iPhone six inches away from your pacemaker

A bodybuilder and self-proclaimed "sexy maniac" from Kazakhstan has tied the knot with a synthetic sex doll in a stunning ceremony after an 18-month relationship.



# MADAWASKA HIGHLANDER SHORT STORY CONTEST

## Categories:

- Adult Fiction – one prize of \$200
- Adult Non-Fiction – one prize of \$200
- Youth Fiction or Non-Fiction one prize of \$50
- People's Choice – one prize of \$50

## Entries:

- Maximum 1200 words not including title
- No charge to enter
- One entry per person
- Enter any time between May 12, 2021 and September 10, 2021
- Stories must be primarily in English, short foreign phrases are allowed if they support the story
- Stories must be original
- Stories must not have been published in any format on any media up to and including November 24, 2020 when winners will be announced
- Do not put your name on your story or include any identifying information in the story itself
- Story should only include the category, title, and word count
- Open to the general public including volunteer (unpaid) Madawaska Highlander contributors
- Youth entries must state the age they will be on the contest deadline date of September 10, 2021 in their entry email, and must be 15 years or younger at the time
- Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult without stating their age, but not both
- If the Madawaska Highlander can no longer publish a print edition for any reason the contest will be cancelled.

special edition of the Madawaska Highlander that comes out on October 20 and 21. • Number of stories printed depends on space available in the 20-page Madawaska Highlander special edition. • The Madawaska Highlander reserves the right to add images or illustrations to published entries to add interest. Entrants are encouraged to supply relevant original photos (not sourced from the Internet) to supplement their stories if published. The judges will not see the photos when scoring. • People's choice winners will be selected by the general public by emailing their choice of one story to [info@reelimpact.tv](mailto:info@reelimpact.tv). People can vote for only one story, regardless of category and must include a name and address for their vote as well as one sentence about why they like the story. Story writers and people who know who wrote any story are not to vote. • Online voting will begin on October 20 and continue until November 12, 2021 at midnight • Winner names and story titles for each category will be printed in the winter edition of the Madawaska Highlander that comes out on November 24. • Prizes will be mailed after November 25.

*Good luck and good writing!*

## Sending Stories:

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

## Judging:

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



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**Love your Trail? Adopt it!**

By Lesley Cassidy

Welcome spring! Time to discover the trails... With over 80,000 kilometres of trails in Ontario, how do we keep our motorized and non-motorized trails cleared, clean and safe to ride or hike?

Township, County offices, the Ontario Ministry of Natural Resources and Forestry (MNRF), and many non-profit organizations no longer have the staff and financial resources to keep up with trail maintenance demands. It takes an extraordinary army, an army of volunteers to keep the trails passable. Organizations and clubs developed partnerships that channel the enthusiastic energy and pride volunteers have for trails. Families, friends, groups and individuals - the trail workforce - allows municipalities and other organizations to focus on critical maintenance issues instead of patrolling every kilometre of pathway for downed trees, missing signs and trash.

One of Canada's first organized volunteer clean-up initiatives started with a group of citizens picking up litter and debris along the shores of Vancouver Island in the 1960s. This action launched "Pitch-In" week, formally initiated in 1967, to clean up public spaces, roadways and neighbourhoods. Still going strong, in 2019, more than six million pounds of litter were collected by more than 821,390 volunteers from Newfoundland to British Columbia. Since then, iterations of this type of public volunteer clean up expanded across Canada. In 1991, Ontario launched its adopt-a-highway program and it covered almost 2000 kilometres of roads; in 2008, it had over 580 volunteer groups picking up litter and plant-



Black Donald Tent & Trailer Park Adopt-a-road sign in Renfrew County



Every year on Earth Day, two friends, Krista Petrie-Wallace and Deb Clouthier, pick up litter along Highway 508. Supplied by: Deb Clouthier



Volunteer with the OF4WD fixing the approach to a bridge. Supplied by: Peter Wood, President OF4WD

ing trees and wildflowers. Unfortunately, that program is much smaller now.

Many cities and towns in Ontario launched adopt-a-road programs, including here in the Ottawa Valley. A twist on the adopt-a-road program is the concept of "adopting-a-trail" or "adopting-a-public space". These initiatives are thriving in Ontario with projects in Sudbury, Oakville, Vaughan, Windsor, Sudbury, Ajax, Ottawa and numerous other locales. These projects give people a chance to select a trail (or be assigned one) or public space and remove litter, clear downed branches and report back on missing signs or more serious issues. Volunteers complete basic paperwork, sign waivers and learn how often to visit the trail or space. Other programs are more informal, with trail days happening once or twice a year or garbage bags provided by the town or city for a spring clean up.

But what about rural areas where miles of off-road and hiking trails meander? And hundreds of Crown land campsites that perch beside lakes, portages, boat launches and lookouts? The army of volunteers in rural Ontario is generally less official, more grassroots, usually starting as a group of friends looking to keep their favourite pathways clear of brush and trash. Many trails on Crown land in Renfrew, Lanark and North Frontenac rely on local trail users. Several informal groups of friends around the Calabogie and Griffith area clean up the Eagle's Nest trailhead and trails, Crown land campsites at Wabun Lake and several other lakes, and the campsites and portages along the Madawaska River. Volunteers form a critical part of the Ottawa Valley's clean up and maintenance crew.

Renfrew County established an adopt-a-trail program two short years

ago for the Algonquin Trail (Ottawa Valley Rail Trail). It's built on the successful adopt-a-road program in the County. Individuals or groups complete paperwork, sign waivers, and agree to pick up garbage, rake, identify any issues needing maintenance and use hand tools to cut tree limbs out of the way if required. Currently, the County has one agreement in place with a running club that organized a trail day. Jason Davis, the Manager of Forestry and GIS with the County, shared that building a volunteer base is critical to the success of the Algonquin trail as "staff can't be on every section of the trail every day." He added that several groups in Petawawa and individuals have enquired about volunteering to maintain a section of the trail.

The County offers to erect a sign for volunteers highlighting the section of the trail they maintain. These volunteer activities allow the County to focus on

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# HAPPY TRAILS



OFSC and OF4WD volunteers working together to re-deck a bridge on the Pencil Lake Trail. Supplied by: Peter Wood, President OF4WD

heavy-duty activities like cutting trees that obstruct the path, grading and re-surfacing. And that's the critical part. Volunteers keep the trail clear, clean and are the eyes that report to the County significant issues. Given this trail attracts snowmobilers, ATV riders, cyclists and hikers from all over Ontario and Quebec, keeping the track in good condition results in an economic boost to the area. At a recent County Council Session, a resolution passed to invest \$2 million over the next four years to complete the trail with its smooth stone dust surface to Chalk River. Davis remarked that an essential element of the trail and its success involves developing partnerships with keen people in the community.

The Ontario Federation of 4Wheel Drive Recreationists (OF4WD) developed an adopt-a-trail program to encourage local clubs to become involved in the future of their Crown land

networks. The program asks riders to drive the tracks twice a year (minimum) and gather information on trail conditions and problem areas. In the Bancroft area, they have a successful partnership with the OFSC (Ontario Federation of Snowmobile Clubs). A weather event blocked countless trails several years ago; the Club worked with the OFSC over several weekends, with 40-80 volunteers helping to clear the tracks. As a result, this volunteer partnership meets every year to discuss trail projects, split costs and work together to ensure trails are maintained for all-season usage. Peter Wood, the President of the Federation, shared that "when people work together, it makes each dollar go further". This results in well-maintained and safe trails.

Not far from the Ottawa Valley, the Algonquin Highlands boasts 38 kilometres of hiking trails, a scenic fire tower, and hundreds of campsites perched

along the lakes and rivers in the area. The Township Trail Coordinator, Gord Darling, commented that the trail network is "100% created by volunteers, and there's a strong history of volunteering in the area".

Peter Brogden, one of the local volunteer legends along with other hardy souls, was integral in cutting, blazing and maintaining these trails for decades. The area became popular, and eventually, the trail system and volunteer program were taken over by the Township. Brogden shared that the Township and volunteers need to communicate better to sort out the future of the trail network and what volunteers can contribute. Darling remarked that "more gets done on an informal than formal basis at the moment". Unfortunately, two challenges numerous organizations, townships, and clubs currently face, including the Algonquin Highlands - liability and an ageing volunteer population - which critically impact volunteer initiatives.

Trail work can be risky. For example, volunteers using chainsaws translates into severe risk and liability; many organizations do not permit their use. As well, a group of friends or club members that maintain trails for decades, grow older. Historically, recreation organizations have had a strong volunteer base. In Canada, an older study completed in 2010 found that 12 % of people aged 15 and over volunteered their time with sports and recreation groups, and on average, gave 120 hours a year to those groups. However, recent trends indicate Canada's population is ageing, with slightly more people over 65 years old than under 14 years of age. In addition, the Statistics

Canada Volunteer Study revealed that "10% of volunteers accounted for 53% of all volunteer hours given to non-profit and charitable organizations. They dedicated more than 390 hours to their volunteer activities, the equivalent of at least 10 weeks in a full-time job." With an ageing volunteer base, a core group shouldering much of the responsibility, liabilities, and if fewer people volunteer, this has a tremendous negative impact on the trail system.

Volunteers are the backbone of our trail network. Given the outdoor recreation industry is estimated to produce \$24.6 billion (2019) in economic activity for Canada each year, trails are an essential investment. Despite budget and staffing restrictions, partnerships with volunteers - the trail workforce - leads to more robust advocacy for trails, their availability, protection and longevity.

Get outside and enjoy spring! If you have spare time, chat with a few friends and adopt a trail or public space near you.



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

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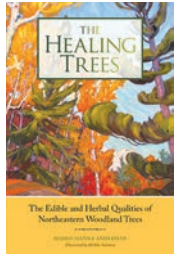
**Fragrant Wild Plum (Prunus Nigra – Canadian Plum and Prunus Americana – American Plum)**

By Robbie Hanna Anderman



ties of fruit, usually suitable for jams, pies and so on. They can also be used as “root stock” for grafting onto store-type varieties with better tasting fruit.

*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](http://burnstownpublishing.com), His own site [healingtreesbook.com](http://healingtreesbook.com), and E-book at Amazon.ca. Cover art by Kathy Haycock [kmhaycock.com](http://kmhaycock.com)*



The two Northern native plums bear names telling of their home turf. Canada Plum (Prunus Nigra) has the more northerly range and blacker bark, while the American plum (Prunus Americana) has a range going much further south into the United states.

Both are small trees 10 to 30 feet tall when mature, up to 10 inches in diameter, that often spread into a thicket by root sprouts. They have pronounced thorns, very snowy, fragrant

flowers and an edible fruit with astringent skin.

The inner bark of these wild plums has been made into a decoction effective as a mouth- sore gargle and as a disinfectant wash.

The bark of the root can also be used to cure mouth canker sores. Scraped and mashed, fresh or dried and made into a decoction, the root bark has been mixed with wild cherry root bark decoction used for

driving out intestinal worms.

At home we enjoy the Canada plums for their nearly intoxicating fragrance in spring and their biannual harvest of fruit. I often cut them in half, extract the pit, and chew the pulp off the astringent skin. We usually try to dry some, cut in half for winter and for a snack on summer camping trips.

Both varieties of wild plums have naturally spawned multiple more varieties with varying sizes and quali-



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

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## Eat Happy Food

By Derek Roche

Certain emotions, sometimes referred to as “negative” or of “lower vibration” are scientifically proven to be detrimental to our health. Emotions such as anger, fear, envy, and greed can keep us disconnected and in a state of dis-ease. It is often said that “being angry at someone else is like taking poison and hoping that they feel sick!”

Many of us have had a very difficult year. Some of us are suffering from the effects of loneliness and stress. The human race is now 14 months and counting into the most serious pandemic in over a century. The chronic stress seems to have brought out both the best and the worst in people. There are heart warming tales of front-line healthcare workers showing kindness and compassion while struggling themselves with physical and emotional exhaustion, personal family stress and risking their lives and those of their loved ones by helping others. Many of these stories are truly inspirational. We are now seeing a light at the end of the tunnel with the arrival of warm weather and vaccines making their way into people’s arms.

The question now and in the foreseeable future is how we will maintain our mental and physical health in the next 12 months and post-pandemic. My answer to this question has remained the same before and during the pandemic and will remain the same post covid19.

The human body has an incredible ability to heal and stay strong – but our thoughts and choices make a difference. Let’s take a brief look at the two most important aspects in maintaining health and vitality – emotions and diet. Our emotions and our diet are integrally connected. Our emotions impact our diet, and our diet impacts our emotions.

Pic Caju Gomes unsplash.com



Healthy eating boosts emotions. Junk food brings you down, making you crave more junk food to bring you down

### Emotions impact Immune System

First and foremost is the little known and often misunderstood fact that our thoughts and emotions can have an enormous impact on our health. The field of Psycho-neuroimmunology tells us that constant stress, negative beliefs, and emotions will suppress our immune systems and make us more vulnerable to illness and contagions such as viruses and their variants. This is critically important throughout our lives, but particularly during a pandemic. In order to maintain our immune systems in top condition, each and every one of us must examine our thoughts and beliefs in order to understand and modify those that may be making us vulnerable and sick.

There are a number of tools at our disposal to maintain emotional wellbeing. One of the most important things we can do is exercise. Get out into fresh

air for a walk. We can be outdoors hiking and socializing with friends as long as we social distance. Having a good laugh is very therapeutic. Stay connected with friends and family any way we can.

In addition, the daily practice of meditation not only reduces stress, but also enhances our ability to be conscious of our emotions throughout the day. This is what is meant by the expression, “being present”. It allows us to step back and look at our thoughts and what they are doing to us.

### Diet impacts Emotions, Immunity

A second important aspect regarding health and wellbeing is diet. In looking at the scientific research concerning diet and nutrition, the overwhelming data shows that a primarily plant-based diet is optimal for health and vitality. The new food guides in both Canada and the U.S. show a marked increase in vegeta-

bles and fruit, and a reduction in meat, sugars and dairy. In addition, the new guidelines contain advice related to both the topics of diet and emotion. It is now recommended that we eat more mindfully, limit screen time during meals, and eat and cook with others.

With regard to what we actually put in our mouths, by reducing our consumption of large-scale industrial sugar, meat, dairy and poultry, we not only improve our own health, but that of the planet as well. As my good friends in the local farming community point out, the source of animal protein is critically important. Small scale, free range, grass fed, and wild animals are far superior and better for our health than those that come from large-scale, polluting, industrial agriculture. Seek out and support small scale organic farmers in your area and eat more greens!

This year has taught us the importance of tolerance and patience, both of which are health-promoting virtues. With vaccinations now in full swing, we have hope for a brighter future and a return to social activities and community. Personally, I hope that the human race will come out of this more highly evolved, conscious that our actions towards each other and the planet we live on are important for our health and wellbeing as well as that of future generations.

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](http://Natural-Healing-Retreats.com) for more information.



## EDITORIAL

### Heritage Recordings

By Lois Thomson

They were the last of a generation who experienced first-hand what life was like when the Madawaska River flowed with logs headed to England. At eighty and ninety years old, the elders in the Madawaska Valley were almost as old as Canada itself in 1965 when Elmer Strong recorded their voices. He was doing research for his books about local history. Some of the elders had never seen a reel-to-reel tape recorder before, just one of countless incredible inventions and changes they had witnessed in their lifetimes. Elmer felt an urgency to get their stories down, recognizing that an era was coming to a close; knowing that the Madawaska River would soon gain two new lakes, Black Donald and Centennial lakes as Canada’s 100 birthday approached.

The names of the people Elmer interviewed and the people they talked about are familiar to all, found on road signs and businesses in the area, and in the names of their kin - MacPherson, Thomson, Thompson, Ian, MacDonald, Jocko, Kelly, Bailey, MacLaren, McLeod, Ferguson, McFaddin, Gregg, McMahan, Harold, Proudfoot, Dodge, LeClair, Whiteduck, Madigan, Towns, Ball, McNaught, McClellan, Snider, Strong, Kennelly, Clark, Carswell, Merchand, LaCourse, Stoughton, Wilson, Hutson, Towns, Graham, Varrin, Barry, and more.

Over this past winter, Mark and I obtained and digitized all 30 hours of

Elmer’s reel to reel recordings and edited them into one-to-two minute segments. We invite you to listen to them on our website at [madawaskahighlander.ca/heritagerecordings](http://madawaskahighlander.ca/heritagerecordings). It is amazing to hear the strong accents, echoes of the old countries their parents and grandparents came from.

This is a work in progress and we would like your help. Many of the recordings were done at the kitchen table with several people talking. You can hear life going on in the background as someone puts a log on the fire, sets the table, children play, and babies babble. It’s wonderful to listen to as it transports you back to 1965, but it can make it difficult to make out who is talking and with the thick accents it can also be a challenge to understand who they are talking about. When you listen to the clips (that play on YouTube) and you can correct the spelling of people’s names or can identify the speaker, please add a comment below the video or send us an email with your information.

Elmer also recorded sessions where people are going over photographs to tell him where and when they were taken and who the people are that are in them. He borrowed the photos and reproduced them for his books, then recently donated them to St. Lawrence College. It would be nice to show the photos the people are talking about, so if you listen to a clip and have that photo, please email or mail a copy of it so we can add it to the video.

This is a treasure full of interesting

facts. We sorted the clips into broad categories: Logging, river drive, sawmills, equipment, shanty life; Family origins, place name origins, first settlers, stories about people; Cemeteries and river graves, ghost stories; Vennachar fire 1903; Roads, trails transportation, general stores, shipping, mail, telephones, buildings; Health care, doctors, native healing; First schools, teachers; Churches, picnics, dances, social work bees; Talking about old photos; Farming, hunting, cheesemaking, milling, smithing, everyday life; Why preserve history?

Enjoy!



This was a photo that appeared in the Madawaska Highlander of a previously unknown person on one of the last river drives on the Madawaska. By listening to the recordings we were able to identify him as Alec MacPherson. We have now added the photo to the video portion of the recording that identified him.

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## Crown Land Camping Essentials - It's no Walk in the Park

By David Arama

During the pandemic, more than ever before, with Ontario Parks and Private campgrounds overbooked, campers and newbies are turning to Crown Lands for recreational opportunities. I have been camping and canoeing to Crown Lands for more than 40 years, and in our training courses, e.g., GPS and Map & Compass Skills, we cover how to access Crown Lands. Here is a crash course, covering some of the basics.

### Benefits of Crown Land Camping and Recreation:

As a Canadian citizen, and when leading groups, I can camp for free on Crown Lands. Importantly, we can access more remote backcountry away from other humans if we venture far enough in. I can also park my RV on Crown Lands during a road trip and hop from one Crown site to another.

### Drawbacks:

- Unmaintained trails, portages, and campsites
- Poor or no signage on trails
- Competing uses and commercial operations
- Lack of outhouses and sanitation facilities
- Easy-to-get-to campsites are generally overrun, overused, or trashed, with garbage and feces waste everywhere, firewood scarce and trees denuded, excessive noise, parties, and gas generators running
- Hard to find actual campsites, must be scouted and scoped out.

### How to Find Crown Lands:

-Paper Maps are available from Backroads Maps Company's Mapbooks and Land-Use Maps.

-TrakMaps Software is a new tool for locating Crown Lands. I use this software with Garmin Handheld GPS Units, e.g., Garmin 66 and 64 Models, and can walk through an area to figure out where Crown Lands are. This is excellent for property owners who are abutting Crown Land.

-OMNRF Crown Lands Website and the Crown Lands Atlas are free to use, and the Atlas shows great detail in specific designation of Crown Lands, e.g., recreational uses. It's best accessed with a laptop or desktop computer.

### Rules and Regulations:

Crown Lands are technically owned by the Crown and Her Majesty, however, they are managed Provincially by the Ontario Ministry of Natural Resources and Forestry. Riparian (wetlands) and water is also technically Crown, and the general public has a right to use both Crown Land and water, in most cases.

Canadian citizens can camp on Crown Lands, free of charge, except for Municipal Crown Land shoreline road allowances (66 ft from the water's edge). There's a 21-day rule for camping in one location, after which you have to move 100 feet or to a new location. Non-residents must pay a land-use fee of \$11/day. Commercial Users must apply for permits, depending on the uses. Snowmobile clubs can apply for approval of new

trails through Crown Lands. Many of the same rules that apply to any Lands, (Provincial Parks, Conservation Areas, Public Beaches, Private Property) also apply to the use of Crown Lands, (excessive noise bylaws, illegal dumping and polluting, violent behavior, illicit drug use and drunkenness, etc.)

### Permits needed:

-Many activities on Crown Land require specific permits and licenses, including Hunting,

-Fishing, Trapping, Commercial, Snowmobiling (OFSC Trails) etc. Activities like hiking, backpacking, canoeing and kayaking, overnight camping, riding, don't require any special permits.

-Many Municipalities now own Crownland Shoreline 66 ft Road Allowances and have campsites that you have to book and pay for, e.g., North Frontenac.

### Competing Uses of Crown Lands:

Unlike Provincial or National Parks and Conservation Areas, Crown Lands have many competing uses, including Trappers, Hunting and Fishing Outfitters, Mining Operations, Forestry, Military Practices, and Indigenous Peoples have various rights to these lands. You should respect the rights of other users of Crown Lands. Hunting Outfitters don't take kindly to folks camping near their tree stands or near Hunt Camp Lease Areas and have been known to slash car tires and worse. It's no fun seeking solitude near a logging operation, or military shelling operation. None of the maps or atlas tools show this activity.

### Safety Concerns:

Like all Wilderness and backcountry areas, typical dangers can be found on Crown Lands such as dangerous waterfowl, dangerous topography, extreme weather, insects and wildlife, other unsavory humans, and in particular, ease of becoming lost. It's highly recommended to have GPS and Map & Compass equipment and knowledge, carry a Survival & Safety kit, and preferably, take some training. Very important, carry some communication equipment like a Satellite Tracker, Cell Phone Booster, and have the "What 3 Words" app downloaded on your cell phone.

During Hunting seasons, wear some bright "hunter's orange" clothing or ribbons, and put them on your pets. Not just in the fall Hunt, but in the spring now that there's a spring bear hunt.

### If Buying Property next to Crown Lands:

Keep in mind the Municipal 66ft Crown Land Shoreline Road Allowance. Also, you can purchase this slice of shoreline, if your property backs onto it. Otherwise, the township owns the shoreline. Hunt Camp Leases and Trapper Cabins can be applied for at the OMNRF.

*Tip: you can contact the District OMNRF Office to find out if any commercial operations are in effect. Also, Crown Lands can change, so updates can be found at the district offices.*

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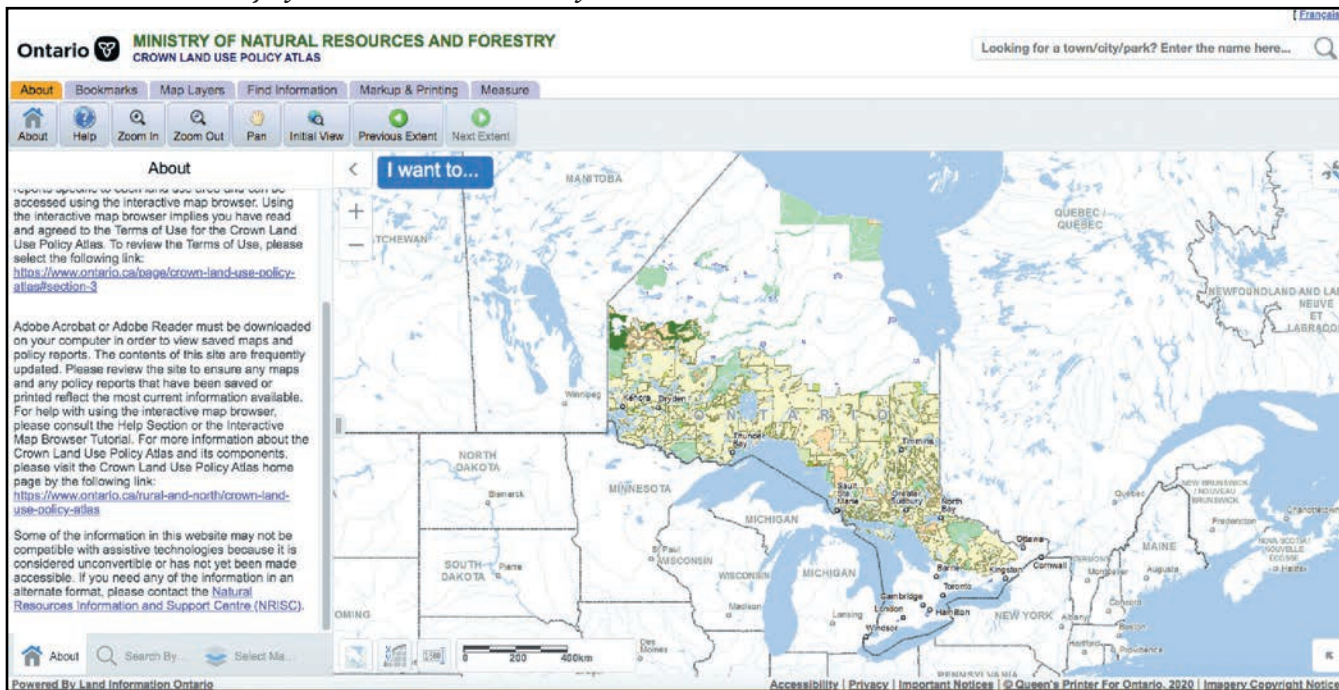
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# SURVIVOR GUY

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



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Search for MNRF Crown land use policy atlas online. The interactive map browser allows users to view the boundaries of Crown land use areas and land use policies. Land use policies are presented in policy reports specific to each land use area and can be accessed using the interactive map browser.

**Tip: From my understanding, you can still camp for free on Crown Lands, if you are not on the 66 ft. shoreline allowance. I've had some lively debates with some Township Officials concerning this!**

TrakMaps for GPS work with Garmin GPS handheld units and are customized for a variety of different back country trips.

**Tip: When in doubt, contact the OMNRF and the Township Office. Do not camp somewhere overnight, unless you are 100% sure it's Crown Land. You can be charged with trespassing on private property, native reservation lands, hunting camp leased lands, parks and conservation Lands, etc.**

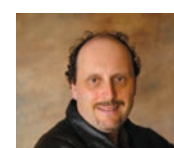
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We are offering a Free Digital Disaster Survival Book, \$20 Value, to anyone who reads the Madawaska Highlander and/or resides in the area. When this Pandemic is over, please support local businesses, many of which have suffered great financial hardship,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

By Ken Hook

*The Winter issue ended with a promise to continue up Hwy 41 to Cloyne as we leave Northbrook, but we will have to remain in suspense a little while longer as Marcella Neely completes her research. In the meantime, you will enjoy Ken Hook's story about Flying Doctors...*

Often the Historical Society receives photos in roundabout ways. Recently President Shirley Sedore was contacted by Mandy Salmond about some photos that related to the Flying Doctors of Northbrook. Mandy's neighbour is Sue Milne, daughter of Dr. Milne who was one of the doctors that served the Northbrook Medical Centre when it was located in the former Northbrook School – now the Lions Hall.

The challenges of developing a sustainable medical clinic in the area were enormous. In 1972, a portion of the Northbrook Community Centre was rented for the purpose of a medical clinic. Helen Yanch of Flinton worked in the clinic for about 3 years as Receptionist-Secretary. In a telephone conversation with Helen, she remembers:

“The Clinic ran in Northbrook for about 3 years. An organization called PSI (Physician Services Inc.) paid for the rent and supply of doctor services Monday, Wednesday and Friday. One doctor at a time would fly up from Kingston with a pilot, land at the Northbrook air strip (near Pine Meadow Nursing Home) and walk cross-lot to the Clinic. The Clinic was open 5 days a week, staffed by Helen and Tish Butson who was a Nurse Practitioner. A team of 17 Kingston area doctors provided service to Northbrook. Dr. Richard Milne, Dr. Jim Berry and Dr. McMahan were three of the doctors that came most often. I think Dr. Milne was

the main organizer. The doctors came even in the winter, the pilot attached skis to the aircraft for landing in the snow.”

Tish and Helen were instrumental in operating the Clinic when doctors didn't attend on Tuesdays and Thursdays. Tish performed duties of a Nurse Practitioner, repairing cuts, advising pregnant Moms, and calling the doctors for advice providing prescriptions. Tish would provide emergency services if needed on the weekends. According to Ken Douglas, Tish Butson was instrumental in applying for and receiving PSI services in Northbrook.

Helen Yanch “wore a lot of hats”, making appointments for the doctors and specialists if needed, counting pills, receiving calls and even cleaning the Clinic – whatever was necessary. During this time period she had her oldest child, Emily. At that time maternity leave was only 3 months so Emily too would frequent the Clinic in her early years.

From about 1940 to 1969, Physician Services Inc. (PSI) ran a doctor-sponsored prepaid medical care plan in Ontario. This was organized by the Ontario Medical Association. PSI was a not-for-profit corporation. PSI was financially sustainable, but it was closed in 1969, when the Province of Ontario started OHIP.



This note is by Jane Scott: It was incredible how organizations and people stretching from Kaladar to Denbigh, Plevna and Flinton worked together to get the 'Fly In' Doctors program, providing a needed service in the area. However, we still had the principal piece missing – a permanent doctor. The P.S.I. funding was coming to an end. We worked diligently but eventually had to approach Dr. Copeman of the Ontario Ministry of Health to seek assistance from the 'Under Served Medical Program'. After lengthy discussion it was the conclusion that we required a new facility that would accommodate two doctors. Dr. Copeman agreed to continue medical service at Northbrook during the transition. Dr. Blakeman had a summer cottage near Flinton and Skootamatta Lake and was keen on a rural practice so when the funding finished, Dr. Blakeman carried on for the needs of the area. The new Northbrook Medical Clinic finally opened in March 1980.

Photos: Dr. Richard Milne Album

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## An ILL Wind's Silver Lining

By Antonia Chatson

It's an ill wind that blows no one any good. Now, Covid-19 was a very ill wind that most definitely had to be taken seriously, but on a personal level I was most grateful to be able to sport a mask wherever I went. Santa had not been very forthcoming last Christmas regarding my request. I suppose that if I had stuck to the original "two front teeth" he may have listened but since I only requested one, perhaps the invoice got lost in the shuffle, or perhaps I should have restrained myself from that last game of hockey. Either which way, I was relieved that I only had to smile with my eyes, as my mouth was embarrassingly absent in the area of one front tooth.

The other more general compensation of the pandemic is that the telemarketing industry instantly dissolved when the lockdown occurred. I am sure that others found it most annoying to be interrupted during the evening meal with some unintelligible offer. With my fork piled high with mashed potatoes, dripping with marmite gravy, the phone would ring, the dog would bark, and my drooling mouth was missed by the dropping fork. Even worse was when we would eat early and the spoon, heading towards my mouth, would be laden and heaped high with chocolate surprise ice cream. The anticipatory silence would be jarred by the strident tones of the phone, accentuated by the clattering of the spoon back into the dish, accompanied by the ubiquitous barking of the dog. Someone suggested that we purchase a "barking" collar for him. Why would we want a barking collar when we already had a barking dog? You may wonder why we have more cats than dogs. Well, the cats don't bark so much as the dog does. Of course, we refused to answer the phone, but the damage to one's nerves had already been accomplished.

But you know something? By the end of five silent months of general peace that reigned around the dinner table, I was beginning to miss the dreaded interruption. So, on a sunny evening in early September when we had just said grace, the phone rang. We had been a little out of practice in ignoring the invasive calls, so I automatically picked up the phone, anticipating a friendly chat with one neighbour or another.

And this is what I heard. "skolt dko lopfdvg kioprtg ki gghjsic ngh jioewr de qrty jif ghyymb". I could not help but cogitate from which far



Why do they always call when I'm eating!?

Pic by Alex Lauzon unsplash.com

reaching corner of the Ottoman Empire this message had been beamed. Alright, alright, my hearing might be going. Couldn't do too much about it at the moment. But I figured if I got the yowling cat reunited with her kittens and put the dog in jail (back kitchen) by means of a bacon strip, I might have a better chance at understanding the missive.

I picked up the receiver again just a little curious as to the current gimmick. This time I was able to make out, "Nd hwrutday?" Got ya. My innate manners kicked in and I asked how she was doing? "Jstfintanksfraskng" Suddenly she became more articulate, as if she were reading from a well-rehearsed prompting. "Have you heard the news lately?" Well, I try to avoid the news as much as possible but then wondered what aspect of it to which she was referring? Oh, that's right there is usually only one aspect that is ever under scrutiny, the numbers, the spikes and the restrictions.

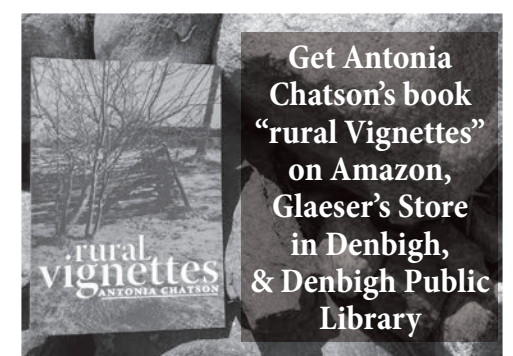
She surprised me by 'reminding' me that the federal government had passed a bill by which every law-abiding citizen was to be credited with \$88.05 which was a carbon tax incentive. Musta missed that one. But were we not credited with a carbon tax re-

bate with our income tax return? Not much chance of a second one of those. And don't forget the 5 cents.

Was she suddenly on page two or had she registered my disbelief? And we are offering you free service to all of your appliances if they break down - seven days a week, including holidays and available 24 hours a day. "And who is offering this service?" I inquired. "It's free for any and all appliances in your home 7 days a week, 24 hours a day and even on holidays." My curiosity was piqued. "Who do I contact for this wonderful service?"

"It's free for all appliances in your home 7 days a week, 24 hours a day and even on holidays." I then inquired what the connection was between the \$88.05 rebate carbon tax and the free service for my home appliances. I heard a rustle of papers then a long pause. I assumed the papers had fallen off her desk. I waited patiently for her to retrieve them. When she finally returned to the phone, she breathlessly asked, "Have you heard the news lately?"

I give up!! I shall forever live in ignorance of the connection between an elusive and sketchy-sounding carbon tax rebate and a mythical repairman for any and all of our home appliances. And you know what? "Quite frankly, my dear, I don't give a damn."



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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.



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## Liking and Loving Lichens

By Colleen Hulett

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



There are three main categories of Lichen. Foliose, above, are leafy with different coloured sides. The flat white circular ones are Crustose, above left.



Lichen resemble coral, another organism that's more than the sum of its organisms.



Fruticose are bushy, hairy or erect



A fine example of a folio (leaf-like) lichen



The life experiment on the international space station with his Elegant Sunburst Lichen show that the Fungus had a viability rate of 84% and the algae had a viability rate of 74% in simulated conditions in space and Mars. Extreme conditions indeed!

Last winter was warm with hardly any snowstorms in our region. The pandemic restrictions gave me a lot of time on my hands, so I went out more often. I checked on all the perennial

polypore mushrooms I regularly photograph and as they change very little in the winter, I found myself searching for colour against the snowy landscape. One day as I was enjoying the vibrant colours

of several different Lichens on trees I detected something pink nestled on a Lichen. It wasn't just pink but NEON pink. I pulled out my magnifying glass to get a better look and It looked like chewed double bubble gum. Seriously, that's what it looked like to this baby boomer. Then suddenly, I started seeing it on other Lichens. Due to its striking colour it wasn't hard to find through research that this tiny pink dot was a parasitic fungus living off that Lichen. With my magnifying glass in hand, I started to view this parasite fungal to see which lichen it was attached to and discovered how uniquely beautiful and vibrant lichens are close up. A mini ecosystem indeed like no other. I have always known some lichens to be part of the medicinal plant community but boy was I wrong. Lichens are not plants! They are truly fascinating mysterious 'things'.

Scientists describe Lichens by their symbiotic partners, but little is known about the Lichen as a whole organism. National Geographic Society notes that the word 'symbiosis' was ac-

tually invented to describe lichens 150 years ago. At that time we believed it was solely two partners: a fungus and a seaweed. A very radical concept at the time! To date we now know a Lichen consists of multiple symbiotic partners: there can be two or more fungi, the algae and sometimes a cyanobacteria (formerly known as blue-green algae). Scientists have recently discovered a new partner and that partner is yeast. I'm sure in the future they will discover more partners in the mini universe of a Lichen.

So, do Lichens belong to the Flora Kingdom or the Fungi Kingdom? Or should they be in a kingdom entirely on their own? The argument tends more toward the Fungi Kingdom because many of its taxonomic terminology is that of fungi. In fact, the shape and body of the lichen is a fungus (most are cup fungi) that houses the algae and/or other partners. The truth is no one knows who is in charge. Is it the fungus or the algae? Did the algae hijack the fungus so it can live on land or did the fungus hijack the algae so it can farm the algae for its food?

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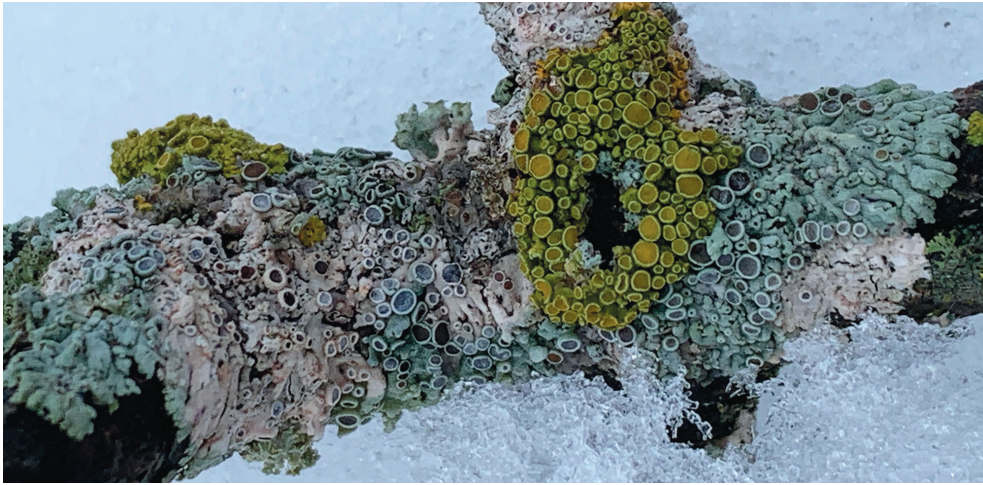
This is a good example of how a cup fungus has lichenized an alga. The Cups produce spores that can only create new cup Fungi. A new identical Lichen is formed from a piece that has broken off.



Children love Lichens and tiny things. Orion, my grandniece, was eager to view every lichen on this tree.



Graveyards are a great place to find old and perfectly shaped Lichens



These colourful lichens are on a twig that is less than 2 inches long. A magnifying glass is definitely needed.



Lichens are safe organisms that do not damage plants or trees. They are not parasites or pathogens. Only two are known to be poisonous. They just attach and live on the surface of things. They chew rock and make 'primitive' soil of mineral grains. Therefore, they do damage rock statues, sculptures and tombstones. Stephen Bruhner suggests that the fruticose lichen called Usnea (Old Man's Beard) serves as a medicinal for trees which he calls the lungs of the forest. Usnea is found in old growth forests dangling from branches looking like long hair and since we know that it doesn't harm the tree it is interesting to know its use may be more important than we think for trees, the lungs of Earth. We definitely need more Lichenologists to uncover the mysteries of Lichens!

Lichens often have a regular but very slow growth rate of less than a millimeter per year. Think about that. Those tiny things are old! For example, Crustose lichens grow only 1 to 2 mm in diameter per year. Thus, if a lichen has a 38mm (1.5 inches) radius it can be anywhere from 19-38 years old! Biologists think they grow slowly because they live in harsh environments where water is available for only short periods of time. A neat fact is they are self-sufficient and create their own food which they can store in their bodies for very long periods. This is why they can sustain themselves in very harsh conditions and have become an important food source for many animals.

Lichens cover 7% of the earth's surface and live on every continent. Many have been dated to be 3000-8600 years old but scientists believe they can survive for 10,000 years. There are more than 3600 known species in North America. Lichens are cool because they can grow in harsh and unfavourable habitats where other organisms can't live, like desert and arctic conditions. Lichens live on rock, trees, buildings and soil! Worldwide, Lichens are used in a multitude of ways. Lichens are used in perfumes, toothpaste, deodorants, chocolates, to make litmus paper change colour, fabric dyes and pigments, by crafters and model hobbyists, as moth repellents, in tanning, as tinder, in medicine (antibiotics) and used industrially for their chemical compounds.

According to Canadian herbalist Robert Rogers, "The great mystery in the chemistry of lichens is their secondary compounds which are not byproducts of normal plant metabolism. Lichens produce over 500 biochemicals that help control UV exposure, repel herbivores, attack microbes and discourage competition." A few lichens have hallucinogenic and narcotic properties. So I bet you are wondering what place do Lichens have in our biodiverse ecosystem? Lichens fix carbon and nitrogen from the atmosphere and are homes to insects, birds and food for animals and peoples in extreme climates.

The most interesting use of lichens is for monitoring air quality and pollution very efficiently and cheaply. According to scientists from the Univer-

sity of California, Berkeley, air pollution seriously impacts the growth and health of Lichens. When they extract and view the toxins from a lichen they can know how much of these toxins are in the atmosphere. Scientists studying the source of high mercury levels in Inuit communities discovered that mercury is being carried in the atmosphere as a byproduct of coal mines in the U.S. and then carried to the Arctic where lichens absorb it from the air. Caribou dine on these lichens and then Inuit peoples eat the Caribou. A very sad reality that needs to stop!

Next time you hit the hiking trails please view some lichens to appreciate them. Hold a 10x magnifying glass as close to your eye as you can and view the lichen from 1 inch away if you can. The most beautiful time to see them is right after rain when they've absorbed all the water and their colours pop. They are also enjoyable to view in the winter when other things in the forest are dormant. Good luck and bring a child. They love to use magnifying glasses. Caution: you may have to drag them out of the woods crying when it's time to go. Promising them you'll come back and do it again may help...

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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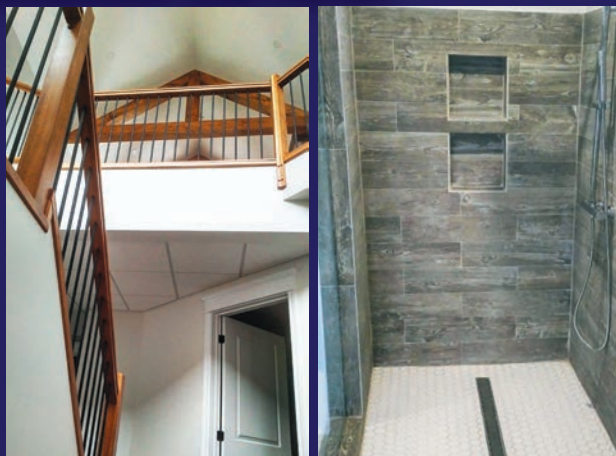
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