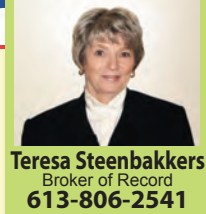


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The good news continues! Overall average prices have increased considerably from 2020 but more importantly, year to date values are holding steady. Consumer confidence is still very high for investing in real estate, while conditions continue to favor Sellers. The Ottawa Real Estate Board dated September 3, 2021 states we are in the midst of another strong year and although inventory is gradually moving higher, we are not yet in a balanced market. Bungalows are still in high demand and while sales overall remain strong, they are consistent with the summer months. There is still no better time to sell and Sellers are wise to seek the guidance of an experienced and local realtor.



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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# The Madawaska Highlander

Sept-Oct  
**2021**

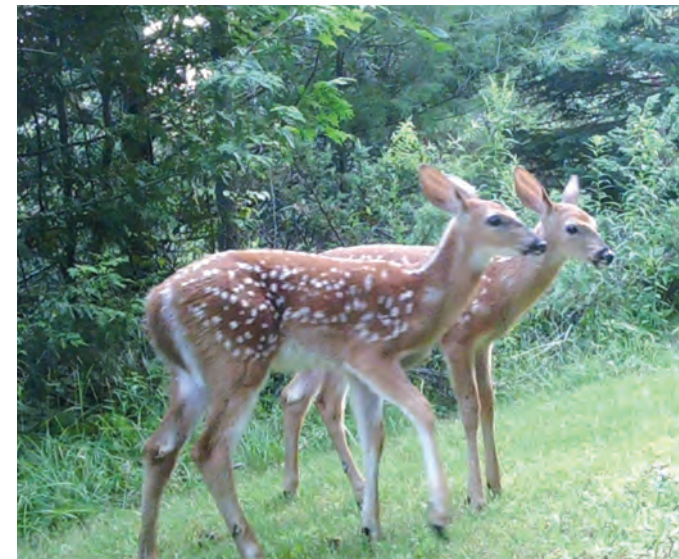
FREE Vol.19 Issue 5  
Next issue Oct. 20, 2021

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

## Welcome!



The Sun was showing off, making a double rainbow reflected on Centennial Lake at Camel Chute  
Pic by Tiffany Drummond



Twin fawns posing for the trail cam on Richard and Audrey Copeland's property in Matawatchan.

...To harvest time in the Highlands. Get set for fabulous fall colours and another fabulous edition of the Madawaska Highlander. Our talented volunteer writers have harvested a cornucopia of stories to inform, intrigue, and delight you. Colleen inked a story about Shaggy Mane Ink Caps - tasty mushrooms that turn into ink! There is so much to learn about the land including the story of creation, as Tim relates in Our Home on Native Land - in The Great Water - The Land Since Time Immemorial. Marcella skips ahead about 10,000 years to tell her story of history that's all about Our story in Cloyne Historical.

Antonia handed her quill to her cousin Jean who tells stories about Two Remarkable Women in the not-too-distant past in Rural Vignettes. There is So Much to Remember, as Ernie reminds us in The View from Here, as he honours Canadians' outstanding sacrifices to defend our freedom, lest we forget. Derek tells us how to defend ourselves against unseen enemies in Wellness, Immune Defense Naturally. And in Healing Trees we learn how to plant and care for Hardy Fruit Trees that will Outlive Us and how to care for those huge fruit trees on the back forty that outlived our ancestors.

Skippy has really been on the go to bring us a Highlander Exclusive tour of the OPG dam construction and a "dam site" more in Bogie Beat. Speaking of people on the go, in Advanced Camping Safely, Survivor Guy tells us where to go when we have to "go" on the trail or at camp. Yes, we cover everything in the Highlander!

Anne and John have uncovered all the news you need to know in Griffith and Matawatchan News and Views and tell us all to take a hike. Lesley brings hopeful hiking news in Happy Trails - Tick Talk there's Hope on the Horizon for the prevention, diagnosis, and treatment of Lyme Disease, but for now read her tips for how to dress for success as the tick-borne disease creeps northward. No matter where your trails take you, may they all be happy ones, and...

Enjoy!...



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# The Madawaska Highlander

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info@reelimpact.tv  
613-333-9399  
Business Manager: Mark Thomson  
Editor and Advertising: Lois Thomson  
www.madawaskahighlander.ca

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Reel Impact Communications Inc.  
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the Highlands of Renfrew, Lennox  
& Addington, Hastings, and Lanark  
Counties.

**Next advertising deadline:  
Oct 8 for Oct 20 publication in the  
Short Story Special Edition**  
madawaskahighlander.ca for previous issues

**Message from the editor:**  
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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	David Arama	John Neale	Derek Roche
Skippy Hale	Lesley Cassidy	Anne Dougherty	Robbie Anderman
Jean Parks	Colleen Hulett	Marcella Neely	Tim Yearington



In 1800, Europe claimed title to about 55 percent of the Earth: Europe, North and South America, most of India, the Russian part of Asia, parts of the East Indies, and parts of the coast of Africa. From 1800 to 1878, actual European rule (including former colonies in North and South America) increased from 35 to 67 percent of the Earth's land surface. By the beginning of WWI in 1914, the colonial powers, their colonies, and their former colonies extended over approximately 85 percent of the Earth's surface. Economic and political control by leading powers reached almost the entire globe, for, in addition to colonial rule, other means of domination were exercised in the form of spheres of influence, special commercial treaties, and the subordination that lenders often impose on debtor nations.  
- James Gillray, 1805 "The Plumb-pudding in Danger" shows Napoleon and William Pitt greedily carving the world (information from britannica.com)

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<p><b>NEW LISTING WATERFRONT!</b></p> <p>257 Bonner Road Black Donald Waterfront Gorgeous Year Round Home. Over 500ft frontage on Black Donald Lake MLS1256489 \$1,100,000</p>	<p><b>NEW LISTING WATERFRONT!</b></p> <p><b>SOLD</b></p> <p>1141 Centennial Lake Rd .72 acre waterfront lot on Black Donald Lake Waterfront. Perfect to use as a water access lot \$199,900 MLS 1256445</p>	<p><b>THINKING OF SELLING? WE HAVE BUYERS! Take advantage of the HOT MARKET Call me now 613-433-2254</b></p>		
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By Anne Dougherty & John Neale



Dunn's Lake Beach has been the delight of local people for decades, but many people don't realize that although local people are welcome to enjoy it, it is on private property owned by Judy Dunn. The Township of Greater Madawaska maintains the one lane road into the beach in the warmer months and many volunteers pitch in, mostly anonymously, to cut the grass and do regular maintenance. What a delight to see the floating dock had been upgraded to replace the Styrofoam floats with more environmentally friendly barrels. Was that your doing Cliff Flynn?

This blurry photo is the only evidence that remains of an unusual sight in front of the Pine Valley Restaurant recently. This Falcon Wing Tesla took flight shortly after the photo was snapped, just like a UFO.



The Sun peaks through the clouds, wondering what happened under the clouds over Centennial Lake. Pic by Tracy Hunchak



These baby Nigerian Pygmy goats in Matawatchan are so adorable that you'll want to take them home. Good news! You can buy them. Contact John at 1-613-905-926-4184.

Margie and Donnie McAlear held a sneak preview of the kinds of unique decor items we can expect to find in the "Hen House" on their property in Matawatchan starting Spring 2022, with a possible Christmas event happening some time in November. The plan is to open in a larger building that has room for more treasures. Keep up to date on their progress through their "Margie's Hen House" Facebook Page coming soon.

Lions Club volunteers collecting cash at one of their toll roads in September. Thank you for your support!

Cooler nights prevail as we move into autumn. Residents are preparing for winter and taking delivery of cords of dried split hardwood. School buses are once more on the road as students return to school. Boats will soon be readied for winter storage and cottages winterized. By the time this edition comes out the federal election results will likely be known.

The good news on **broadband** for the area is that the Ontario and federal governments promise a combined \$1.2 billion to bring high-speed internet to 280,000 rural households across Ontario. The not so great news is that no money will be funneled through EORN,

so we won't have control of how and where funds will be spent. EORN will continue to work on other connectivity projects for the region.

**The NU 2 U shop is permanently closing on September 25.** It is open every Wednesday and Saturday from 1pm to 4pm until then. The last yard sale was on September 11. Don't miss your chance to visit this valuable community resource one more time before it closes. It will certainly be a sad day for many in our community, including the many volunteers who kept this operation going for many years.

**The Matawatchan Hall** Saturday social gatherings have ended but

Aerobics Classes (led by Andrea Levy) continue on Tuesdays and Thursdays [usually] at 10am for one hour. The Matawatchan Walking Club continues to be a popular social outlet. They meet at the G-Day Board three times a week on Mondays, Wednesdays and Fridays at 9:00 a.m. Walks are generally an hour long.

**The Denbigh Griffith Lions Club** would like to thank everyone who helped make their Drive Thru Fish Fry a great success. They served over 180 meals! The Lions would like to thank Mike Mundell's Surf and Turf for providing great Fish and Chips! Toll Roads in Griffith and Denbigh were a great suc-

cess. The event was a Denbigh Griffith Lion's fundraiser, which raised about \$3000. The Toll roads were set up in both Griffith and Denbigh. Donations raised will go towards supporting people in our community. The Denbigh Griffith Lions are always looking for new members. If you are interested in joining you can leave a message on the Clubhouse phone at 613-333-1423 or let one of their members know.

**Centennial Lake** will soon be sporting fall colours on its shores and hillsides. It's a beautiful time of year to go for a boat ride. It's such an interesting lake with its many islands, bays, narrow channels, open water, and upstream river

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The Denbigh Griffith Lions Club would like to thank everyone who helped make our Drive Thru Fish Fry a great success. We appreciated all your support. We served 180 plus meals. Thank you to Mike Mundell's Surf and Turf Stores for the great Fish and Chips. The Denbigh Griffith Lions are always in need of new members. If you are interested in joining our club you can leave a message at the Clubhouse 613-333-1423 or let one of our members know.

habitat. Increasingly, many people are enjoying the lake by kayak and canoe since these craft can explore areas of the lake and river that are too shallow for other boats. In our opinion, the Black Donald/Centennial Lake waterway is way more interesting for boaters to explore than Calabogie Lake!

Autumn is a wonderful time to get out for a hike to Dan's Mountain, the Hyland Creek Trails, or Morrow Creek Waterfall. Be sure to wear your orange cap since autumn is also hunting season. Hunting is extremely popular in Greater Madawaska. Hunters anxiously await their favourite season and are attracted here from far and wide. The Township is home to a multitude of hunt camps and the game is varied and plentiful. A large part of the area's appeal is the vast tracts of accessible Crown Land making for a

hunter's paradise. Hunters should make themselves aware of all applicable provincial and local hunting regulations and requirements (i.e., regulations, outdoor cards and licences, local hunting seasons, WMU maps, etc.). This information can be found at: [www.ontario.ca/hunting](http://www.ontario.ca/hunting) (Note: Above Paragraph was excerpted from Greater Madawaska website).

On Thursday, September 3rd we hosted a Music Circle for fully vaccinated musicians at our cottage from 2pm to 5pm. We had eight musicians with various family members in attendance. It was wonderful to share music with a broader base of musicians and reconnect after such a long hiatus due to the pandemic. It was especially nice to see Ginger Miller with her fiddle from across the U.S. border for the first time in almost two years. She came straight



Welcome back Ginger and Happy Birthday! It's nice to see some of our US friends could come back at last.



Terry Godin's garden supersized her sunflowers and many varieties of mushrooms were abundant. She wrote that she misses Jim Ferguson who used to identify mushrooms for her. Lois sent her pics to Colleen Hulett. She says, "Terry is wise not to eat mushrooms she can't identify, even if mice like to nibble on them." and reminds us that she needs side view of stem, bottom of cap, top view and the root to identify them. We tried for you Terry.

from her 80th birthday celebration to join us! We are also looking forward to the Halloween Dance at the Matawatchan Hall in late October, if we are able to have one. Unfortunately, the Festival of Small Halls scheduled for October has had to be postponed.

Councillor Glen Macpherson says that paving of the Matawatchan Road will be completed by the time you read this. Also, the results of the Highway 41 Safety survey have been collated and will need to go to Council. After that, results will be posted on the township website. As of September 10, there is still no timeline for a public meeting with the Ministry, OPP and members of our community.

Celebrations of Life were held for Pat and Clifford Holleran, Ardene Kelly and Christine Ward on September 18 and 19 respectively.

We are sad to say that Corrine McLaren Parks passed away peacefully on September 16, 2021 in her 97th year. Family and friends gathered at the United Church, in Matawatchan on Monday, September 20.

Smudging: In the fall of 2019 we harvested our bountiful crop of sage and made some smudge sticks. We were interested to read an article in the Eganville Leader (September 1, 2021, p. B10) about the various forms of smudging by Aimee

Bailey of Golden Lake. According to Aimee there are four main plant medicines that can be used for smudging. Tobacco is used to ask for clarity. Cedar is used for protection. Sweetgrass is used to attract positive energy and Sage is used to dissolve negative energy.

We can look forward to browsing "The Little White Barn" in the Spring of 2022 for lots of fab farmhouse finds, various unique decor items and small furniture pieces at Margie and Donnie McAlear's home at 2331 Matawatchan Road. Watch for "The Little White Barn" coming soon to Facebook, to get updates on the opening and a possible Christmas event featuring handmade wreaths. Garden tours are always included free!



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



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## Bogie is a Happenin' Place!

This is your column. Contact me to report on anything you find interesting. 613-433-1131 maryjoanhale@gmail.com

By Skippy Hale



One of many Campsites at Calabogie Camping. The facilities have been upgraded with showers and a tuck shop and sites have a fire pit and picnic table.



The newly renovated Trails Edge is where the pizzeria used to be. It's three businesses in one - Alpine Lodge, Calabogie Pizzeria, and Big River Cannabis.



Guests of Calabogie Camping have access to the beautiful beach across the road from the campground. Drive carefully through there. Watch for kids crossing in bare feet.

**First the weather report:** hot and dry, parching gardens and emptying rain barrels, the poor farmers having had to try to keep crops watered and do haying in such extreme heat. Now in September we are beginning to get some rain. Cooler nights are a blessing, although, it means my greedy resident raccoons are raiding my birdfeeders again! I thought I had foiled the chubby critters, but they have bested me once more! Between the blue jays and the raccoons, I will be in the poorhouse. Next year, I will plant more sunflowers and cancel the middleman!

Well, the great news is, **2022 will see the return of the Calabogie Summer Market.** Stacie Ross has taken over from Johnny, the 'Whirling Dirvish' Slack, with help from Janet Stanley, who with her husband Glenn, and Susan Allen initiated the first Summer Market. To kick things off, Stacie has organized the first ever **Calabogie Winter Night Market, happening on November 20th**, from 4 to 8 pm under the roof of the Community Rink at 574 Mill Street. There will be 35 creatives, makers and bakers. All the usual Covid Protocols will be in place. Live music will be provided by Bill Maxwell's Musical Mayhem from 4 to 6, followed by Spencer Scharf from 6 to 8. There will be safe Santa photos, with a local twist of course. Calabogie Coffee will be serving hot beverages and home baking made by Mudders Cupboard. Many of the regulars from the Summer Market will be back including Long Lane Farms, Atypical Tie Dye, quilting by Chris Gordon, Otterburn Maple Farm, Maire-Siobhan's Cards'n'Treasures, Steve Smith Woodworking, Starbright Felting, Calabogie Wild T-shirts, B Please Gear for Pets, Kysako's delicious fudge, Daydreams Pyrography by Dani, and others. There will be plenty of new faces as well including Sofi's Silly Slime, Little Owl Crochet, Poli Woodworking, Jenneth & Bee, Rosa's Bath Boutique, Knotty Porch Knitwear, Cricket Creations, Caprassion Acres Goats Milk Soap, local author Wendy MacFarlane, Free Form Fibres, The Silver Shingle, and many more. Also new, will be local gals Hilary and Jenn Blunden's Shop My Style by J&H women's consignment shop. There will be a fundraising table for Calabogie Animal Rescue, and donations will be collected at the door for the local Food Bank as well. Watch Facebook (Calabogie Market) and Instagram for vendor profiles and a few surprises!

I had a most enlightening day when I visited the **Construction Site of the new OPG Generating Station.** The original station built in 1917 by Calabogie Light and Power Company, one of M.J. O'Brien's companies, was severely damaged by the Tornado of 2018, causing OPG to accelerate their construction



Hilary Blunden and Jenn Blunden's "Shop My Style by J&H" is a new online fashion consignment store for women, based in Calabogie. The stock changes with every season, so it is constantly fresh. You can find them on Facebook.

of a new station to double the capacity from 5 megawatts to about 11 megawatts. It will provide electricity to about 11,000 homes.

I met Steve Repergel, Senior Communications Advisor and Gillian MacLeod, Senior Assessment Advisor at Heritage Point. You may have seen the large, grey turbine and two other large parts of equipment. They were from the 1917 station and donated to our Township as part of the company's commitment to local heritage. They also pointed out a millstone embedded in concrete by the shore of the lake. It always struck me as interesting, but I never knew where it was from. When choosing the original site for the Generating Station, it was necessary to find a place with strong water flow. There was a gristmill and a sawmill, perhaps at the outlet of the island, according to Irene Robillard who wrote a history of Calabogie. They were owned and operated by Ezra Rose and Solomon Holden. If any local person has a family ancestor who worked at this mill, please let me know and provide any pictures you may wish to share.

The Project is consistent with the existing Official Plans for the Township and the County and also consistent with the Water Management Plan for the Madawaska River System under MNR. It's a joint venture between SNC Lavalin and M. Sullivan & Son (SNC Sullivan) who are facilitating economic opportunities for the Algonquins of Ontario and Pikwàkanagàn First Nation, and Williams Treaty First Nation communities through training, employment and subcontracting opportunities. Rentals, restaurants, local contractors and retail businesses are benefitting from the increased number of employees required for the project and OPG and SNC Sullivan have been working co-operatively with the Township and

the Region on issues of mutual interest including traffic management, heritage, and the reuse of materials from the project. The Project has also received a letter of support from the Township.

Several times a day, the road over the dam and the private road into the site are swept and watered down. It was neat to see this in action. Every aspect of environmental protection is considered. Before entering the site we walked up a trail. It was a steep climb over large gravel and deep ruts that passes an area blocked off by yellow caution tape. Gillian was told by the Algonquins that it is a sacred spot. At the top we could see the site across the way.

We headed back to Heritage Point and Steven drove Gillian and I across to the private Generating Station Lane on Cross Island, the hub of the Calabogie GS, that is accessible from Lanark Road. This road follows the southern

channel of the river, the road leading to the site. The road has been widened and as we left the bush, it was like entering a whole new city, like Tatouine! There must be every large machine ever invented on the site, from cranes to excavators of every size and shape! All around, are workers dressed in safety boots, long pants, sleeves and orange vests imprinted with the name of the particular company or subcontractor. Safety First is prime and no more so than during COVID! There are washing stations and sanitizers throughout the site. Vaccination is promoted and at this point they are at 80% with at least one and about 75% with two shots with an aim for 90%. They hosted a mobile clinic at the Bogie Store and a plan is for another in September. Two nurses, Emily Benoit and Tanya Lepine, do COVID testing twice a week. Gillian, Steve and I participated in the process as workers came in for theirs, waiting out-



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Mill stone at Heritage Park was preserved and placed here over 100 years ago when the first hydro station was built.



Row house where Hydro worker families lived. It had fallen into disrepair. Now they are privately owned and have now been demolished by their owners. Pic posted on Facebook by Craig Armstrong.



Donated equipment from 104-year-old Generating Station now at Heritage Point and will have plaques and explanatory signage. They have been cleaned up, painted and protected from environmental damage. L Steve Repergel, Senior Communications Advisor OPG; R Gillian MacLeod, Senior Environmental Advisor, OPG



I was given a grand tour and treated like a VIP. Behind me is the new foundation. Pic taken from coffer dam. Rubble and rebar from 1917 Generation Station far in the background. The construction site is massive.



L-R: Steve Repergel, Gillian MacLeod, Sheldon Chamberlin, my guides for the day

side until we left. Social distancing and Public Health protocols are employed everywhere. With deep water, there are safety fences and warnings everywhere, and lifesaver ring stations. My visit was on the hottest day of the summer and I must say how they work in that hot sun for hours is amazing. I have so much more respect for them. By lunch time, I was wiped! Sheldon Chamberlin, the JV Health and Safety Officer, oversees the Health and Safety and Training Programs. Matt Cummings works for Sheldon and helps with Health, Safety and Training. All staff are given an orientation which includes drone videos of the entire site. This helped put all things in perspective, when walking about the whole area.

Orientation also includes a background prepared by the Algonquins of Pikwàkanagàn to teach respect and understanding of the history and culture. We must remember that the site is on unceded Algonquin territory. There are about 10 members of Algonquin Nations working there. All of the plans are in unity with the Algonquins. As excavation proceeds, if there is any archaeological evidence of burials or habitation, the work must stop until investigated. Thus far, no evidence has been found.

Last month, I wrote about the rise in the water on the North Fork. At present, the water below my house is low enough to walk across. This was done so water could be rerouted, and folks could work in a dry space. A coffer dam was erected and will eventually be removed, and the water will fill in the area of the tailrace and the forebay. We could see the demolished original Generating Station with bits of rebar sticking up behind the foundations of the new one under construction while standing on the coffer dam. It is like a massive chess game where pieces are put in place for other moves and then removed for the next phase. There are many companies involved, each with their own trailers, staff and equipment. For certain procedures, before and after, a dive company is also involved.

Ecology is another part of the whole. Eels are sacred to the Algonquin

people and there has been a problem in the past with loss, so eel ladders are being built. The spawning season of Wall-eye is built into the plans and a large condo has been built for Barn Swallows and now Phoebes moved in too. We could hear the chicks inside. When we visited the condo, a family of ducks came to visit. On the Generating Station Lane, there were signs for trucks to be aware of snakes and turtles. Accommodation will be made for these creatures. Carly Lance, Junior environment Assistant, tests water for turbidity. I was happy to have had the boat trip with Sam and Alanna previously, so I could connect to this information.

We saw three enormous piles of rock from gravel to larger chunks. These are being donated to the Township for their use. This is a win-win situation where the JV does not need to transport tons of rock and increase their carbon footprint and the Township need not send out contracts for roads and other projects. This is another example of working together. The whole project is complex, and this is a small sample of what is happening. More stories will appear as the construction evolves and I hope to have the privilege to write the rest of the story!

The latest topic in the village concerns the purchase of the **former Pizzeria on Calabogie Road**. Well, I interviewed Mark McDonald, the new owner, and it is very exciting news! Mark has converted the building into the **Trail's Edge**. On the top floor, is the **Alpine Lodge**, an 1800 square foot rental space with four bedrooms, two baths, a large living room, kitchen and laundry facilities. This will sleep seven people. Mark hopes to serve outdoor enthusiasts, trail riders, ATVers, snowmobilers, hunters and skiers. The ample parking area will permit space for trailers. On the second floor will be **Calabogie Pizzeria** for Take-out and Delivery. It will open after they hire staff to run it. There is an apartment at the front as well. The buzz, no pun intended, is about the ground floor which will house **Big River Cannabis**. The building has had a facelift and adds a chic touch to the corner of Calabogie

Road and Francis Street. Mark expects that all levels of the building will be open for business in October.

**CARE is looking for fosters.** Every time I see a cute kitten, I am tempted to foster it. The volunteers are grateful for the donation of beer cans, wine and liquor bottles at the Bogie Store and at the Griffith General Store, as well as the coins dropped in jars at the Bogie and Rustic Stores. Every donation helps them rescue and neuter more cats and find homes for them.

**The library is now just open for Curbside Pick-up** on Tuesdays 1-6 and Saturdays 9-12 since school started, in order to protect the health of the children at the school. This announcement arrived at the library on the first day of school after five months of closure. The Staff and Board are working with the RCDHU to determine whether the library can be open after school hours. Ruth is working on programming around the limitations caused by the pandemic. **The reservation system [gmpl@bellnet.ca](mailto:gmpl@bellnet.ca) or phone 613-752-2317 is available for requests.** No one predicted a pandemic when Council moved the library into the school. The Board cooperated to facilitate the move, but during the pandemic, efforts to change or eliminate the administration of this valuable service have been made. Google the Zoom Council meetings for details. Write to the Council to show your concern. As a former CEO/Librarian, I am annoyed by the library being treated as a pawn for political reasons when it is such a miniscule part of the whole budget. This is 2021 for Heaven's sakes, why are we even discussing this? One option was a multi-use Centre at the Community Hall which is seen in many towns and cities, such as Petawawa. I have gone to my granddaughter's hockey tournaments and popped into the library at one such venue. This was not even considered when the move became necessary. Half of the funding for the move came from library savings.

I am always amazed at women's ability to see a need and work on it! The one thing which must be in our genes is the ability to multi-task. I was reminded

of this when I spied one of the vendors who will be at the **Calabogie Winter Night Market**. Hilary Blunden, a young Mom who lives here and her sister-in-law, who lives in Ottawa, both love Fashion and Designer clothes. Hilary has always purchased from consignment stores and they both thought the opportunity to have their own consignment business was a good idea. **Shop My Style** began in 2015. Hilary and her husband wanted to raise their children away from the city and when her husband retired from hockey, they made their summer home a permanent residence and send their children to our small village school.

Their clothing and accessories are visible on Facebook and Instagram. Shoes, bags, some fashion jewellery, scarves and other accessories are part of their inventory. From x-small to plus sizes are welcome. After six years, they are pretty good at eyeing items and determining the price. At the end of season, they discount by 50% on remaining items. Any not sold are returned to the client or donated to charity. Brand name clothing and accessories must be clean, free of stains/rips/holes with attached label and size still in situ. Consigners are given 40% for name brands and 50% for designer brands. Please limit to 25 items at a time. Pick-up or delivery can be arranged through Instagram or Facebook Messenger.

**Do you remember Fawn Ridge?** It is now owned by Sylvain and Jennifer Goudreault, from North of Sudbury and Niagara Falls, presently in Clayton. They love camping and when the opportunity to take their love of camping to the next level arose, they decided to buy Fawn Ridge renaming it **Calabogie Camping**. It has a whole new look! There are new shower and washroom facilities. The showers are large with a bench for those who need it. There are a variety of options available, from R-V sites, remote private tent areas and two cabins. The 35-40 new sites have 50 amp outlets, new water lines and sewers. In the fall, the older sites will be upgraded to 50 amps, new water lines and a new septic system. All sites have a fire pit and picnic table. The two cabins are winterized and the closeness to trails will make them attractive to snowshoers, nature walkers and cross-country skiers. Snowmobilers and Alpine skiers will find an economical way to visit in the winter for \$150/night. The office includes a store for the campers and offers groceries, local maple syrup and wooden carved items from a local artisan. They welcome local artisans' work.

One correction from last month, the fire pit in a photo was one of many at Somewhere Inn' Calabogie.

We were saddened to hear about the loss of Nancy Fulton's father, **Wayne Foster**. I met him several times when the Fultons owned Home Hardware. He had a winning smile and a love of golf. Condolences to Nancy and her family. He was a very nice man.

Condolences also go out to Valerie Popkie for the loss of her father, **Harold Irving**. Condolences to Valerie, Shawn and family at this sad time.



Skippy Hale lives in the original K&P Calabogie train station with her antiques and spends her time in her art studio, her garden of benign neglect and writing. She loves being Nain (North Welsh for Grandma) to her four beautiful grandchildren. Life is good!

**This is not HIStory or HERstory this is OUR Story**Find us at [cloynepioneeremuseum.ca](http://cloynepioneeremuseum.ca) and on Facebook, Cloyne Pioneer Museum and Archives.

By Marcella Neely



Batter Up! Coronation Day Ball Tournament 1953. Branch 328 of the Canadian Legion sponsored the Coronation Day of Queen Elizabeth on June 2nd, 1953. A ball tournament was held at Henry Lloyd's field which was located immediately south of Pine Meadow Nursing Home in Northbrook (near the former helicopter pad). John Bolton remembers the day - he would have been about 14 years old. Students planted trees in Flinton in the morning near the old Continuation School. Later they were bused to Northbrook for a ball tournament among local schools and an afternoon picnic. Small town and rural communities north of Hwy 7 are known for creating their own fun.

All of us who have moved anywhere North of Highway 7 to this lovely peaceful scenic existence are occasionally reminded of the pioneers who did their best to start new lives in this unfamiliar wilderness. They didn't do it alone. They were helped by the people who were here before them, the Algonquins and earlier settlers, and we continue to help one another. When you come from away, regular surprises become normal. "No, you can only get that in one of the cities at least an hour either way." is a common response given to people who are used to city life. There goes a whole day that was meant for completing the project! We ask neighbours and merchants, "Who? Where? and How?"

Everyone is unbelievably friendly and willing to share information, and information and instructions are often accompanied by a story. Conversations often go like this... We need someone to help us pump water from the lake for the garden. You need a certain kind of pump and a foot valve... Of course, it's easy as pie. Not! Wouldn't know where to begin. Will hire someone. Well, there used to be a fellow who was really handy with that sort of thing, but he hasn't

been around for a while. Try asking at the hardware store. Great, off we go to the Hardware store. They can sell us all the parts we need and give us an idea of how to connect everything, but this is overwhelming. Not sure who can do it for us. Maybe one of the local contractors knows someone, but it's summertime and a busy time, and trades are working 'till dark. No time to even return a phone call. Fall is approaching and so much clean up in the yard. Can't Google "helper", maybe "grounds worker". No: We don't need a landscaping service or an arborist or a floral designer, just a pair of hands to use a rake and possibly pruning shears or maybe a spade. Just someone to help out now and again. Well here goes, do it yourself. Do what you can and leave the rest for spring.

All of us out in the country are pioneers in some ways. If we can't get help or find the right tool, we improvise. We make it work and carry on. After years of hit or miss and eventually finding someone who knows someone, we meet friends and neighbours who are true treasures. And we wouldn't want to live anywhere else.

These memories are triggered as "For Sale" signs spring up



The 1947 Lumbermen's Picnic in Cloyne was a roaring success with attendance figures ranging from 6,000 (Globe and Mail) to 12,000 (Toronto Evening Telegram) depending upon the reporting. A platform for speeches and dancing was erected to the north side of the old Barrie Hall. The Hall would be to the far right in this photograph. Many of the large pines in the background were lost to the microburst in 2002. The Pioneer Museum would be situated in the top left-hand corner. One of the visiting dignitaries was Barbara Ann Scott pictured above sitting to the side of the old Barrie Hall in Cloyne. Barbara Ann had finished earlier in the year of capturing gold in both the European and World Ladies Figure Skating Championships. Part of the Alkenbrack Family Album.

like dandelions and are just as quickly replaced by "Sold" signs. Certainly, some of these folks are of the area and only upgrading or downsizing, but for those who are moving in from urban areas, adventures await. Refreshingly, there are many recreational and social activities for our leisure. For such small communities there is a lot going on that we make happen ourselves. We have movie nights, bingo, euchre, line dancing, outdoor groups, singing groups, crafting, painting,

reading, quilting and more, just like in the old days. Whatever your interests, you are bound to find companionship. Our Cloyne and District Historical group is focused on local history. Our meetings are open to everyone. We welcome new members. When we resume activities, we will be meeting on the third Monday of the month in the Barrie Hall in Cloyne across from the post office. Watch local papers for information about subject and content.

In the July-Aug issue Bert Snider's wife was incorrectly named Shirley. Her name is actually Judy.

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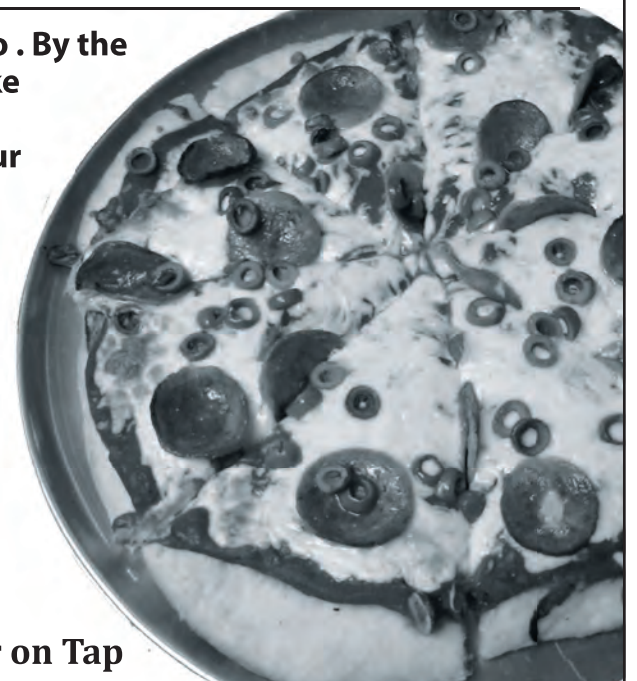
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Ontario and Canada promise \$1.2 billion to bring high-speed internet to 280,000 rural households across Ontario, but not through EORN. Which areas will be served?

Rain falls on Greenland's snowy summit for the first time on record. Heat, rain led to massive melt of 872,000 sq kms. No tools were present to measure rainfall amounts.

Warming Arctic linked to polar vortex outbreaks farther south. Warmer air weakens the vortex, which normally keeps cold air trapped in Arctic, letting it go south.

Massive BC sea cucumber die-off creates alarm. Canada does about \$30 million in sea cucumber trade. If we lose the "vacuum cleaners" of the sea we are in trouble.

95% of existing ocean climates could disappear by 2100 if CO2 emissions continue to climb. Coral, shelled organisms face new threats as climate warms.

Animals are getting larger beaks, legs and ears that allow them to better regulate their body temperatures as the planet gets hotter, with birds particularly affected.

Ottawa's FoodCycler quickly turns food waste into composted soil that can be used as fertilizer – on your counter. If we all did this, we wouldn't need food waste trucks.

Traxx Coachlines drove from Kamloops to Vancouver to test their new zero-emission motor coach's range and abilities in the mountains and set world record

Algeria halted sale of leaded gas last month, UN declares official end of its use in cars

Drought shrinks Canada's wheat by 35% to 14-year low, shrivels canola harvest. Canadians face sticker shock at grocery stores as drought takes toll on crops

'Unprecedented collapse' in wholesale lumber prices, 70 % since May, forces one Canadian sawmill to curb production. When will retail prices drop?

Ogwiidachiwaning Sustainable Forest Management Indigenous, industry partnership given licence for Kenogami Forest on northwestern Ontario Crown land

Bearspaw First Nation gains control of savings fund. Under the Indian Act, Canada is trustee of all energy royalties and money from Indigenous land, timber and gravel

Ryerson University to change name amid reckoning on Indigenous residential schools. Egerton Ryerson, a co-architect of the residential school system

BC man went to cook a Cambodian delicacy, a duck egg. When he noticed a beak poking out of the shell he adopted "Tiny" who follows him gladly to the beach.

India approves world's first COVID-19 DNA Zydus Cadila's vaccine effective against Delta variant. 3 doses administered by a needle-free applicator. A "jabless jab".

Unvaccinated British Columbians cite a number of reasons for waiting. For some, a new proof of vaccination plan is finally driving them to get their first dose.

Ontario Health Minister: Vaccine bookings doubled after certificate announcement

Ontario extending three-day pandemic sick leave program to end of 2021 for self-isolation requirements, reimbursing employers up to \$200 per day

Alberta Human Rights Commission dismisses Edmonton mask complaints – Face shields, online, phone shopping options were offered to those who can't wear masks

Quebec judge rules boy, 12, can get COVID-19 vaccine despite father's objections

Extensive international university surveys and psychological tests characterized rule breakers with extraversion, amorality and uninformed information-gathering

300+ Ontario physicians sign open letter demanding pay increases for nurses

Mass social-media-induced illness in teenage girls is on the rise. Girls develop tic-like behaviors, subconsciously mimicking TikTok videos by person with Tourette's

ON Superior Court certified a class-action lawsuit against fourteen insurance companies that denied business interruption claims related to COVID-19

Child and youth home care in the Champlain region is moving from Home and Community Care Support Services to CHEO for a more streamlined continuum of care.

Tripadvisor Travellers' Choice Best of the Best Awards placed scuba diving paradise Tobermory, Ontario on the list of the top emerging destinations worldwide.

Despite last year's spike in incidents of gun violence, stunt driving and more amid lockdown, Toronto was ranked the 2nd safest city in the world, after Copenhagen

TTC investigating video of man riding on outside of Line 2 subway train. ChaseTO, where the video was posted also features clips of other crazy stunts.

A Vancouver nudist beach named one of the world's top skinny-dipping spots

32-year-old man facing charges after allegedly biting a Vancouver Police dog

16 million views: Vancouver woman's wingless yellow-faced bumblebee slept on a tiny doll bed in a terrarium, rode on her shoulder and communicated needs, moods.

Canadians with lowest credit scores led wave of pandemic credit debt repayment. Mortgage debt, however, rose by a record \$99.6 billion over the same period.

Some kind-hearted strangers contributed \$4,500 to a waiter who allegedly was stiffed by homophobic customers at a restaurant in Wisconsin.

Ontario government didn't test enough and ignored warnings before bungled blue licence plate rollout, documents show.

Ontario fought against treating COVID-19 as an airborne threat in hospitals — and won. Outbreak at Hamilton hospital showing it might have been a false move.

Doug Ford's government has lost more than a dozen court cases against its legislation

Robert Kennedy assassin Sirhan Sirhan granted parole, said he doesn't remember the killing. Also said he did it because Kennedy's support of Israel enraged him.

Girl Reading a Letter at an Open Window by Vermeer restoration reveals portrait of Cupid where there was a blank white wall. We now know it's a love letter.

Instagram to require users confirm their birthdays as part of youth safety push

China limits children to no more than 3 hours of video games a week. All video game companies that operate in the country to set up real-name verification for players.

China court said the overtime practice of working 9 a.m. to 9 p.m. 6 days a week is illegal, a policy common among tech firms that gave them an advantage over the US

Chinese schools cut back on language classes and tutors face crackdown. Worried parents fear it will reduce their ability to communicate with the outside world

Taliban to rely on Chinese funds, spokesperson tells Italian newspaper

Canada directed state-owned Chinese telecommunications firm to divest its stake in a Canadian subsidiary over national security concerns, prompting a court challenge

Delta pilot Alexander Kahn, who flew plane ferrying Afghan refugees out of Germany is the son of a Holocaust survivor: 'I was able to put myself in their position'

Stunning new bridge over Rideau Cannal in Ottawa is lit up at night, which attracts spiders to spin webs over the lights, casting giant "Maman" moving spider shadows

Over 500 Years Later, MIT Proves That Leonardo Da Vinci's 918ft bridge tall enough to allow a sailboat to pass would have likely revolutionized architecture if accepted.

International Space Station facing irreparable failures, Russia warns. It was built in 1998 and originally designed for a 15-year lifespan.

Russia's orbital space station to use artificial intelligence, expected to use robotics, extravehicular robots and will be launched in five to six years.

A government research organization in China has outlined plans to design and build "ultra-large" spacecraft, potentially miles-wide and assembled piecemeal in space.

Pandemic-caused liquid oxygen shortage impacts launch schedules

Scammers sending emails that look like big name brands that claim a large purchase has been made on the victim's account. Do NOT call to cancel the fake purchase.

Kevin O'Leary, Kevin Harrington sued for fraud through the alleged use of fictional executives, false financial success promises, and promises of Shark Tank appearance

Apple delays plan to scan iPhones for child abuse images. The feature, intended for iOS 15 and MacOS Monterey, raised a number of privacy concerns.

3 NFLD acquaintances realize they are a father, son and grandson, thanks to DNA test. They share a love of mechanics and reunited on a Newfoundland racetrack



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## Planting Hardy Fruit Trees that will Outlive You

By Robbie Hana Anderman

Pic by James Beheshti unsplash.com

Fruit trees are generally a long-term agricultural investment, so pick your site well, and pick your tree even more carefully for results that might outlive you.

When I first moved to this area in 1969, there were apple, and some plum, orchards on every farm, even on most abandoned farms. The wide selection of varieties was awesome, and all were hardy enough to endure the coldest weather this area could dish out.

Sadly, most of these orchards have succumbed to neglect, overgrowth of the forest, and clearing of the land for other crops. Still, they prove that this area can provide good habitat for hardy fruit trees.

The first criterion one needs to consider when choosing a tree to plant, is whether it is sufficiently hardy to thrive in its intended location, not just survive. A handy reference is the Plant Hardiness Zone map of Agriculture Canada. The Arctic is Zone 0, while Windsor's banana belt is Zone 7a. Renfrew town is about 4b, Pembroke town is Zone 4a, Perth and Ottawa are in Zone 5, and western Renfrew County is Zone 3b or even 3a.

Each site will also be influenced by whether it faces south or north, whether it is exposed to strong winds, is close to a stabilizing large body of water, and whether it is close to a building, or is at the bottom or top of a hill. Planting a tree that's not fully hardy to your location is playing the "horticultural lottery".

Thankfully most nurseries and tree merchants do label their trees with "hardy to Zone X", so intelligent choices can be made before buying a tree. There are also numerous publications by Ag Canada and OMAFRA, plus books by orchardists which describe not only the hardiness zones for many varieties, yet also taste, color, and size qualities.

It's worth keeping in mind, even while considering the climate changes we're enduring, that there have been "Test Winters" (1904, 1917, 1934 & 1981) which were especially cold, proving which varieties really will survive in an area. We lost several great trees with delicious fruit in 1981, the same year that 30% of all commercial apple trees in Quebec died. Bartlett pears also proved they could not be a guaranteed survivor in the Upper Ottawa Valley.

Thankfully, there are many excellent hardy varieties of apple, pear, cherry and plum that have been developed by orchardists in Canada and the northern USA over the past many years. Challenged by adversity, they arose to it and came through with flying colors of good fruit for 'most every locale. I have sought out the research of the Prairie orchardists and found many varieties that are very happy in Zone 3a, while taking a chance in the horticultural lottery with a couple from Zone 4.

For pear trees, I suggest planting trees with rootstocks of *Pyrus Ussuriensis* (Harbin Pear). These are from a region of Northern China/ Siberia which missed the last Ice Age, thus had a longer time to develop true hardiness. Their genes have been bred into many varieties that are also on the market. They have the benefit as well, of being immune to Fire Blight, the scourge of European pears, as well as not attracting many bugs or other diseases.

When planting, keep these



principles in mind: Plant your trees far enough apart so they will not touch each other's branches when they are fully mature (yes that little tree will spread to 25 feet wide), plan for good drainage, dig the hole 2 - 2.5 feet deep and wide enough to fit all the roots without bending, put the top soil on the bottom & the sub soil on the top, keep the roots wet until well planted and then water 2 - 3 gallons when the hole is half filled and another 2 - 3 gallons when fully planted, then pack the soil well to eliminate all air pockets.

After planting, it's best to water with 5+ gallons 2 - 3 times a week minimum for the first growing season. Remember that 90% of the feeder roots are in the top 6 inches of soil. Mulch the "drip line" (outer extent of the branches) well with hay, straw, or rotten old sawdust to help maintain moisture, encourage decomposition right where the feeder roots are, and to help keep the weeds and grass down. Do keep this, mulch at least a foot away from the trunk so as not to provide rodents a home with "lunch" too nearby.

With this in mind, do put a plastic or hardware cloth wrap around the tree before winter to discourage rodents and rabbits, at least as high as the snow drifts in that particular spot. To deter deer, install a fence higher and wider than the baby tree is. Three tall stakes will work, although it may need raising as the tree grows. An electric fence will do the necessary work for larger plantings, and will even keep away the bears. Obviously, we're growing tasty good food — for them.

Well composted manure placed under the mulch before mid-June is the best fertilizer, though foliar feeding before mid-summer, and kelp & ground-up rock mineral soil amendments are also excellent to include under the mulch.

Organic fruit has been called the "Final Frontier of Agriculture", as it is very challenging, especially apples, yet worth it in taste and health safety. It's the way our great-grandparents grew their orchards, while incorporating many new beneficial techniques. [groworganicapples.com](http://groworganicapples.com) is a great resource to help with this, as is their

book "The Apple Grower".

Integrated pest management (IPM) is another growing practice that is popular and helps keep down the application of chemicals, and their costs.

If you are fortunate enough to live on a farm with an old orchard, it is well worth the effort to regenerate it. First cutting all underbrush and shading trees within 50 feet, then cutting up the dead wood, followed by clearing up the middle so you can climb the tree and the sun and air movement can penetrate it.

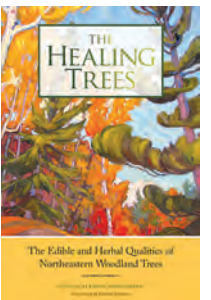
Using lots of good hay as mulch has been proven in studies to be enough good fertilizer and provides enough habitat restoration to bring them back to health and good productivity.

It can take a new tree 5 to 10 years to come into production, depending on whether it is semi-dwarf or standard. A well-maintained standard tree can produce good fruit for about 100 years. Hardy fruit trees provide a great return on investment.



Robbie Anderman has had an intimate working relationship with Trees for several decades, as orchardist, Tree-nurseryperson, 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. Morninglory 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.

Robbie Anderman's 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),



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# Tick Talk – Hope on the Horizon

By Lesley Cassidy

The year 2023. Could it be the last year we worry about ticks and contracting Lyme disease? In the 1990s, tick populations were low, Lyme disease was considered rare, and it was a condition that few people experienced. At the same time, the rest of us continued hiking, four-wheeling, gardening and enjoying many different types of outdoor activities. Over 400,000 people in the United States are diagnosed with Lyme Disease every year. Due to warming temperatures, the tiny pests marched north, and Lyme has become the most frequently reported disease transmitted from animals to humans in Canada. It has been found on every continent but Antarctica.

Is there a way to prevent Lyme other than not opening your front door and stepping foot outside? Well, good news - medicines are in development and a device to rapidly test ticks for Lyme. Unfortunately, these new options don't help those who have already have contracted Lyme.

Named after a town in Connecticut, United States, where numerous people suffered from puzzling but similar symptoms in the early 1970s, Lyme was officially recognized in 1982 after much advocacy work by two local mothers and a researcher who identified where the illness originated. It's a disease transmitted through the bite of a tick if the tick is infected with the bacteria that causes Lyme. Ticks hang out in tall grass, shrubs and wooded areas and pick up the bacteria from infected mice, rodents and deer. Those bitten by a tick infected with the



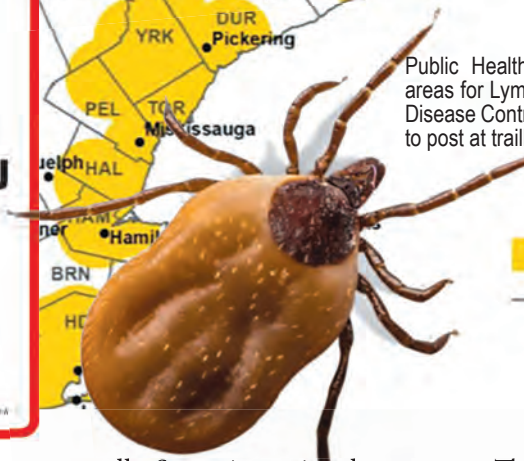
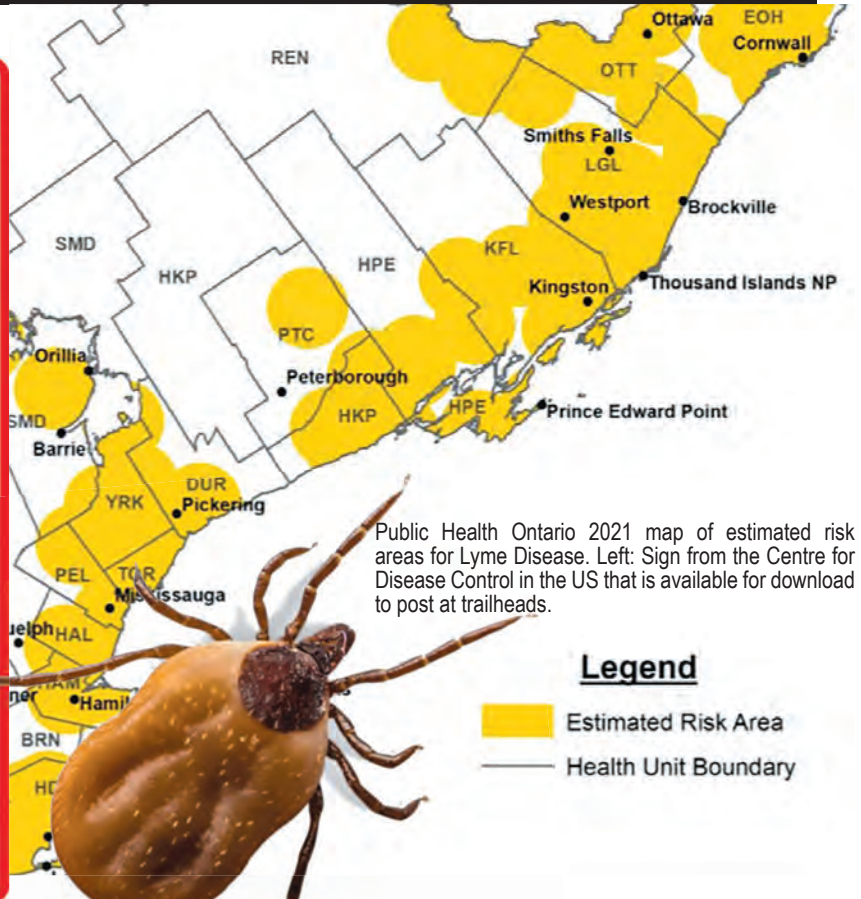
## PREVENT TICK BITES!

- WEAR REPELLENT
- CHECK FOR TICKS DAILY
- SHOWER SOON AFTER BEING OUTDOORS
- CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH

For more information: [www.cdc.gov/ticks](http://www.cdc.gov/ticks)



Centers for Disease Control and Prevention  
National Center for Emerging and Zoonotic Infectious Diseases



bacteria may experience minor health issues that seem almost flu-like; however, left untreated, they can lead to critical health issues. Diagnosis and treatment of Lyme disease have been contentious for many years.

A significant part of the problem with obtaining treatment is that it's difficult to diagnose. Fever, chills, headache, stiff neck, muscle aches, swollen lymph nodes and facial paralysis are symptoms of Lyme and for many other medical

conditions as well. Sometimes in the shape of a bullseye, a rash may appear on the skin around the infected bite, a tell-tale sign, but does not occur for everyone. Researchers developed tests to support diagnosis, and doctors typically prescribed a standard short treatment of antibiotics.

In more recent years, science has demonstrated that the tests do not always accurately diagnose the illness for everyone in the early and sometimes late

stages. The prescribed treatment of antibiotics when the disease is caught early has been effective overall. Despite antibiotic therapies, some people go on to experience debilitating and long-lasting symptoms. And for those who are not diagnosed quickly or misdiagnosed, the long-term effects may be severe. According to the Province of Ontario's website, "If not treated, it can make you feel tired and weak and, if it gets really bad, it can even harm your heart, nerves, liver and

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How to dress when going for a walk in the woods? Long sleeves, and pants tucked into the socks, with the baby stroller covered with netting. Source: Health Canada

joints. Symptoms from untreated Lyme disease can last years and include recurring arthritis and neurological problems, numbness, paralysis and, in very rare cases, death. Concerns have been identified from some in the medical and research community about the long-term consequences of antibiotic use. Many people end up taking antibiotics intermittently for years in an attempt to deal with the disease and its symptoms. With Lyme being challenging to diagnose, an absence of knowledge of all the long-term consequences and patients experiencing life-altering symptoms without treatment options – steering clear of ticks is critical.

Surprisingly, in 1998, you could receive a vaccine in the United States

called LYMERix. It was discontinued in 2002 due to lack of demand and concerns over potential risks. However, the side effects were later proven not related to the injection. Ironically, your dog can receive a shot or a pill that prevents Lyme disease from taking hold.

Both Valneva and Pfizer are working in partnership to develop a vaccine, the VLA15, and it's in the second phase of human trials, administered to over 800 people in the United States and Europe. The vaccine's target audience would be adults and children, with preliminary results demonstrating strong immunity (over 90%).

At the University of Massachusetts, their medical school (MassBiologics) in Boston is working on an injection called LYME PrEP that blocks the transmission of the disease from the tick and leaves the human protected. It works when the injection places antibodies in the human body. When a tick bites, the antibodies kill the bacteria inside the tick; essentially, the shot treats the tick, not the humans. The clinical trials should end in April 2022. In February of this past year, 66 patients received the shot, and the next phase will be broad in scope and examine its success over a season. Later in 2023, the team hopes to distribute the seasonal shot widely.

A made-in-Canada diagnosis tool is in the early development stages as well. Led by Queen's University in Kingston, a doctor has developed a device to extract DNA from ticks. This portable device would quickly identify Lyme disease. Typically, labs require up to 48 hours (and sometimes a lengthier wait)

for results from testing of the tick. This new device would provide an answer within three to four hours, and it's part of a larger project designed to reduce the misdiagnosis of Lyme disease.

All good news? Not quite. Ariane Quintal, a bioethicist from the University of Montreal, has battled symptoms of Lyme Disease for more than five years. It took three years to diagnose her situation correctly. As much as the vaccine news is positive, she feels that it's the treatment of Lyme disease and its debilitating effects that should receive attention. She shared that "more money should be put into trying to find treatment and a cure for the complications from Lyme disease". She understands the logic as to why pharmaceutical companies are investing in vaccines. Still, little research and resources are directed to help the many people who already have Lyme and live with the long-term consequences it presents. Many of these people seek out medical and naturopathic doctors who are "Lyme literate" to help them live with the long-term outcomes. Quintal shared that a vaccine may lead people to develop a false sense of security, thinking they no longer have to wear long sleeves and pants when outdoors because they are fully immunized. In reality, it is not 100% protective.

Quintal commented that we should continue with preventative measures to reduce the risk of contracting Lyme disease. The Province of Ontario and numerous health organizations share the following essential preventive measures: wearing light coloured clothing (it helps to spot the tiny bloodthirsty

insects), covering up exposed skin, and checking ourselves and our pets. Shower as soon as possible after being outdoors. Dry your outdoor clothing in the dryer for 10 minutes; this kills the ticks that may have landed on your clothing while you spent time outside.

If you do find a tick attached to you or your pet, grasp the tick as close to the skin's surface as possible and pull straight upward. Clean the site with soap and water or rubbing alcohol and wash your hands afterwards. Call a medical professional to determine if you should keep the tick in a plastic bag (for testing) or dispose of it. Not every tick carries the Lyme bacteria; monitor your health for any changes or symptoms that may occur between three and thirty days from when you found it.

Hope is on the horizon for everyone who loves trails and outdoor activities. Enjoy the fall! Follow the preventative measures – Lyme disease is then less likely to happen to 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 passtimes 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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# The Great Water - The Land Since Time Immemorial

By Tim Yearington  
Grey Thunderbird Man

Traditional Indigenous perspectives, teachings and ways of life are becoming increasingly important and many people are now discovering the great wisdom our worldview shares. Students at primary, secondary, college and university levels now have opportunity to learn about Indigenous worldview because Canada is taking some responsibility to help educate the next generation due to the recommendations of the Truth and Reconciliation Commission. Those teachings are rooted in the ancestral importance of what today is often called "Land-based Learning". This kind of learning is critical because the more we participate with the land, the more we can learn from the land, our shared Mother Earth. As an Algonquin-Métis writer my intention is to bring needed awareness to the Indigenous Worldview, native to a vast area of present-day Canada, and help others see Our Home on Native Land in a new way.

Since time immemorial, our prehistoric Algonquin ancestors lived throughout all the wilderness highlands, forests, rivers and lakes of much of what is now Canada east of the Rockies and in north-eastern parts of the U.S. Nobody really knows for sure how long that is, but when we do the Ice Age math and merge the numbers with our own Algonquin Creation Story – the flood myth native to this territory – it was likely about 10,000 years ago. This is believed to be around the time our own story, an oral account, emerged about the creation of Turtle Island. But before I tell you that, let's take a solid look at our original stone foundation.

Beyond the flat, fertile farmlands of the Ottawa River Valley, the land rises in elevation. Old fields and farms give way to the ancient bedrock of the Canadian Shield and the rise of the Madawaska Highlands. When the over two-kilometre thick Laurentide Glacier of the last Ice Age began melting away 18,000 years ago, an immense amount of glacial melt water formed. With so much fresh water, most of it flowed downhill and met the ocean. 12,000 years ago, these fresh melt waters mixed with the salty ocean and formed the Champlain Sea. This vast sea reached inland a bit further than the current town of Deep River. Millennia before the first European explorers, fishermen, colonists and settlers ever set foot here, the rocky elevated edges of the Madawaska Highlands were the shorelines of that ancient, glacial Champlain Sea. Waves once lapped here against the resistant bedrock that composed a post-glacial scene, a barren stone landscape of inlets, bays, points and rocky islands. Stretching northward, this entire land is where our distant Algonquin ancestors once walked, fished for trout, trapped rabbits, hunted caribou, camped in wigwams, told stories, lived life well, and prospered.

Omamiwinini means "Those who wander". Our elders teach us the



A Turtle Rock Medicine Wheel represents life's never-ending cycle (birth, death, rebirth) and each stone or spoke in the wheel focuses on a different aspect. It is a ceremonial center, an astronomical laboratory like Stonehenge, a place to pray and meditate, a connection to nature, and a focus for enabling connections with all creation.



Ginawaydaganuc, pronounced with a soft 'g': gee-na-way-dag-a-nook: All is Related in the cosmic world. My paintings depict Turtle Island, left, and Algonquin Worldview, right.

Omamiwinini Anishinaabeg have been here in this territory, on these lands, "since time immemorial". This is a distant time going back to around 10,000 years ago, when the glacier of the last Ice Age was melting away, and the ocean levels rose worldwide, giving rise to all of the ancient flood myths and stories told by human culture on planet Earth and since time immemorial our Algonquin ancestors called it "The Great Water".

As the heavy ice disappeared, the land gradually rose again, and the landscape continued to rebound, rising above the level of The Great Water. Our ancestors were present at that distant time and over many generations saw that the land was growing! Our people remembered what happened and so they composed a flood myth – our Algonquin Creation Story – to help make sense of the matter. This very ancient tale tells of a time when the shell of a turtle rose out of the depths of The Great Water to save all the animals and humans who survived the struggle of the Ice Age.

*"All the beings alive at that time – crawlers, walkers, swimmers, fliers and humans – each tried to dive down to the bottom of The Great Water to get some mud. Each tried and each failed. Except for little Muskrat. She was able to dive way down to the bottom! There she retrieved a tiny paw full of mud. This mud was spread out all over the back of Turtle's shell and as the winds of the Four Directions blew to dry the mud, the earth on Turtle's shell grew thicker. Soon a massive island – Turtle Island –*

*came into being. From the old mud new earth was created. It formed the land, and therefore a home, for all the beings. Now the humans, too, had a new home, a New Earth for a new beginning upon the solid stone foundation of the Great Turtle's shell."*

Although these lands are home today to many people from various parts of the World, they are still the traditional territory – the unsundered lands – of the Algonquin people.

When the initial French men arrived in the early 1500s and developed relationships with the various Indigenous populations of the St. Lawrence and Ottawa River valleys, the first *métissage* (interbreeding) occurred and thus the first *Métis* (mixed) people came into being. The French mixed with many Indigenous peoples such as the Mi'kmaq (Micmac), the Innu (Neskapi/Montagnais), the Wendat (Huron), Omamiwinini (Algonquin) and Mohawk. These first hybrid peoples were often called Les Canadiens in French. As biological halfbreeds of both Indigenous and European blood, the land naturally became home to these new mixed peoples. Two cultures merged as one. And soon the original territory of the Omamiwinini (Algonquin) also became the native homelands of the Métis too; before, during and after the fur trade.

Eventually when European colonists, settlers and homesteaders arrived and laid down their stone foundations here, the hope was that the good-hearted Indigenous mindset of shared territory – cautiously granted to the newcomers – would remain a positive constant. But unfortunately, history proves otherwise even though the land itself, beneath our very feet, is still "Mother Earth" to us all. To this day we Algonquin-Métis believe we cannot "own" the land. Ownership is merely an idea. How can you own your own Mother?

Indigenous peoples here really had no choice then but to share their territory with the newcomers complete



Our ancestors were on this land that surrounded the ancient Champlain Sea. Their accounts of how the land rose as the heavy sea retreated became the legend of The Great Water and the origin of Turtle Island and all the life on it.



A Turtle Island petroform. Different kinds of petroforms are used for astronomical, religious, sacred, healing, and mnemonic devices for teaching purposes. Some include a rock cairn or inukshuk, an upright monolith slab, a medicine wheel, a fire pit, or sculpted boulders

with their colonial tactics and powers comprised of rules and laws entirely alien to this territory. Sharing the gifts of the land was logical because this spirit of generosity was, and still is, our way of life. However, it's easy to see this ancient teaching of generosity was severely taken advantage of to the point that Indigenous territories became stolen lands for the new "Dominion of Canada" regardless of the best attempts of the treaties. In 1890, Canada began enforcing its "Effective Control" of all traditional Algonquin lands on both sides of the Ottawa River. My own Algonquin and Métis ancestors lost their lands, and their homes, for the creation of Petawawa Military Camp in 1907.

But we're still here! And we do our best to embrace and share the tales and teachings of our ancestors because there's wisdom in them that we all really need right now. To help all of us feel better we just go out and walk upon the bedrock shell of the Great Turtle. It's here we can still learn the traditional, land-based "Way of Life" of our ancestors. And we visit them by visiting the land. By returning to the land, we all gain good medicine. **We're all native to the Earth.**



Tim Yearington, Grey Thunderbird Man, is a Métis-Algonquin traditional knowledge keeper, elder, teacher, guide and spiritual helper. As a writer he is the author of two books that share traditional Métis-Algonquin worldview. He is working on his third book about sacred sites his ancestors revered on the Mattawa River. Tim and his ancestors are from Kitchizibi (Great River) Algonquin Territory known today as the Ottawa River Valley. Email: timyearington@gmail.com Website: www.timyearington.com Mobile: 613-328-4815



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## Boosting Immune Defenses Naturally

Part 2 By Derek Roche



Pic by Noah Buscher unsplash.com

In last month's paper, I provided our readers with 5 tips to maintain a strong and healthy immune system. These included getting adequate sleep, eating whole plant foods, healthy fats and fermented foods, as well as limiting your sugar intake. In this month's Highlander I am providing 4 more helpful tips for staying strong and healthy.

### 1. Engage in moderate exercise

Although prolonged intense exercise can suppress your immune system, moderate exercise can give it a boost. Studies indicate that even a single session of moderate exercise can boost the effectiveness of vaccines in people with compromised immune systems. What's more, regular, moderate exercise may reduce inflammation and help your immune cells regenerate regularly.

Examples of moderate exercise include brisk walking, steady bicycling, jogging, swimming, yoga and hiking. Most people should aim for at least 20 minutes of moderate exercise per day.

### 2. Stay hydrated

Hydration can protect you from

germs and viruses by keeping your first line of defence, the mucous membrane in your nose, mouth and lungs moist and strong. Further, hydration is important to your overall health, as dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

To prevent dehydration, you should drink enough fluid daily to make your urine pale yellow. Water is recommended because it's free of calories, additives, and sugar. While tea and juice are also hydrating, it's best to limit your intake of fruit juice and sweetened tea because of their high sugar contents.

As a general guideline, you should drink when you're thirsty and stop when you're no longer thirsty. You may need more fluids if you exercise intensely, work outside, or live in a hot climate. It's important to note that older adults begin to lose the urge to drink, as their bodies do not signal thirst adequately. Older adults need to drink regularly even if they do not feel thirsty.

### 3. Manage your stress levels

Relieving stress and anxiety is key to immune health. Long-term stress promotes inflammation, as well as imbalances in immune cell function. In particular, prolonged psychological stress can suppress the immune response.

Activities that may help you manage your stress include meditation, exercise, journaling, yoga, and other mindfulness practices. You may also benefit from seeing a licensed counsellor or therapist, whether virtually or in person.

### 9. Supplement wisely

It's easy to turn to supplements if you hear claims about their ability to treat or prevent COVID-19. However, these assertions are unfounded. There is no scientific evidence to support the use of any supplement to prevent or treat COVID-19. However, some studies indicate that the following supplements may strengthen your body's immune response:

- **Vitamin C.** According to a review in over 11,000 people, taking 1,000–2,000 mg of vitamin C per day reduced the duration of colds by 8% in adults and 14% in children. Yet, supplementing did not prevent the cold to begin with.

- **Vitamin D.** Vitamin D deficiency may increase your chances of getting sick, so supplementing may counteract this effect. As we live in Canada, the amount of sun on our skin is dramatically reduced for 9 months of the year. This puts all of us into Vitamin D deficiency. I recommend taking 4000 iu per day during the winter months to maintain healthy bones and immune system.

- **Zinc.** In a review in 575 people with the common cold, supplementing with more than 75 mg of zinc per day reduced the duration of the cold by 33%.

- **Elderberry.** One small review found that elderberry could reduce the symptoms of viral upper respiratory infections, but more research is needed.

- **Echinacea.** A study in over 700 people found that those who took echinacea recovered from colds slightly more quickly than those who received a placebo or no treatment.

- **Garlic.** A high quality, 12-week study in 146 people found that supplementing

with garlic reduced the incidence of the common cold by about 30%. The Chinese have a saying about this wonderful root. "Garlic cures everything but what it gives you, bad breath!"

While these supplements demonstrated potential in the studies mentioned above, that doesn't mean they're effective in curing or stopping COVID-19. However, by boosting your immune system using all of the advice in this article and last months can reduce the impact and possibly shorten the length of any illness.

### Summary

You can make several lifestyle and dietary changes today to strengthen your immune system. These include reducing your sugar intake, staying hydrated, working out regularly, getting adequate sleep, and managing your stress levels.

Although none of these suggestions can prevent COVID-19, they may reinforce your body's defenses against this and other harmful pathogens.

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



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**So Much to Remember**

By Ernie Jukes - Artist, Writer, Rover

This Highlander edition is the last regular edition before Remembrance Day. The October edition will be for short story contest entries, so I will take this opportunity to reflect, to remember, and to revere the men and women who serve to preserve our freedom.

Almost every one of our readers and every Canadian family has a military memory of which we can be proud. Unfortunately, many have recollections of wounds and death. In fact, our numbers so sadly lost during the First World War were so high that we never recovered. Thus, contributing to our small population today in this vast country, the 2nd largest in the world. I have more to say about that terrible conflict and our own family hero Major Arnold Homer Jukes DSO, MC and Bar. who accomplished some special feats in Flanders, Passchendale, the Somme, and Vimy... to help keep us safe.

In reviewing interesting material for this Remembrance Day, I came upon a salute to our brave and modest nation from Kevin Myers a writer of The Sunday Telegraph, London, England. His thoughts were excellent. So good in fact, that I wanted to share them with all our Highlander readers...

The country the world forgot - again, By Kevin Myers 21 April 2002

"UNTIL the deaths last week of four Canadian soldiers accidentally killed by a US warplane in Afghanistan, probably almost no one outside their home country had been aware that Canadian troops were deployed in the region. And as always, Canada will now bury its dead, just as the rest of the world as always will forget its sacrifice, just as it always forgets nearly everything Canada ever does.

It seems that Canada's historic mission is to come to the selfless aid both of its friends and of complete strangers, and then, once the crisis is over, to be well and truly ignored. Canada is the perpetual wallflower that stands on the edge of the hall, waiting for someone to come and ask her for a dance. A fire breaks out, she risks life and limb to rescue her fellow dancers, and suffers serious injuries. But when the hall is repaired and the dancing resumes, there is Canada, the wallflower still, while those she once helped glamorously cavort across the floor, blithely neglecting her yet again.

That is the price which Canada pays for sharing the North American Continent with the US, and for being a selfless friend of Britain in two global conflicts. For much of the 20th century, Canada was torn in two different directions: it seemed to be a part of the old world, yet had an address in the new one, and that divided identity ensured that it never fully got the gratitude it deserved.

Yet its purely voluntary contribution to the cause of freedom in two world wars was perhaps the greatest of any democracy. Almost 10 per cent of Canada's entire population of seven million people served in the armed forces during the First World War, and nearly 60,000 died. The

great Allied victories of 1918 were spearheaded by Canadian troops, perhaps the most capable soldiers in the entire British order of battle.

Canada was repaid for its enormous sacrifice by downright neglect, its unique contribution to victory being absorbed into the popular memory as somehow or other the work of the "British". The Second World War provided a re-run. The Canadian navy began the war with a half dozen vessels, and ended up policing nearly half of the Atlantic against U-boat attack. More than 120 Canadian warships participated in the Normandy landings, during which 15,000 Canadian soldiers went ashore on D-Day alone. Canada finished the war with the third largest navy and the fourth largest air force in the world.

The world thanked Canada with the same sublime indifference as it had the previous time. Canadian participation in the war was acknowledged in film only if it was necessary to give an American actor a part in a campaign which the US had clearly not participated - a touching scrupulousness which, of course, Hollywood has since abandoned, as it has any notion of a separate Canadian identity.

So it is a general rule that actors and film-makers arriving in Hollywood keep their nationality - unless, that is, they are Canadian. Thus Mary Pickford, Walter Huston, Donald Sutherland, Michael J Fox, William Shatner, Norman Jewison, David Cronenberg and Dan Aykroyd have in the popular perception become American, and Christopher Plummer British. It is as if in the very act of becoming famous, a Canadian ceases to be Canadian, unless she is Margaret Atwood, who is as un-

shakeably Canadian as a moose, or Celine Dion, for whom Canada has proved quite unable to find any takers.

Moreover, Canada is every bit as querulously alert to the achievements of its sons and daughters as the rest of the world is completely unaware of them. The Canadians proudly say of themselves - and are unheard by anyone else - that 1 per cent of the world's population has provided 10 per cent of the world's peace-keeping forces. Canadian soldiers in the past half century have been the greatest peace-keepers on earth - in 39 missions on UN mandates, and six on non-UN peace-keeping duties, from Vietnam to East Timor, from Sinai to Bosnia.

Yet the only foreign engagement which has entered the popular non-Canadian imagination was the sorry affair in Somalia, in which out-of-control paratroopers murdered two Somali infiltrators. Their regiment was then disbanded in disgrace - a uniquely Canadian act of self-abasement for which, naturally, the Canadians received no international credit.

So who today in the US knows about the stoic and selfless friendship its northern neighbour has given it in Afghanistan? Rather like Cyrano de Bergerac, Canada repeatedly does honourable things for honourable motives, but instead of being thanked for it, it remains something of a figure of fun. It is the Canadian way, for which Canadians should be proud, yet such honour comes at a high cost.

This weekend four shrouds, red with blood and maple leaf, head homeward; and four more grieving Canadian families know that cost all too tragically well."

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**THE VIEW FROM HERE**



Canadian soldiers in the past half century have been the greatest peacekeepers on earth. Yet the only aspects the press wish to talk about seem to be Russian or American missions with no end in sight. Hey, peculiar how it took a Brit to put it into words. Thanks.

Since I have used up my space here today you may read about Major Homer Jukes in "Second to None" by Kevin R. Shackelton. There is also another book about him entitled "Hero's Journey" to be published soon by George Auer, the latter illustrated by his brother Private Rube Jukes, war artist with the 20th Battalion.

*Lest we Forget*



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.

Almost every one of our readers and every Canadian family has a military memory of which we may be proud and Arnold Homer Jukes is ours. He was a professional bass-baritone. He sang on Lake boats before he was in the military and Massey Hall and Carnegie Hall afterwards, plus radio and tours following. He sang at the opening of the Vimy memorial. He finished his days in jet design with Lockheed in Berkley, California due to unsuccessful tonsillitis surgery that brought his singing career to an end.

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Support Local

# Advanced Camping Safely - Part 2

By David Arama

Last month I covered where to camp and how to pack and store food safely. Now I'll explain how to set up a campsite and campfires and cook your food.

## Carry Flour and Make Bannock Bread at Camp

Bannock bread is a historical Indigenous food used in many forms around the world and adopted by voyageurs and pioneers. I like cooking Bannock in a frying pan with lots of butter. Another popular way is to spiral some bannock dough onto a green sapling stick, and cook until evenly golden brown. Don't just put a lump of dough at the end of a stick, it will never cook properly inside. Another method is known as ashcakes, where you place flour-covered bannock dough patties directly into the outer coals of a campfire.

My favorite Bannock includes using different types of flour like corn flour, whole wheat, and white flour, and adding raisins, dried berries, and chocolate chips. Some baking powder and a touch of oil helps the dough rise.

You can make Bannock from natural sources, including pulverized acorns, cattail pollen, dried out starch from cattail roots, and some tree cambiums (inner bark). If you use a cloth Bannock mixing bag over and over again, you create something called sourdough, favourite of the pioneers.

High carbs are important in the backcountry. I always carry granola bars, trail mix gorp, rice and pasta, and bannock bread I've made on site. Ready made meals are available at many fine



Upper left: MSR water filtration system.

Center: BeFree Katadyne system

Upper right: Super easy and inexpensive latrine. You can cut the bottom out and place over a hole, ready to shovel dirt over when you leave, or take the whole thing with you when you leave.

Right: You can make this latrine as shown, or strap the seat sapling in front of two neighbouring trees and strap the backrest sapling to the back of the trees.

outdoor stores, eg MEC, SAIL, Cabelas and are easy to use, simply add filtered river or lake water. Some meal packs have a chemical pack that cooks the meal. The cost is high, but the taste and convenience makes up for it. MRE's are military food ration packs. Make sure that they haven't expired. They are very basic fare, but mostly edible. Freeze drying your own food is a cheaper way to remove weight and water. Food dehydrators are less than a hundred dollars, and readily available.

## Carry Light-weight Water Purifiers and get your Water at Camp

All water purification methods kill naturally occurring contaminants. They don't remove man-made toxins like dioxin and

mercury. Water pumps are very popular, with brands such as MSR and Katadyne. They generally utilize carbon or ceramic filters, and take out anything larger than .03 microns size, e.g. Ecoli, Guardia, Cryptosporidia etc. And are rated to remove 99.999%. Most allow you to filter 1 litre every two minutes. Easy to use gravity filters are my personal favorites. They come in 5 and 10 litre platy bag sizes. They can clog up fast if you don't pre-filter the water first, same with pump filters. The Sawyer personal filter is very popular for filtering small amounts of water, and it costs \$30. Boiling water for 3 - 5 minutes at a rolling boil kills 99.9% of all living contaminants. Chlorine and Iodine tablets are effective alternatives to filters and boiling.

## Make your own Latrine at Camp

Most provincial and national park backcountry campsites have "thunderboxes" or outhouses. Some Crown lands sites have local volunteer groups and frequent users who have installed them. However, what do you do if there is no latrine?

- Cut the bottom out of a cheap plastic bucket, and install a pool noodle on the lid as a seat.
- When hiking the backcountry you have to get creative. Look for naturally occurring places to use as a latrine like overturned trees with a y-shaped fork, or where there are rock formations with cracks, etc. Otherwise burry it or bag it out.
- You can rope or duct tape a strong green sapling between large trees to serve as a seat, with another one 1ft.higher on the other side of the tree as a backrest.
- Dig a hole with a folding shovel and squat. I hate this method.

## Latrine Tips:

Never build near a shoreline. Cover your waste with sphagnum moss and/or ashes from the fire, to neutralize and biodegrade. Make it easy to find at night, e.g. hang glow sticks. Throw a tarp cover, in case of rain, and for privacy.

## How to Set up a Camp

**Tarping Up.** My favorite way to set up an ideal wilderness camp is with a MEC Tarp over a rope slung between two trees. Place the tent in one corner, and a campfire in the opposite corner. MEC Scout and Guide Tarps are silicone coated on one side, making them very fire resistant, as long as the fire is less than half the height of the overhead tarp. This method works well on Crown lands and backcountry sites, but not on park campsites. Placing your tent under a nicely roped Tarp offers additional protection during nasty weather, and a place to keep gear dry. Sometimes we'll duct tape solar blankets around the tarp, for added protection.

At provincial and national park campsites, I prefer to set up my tents in the woods, well away from the cooking and campfire areas, and away from the heavily compacted campsite area that can flood out.

**Bugproof Dining Tent.** Several manufacturers offer bugproof dining tents, e.g., Eureka, Coleman, MEC, and many models offered on Amazon. These take minutes to set up and some are light-weight for backcountry excursions.

## Setting up an Expedition Tent

When I set up a nice Eureka or North Face Expedition Tent, preferably a dome or semi-dome design with vestibule and aluminum or titanium poles and pegs, I always use a ground sheet, or footprint, to protect the tent floor from damage and flooding. Make sure all stiched areas are seam-sealed. Never pack the tent with zippers open. I turn my tents inside out to dump any dirt from the insides.

Never set up a tent on a game trail, or out in a field. Look for other dangers, like red ant hill, massassauga rattler nest, ground hornets etc.

**Cooking on a Campstove.** My favorite cookstoves are the MSR Dragonfly, the Biolite, and the Kelly Kettle. The dragonfly is a multi-fuel stove that cooks quickly but is noisy. The other stoves use wood, so no need to carry extra fuels. I like a nice mess kit that has copper bottom pots, and a non-stick frying pan, with adjustable handles. Don't forget fire mitts. Another way to go is to cook meals on a campfire. Bring a folding lightweight grill with you, plus tin foil.

**Constructing a Fire for Cooking and Warmth.** Start with tinders, kindling, and fuel woods, beginning with fast catching dry evergreens and eventually use hardwoods to get hot coals for cooking. We use a teepee and longhouse fire design.

**Tips: You need oxygen, ignition, and fuel for fire. Store firewood and materials under a tarp or garbage bags. Abide by all laws, e.g. don't cut down live trees for firewood, don't transport firewood from outside of region. Always build a fire on a safe substrate, e.g. rock, sand, and never on the forest floor. Fire is very sneaky.**

Enjoy your camping, do it safely, and leave the site the way you found it or better!

Remember, be prepared, you are biodegradable.



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



**Two Remarkable Women**

By Jean Parks

Note from Antonia Chatson, regular Rural Vignettes contributor: I recently connected with a first cousin of my husband's. She now lives in Flint Michigan. For those of you interested in genealogy, Jean is the daughter of Clarence Chatson, Herb (Senior) brother. She spent much time here at the farmhouse in Denbigh as she was growing up. She also is a writer and many of her stories center around life on the farm or life as it was as she was growing up, so I am happy to present a couple of her stories in Rural Vignettes for your enjoyment...



**Mrs. Harvey**

Mrs. Harvey and her husband lived in a Northern Ontario town. The railroad tracks ran in the front of their house and beyond the tracks stood the factory where her husband worked. They did not have any children.

Mrs. Harvey was a housewife, an occupation that most of the women of her day had. Her house was kept clean and orderly. They did not own a car. Few people had cars in those days. In fact, they owned very little.

They walked to the grocery store. They walked up town to the main street on Saturday to look in store windows and perhaps dream a little. On Sundays they walked to the little brick church a few blocks from their home where Mr. Harvey was in charge of stoking the big coal furnace in the basement of the church.

The winters were long and so very cold in Canada. Many times it was twenty-five to even forty below zero Fahrenheit. Warming up the church in time for a service was a work that took a real dedicated soul to do. Sometimes in the middle of the sermon you would hear the sound coming up through the iron grates on the floor of the furnace door being opened, the shovel and coal, then the clang of the furnace door closing.

The basement had a cement floor. Some bookshelves were put up to block the sight of the furnace and the

coal bin and that was as finished as the basement got. There was a little space between the furnace and the bookshelves with just room for a little table and a few mismatched chairs to be placed around it. A light bulb hung by a cord from the ceiling and its OFF and ON switch was a long chain hanging down. It gave off a dim light, which was a blessing as there were no windows. There were no bright colored pictures on the walls and no carpets, and this little space was where my Sunday school class met with our teacher Mrs. Harvey.

We were a combined class of third, fourth and fifth grade of silly, inane, awkward girls. Mrs. Harvey always came with a prepared lesson even though she had nothing to work with except her bible. I do not remember one word she said – not one of her lessons – but I remember Mrs. Harvey.

Every year she had all of her girls come to her house for dinner. She used her best white linen tablecloth and her best china dishes, and she cooked the best dinner. Her girls deserved the very best and she gave it to them. At Christmas we all received a gift from Mrs. Harvey. One year it was a china cup and saucer another year it was a bible. I still have that treasured bible. Thank you God for Mrs. Harvey, and for the message of love that she gave to us.



**Grandma's Kitchen**

Grandma Chatson's kitchen was as close as one could get to a heavenly spot on earth. Grandpa got up at four in the morning and started the fire in the big cook stove (range). The stove had a large oven and a tank that hung on the opposite end of the fire box for hot water. Mounted up high on the back of the stove was a warming oven. The big Range was the heart of the kitchen. At four thirty Grandma was dressed and busy preparing breakfast. And what a breakfast it was! I remember coming into the kitchen as a little girl and being incredibly happy. The sights, aromas, sounds, and order of the kitchen shouted out Love. The men washed up at the washstand that stood by the kitchen door. The stand contained a basin, pail of well water, soap dish and shaving supplies. Hanging on the wall above was a mirror, towel, razor strap and a tin dipper.

Everyone took a seat at the table and now the feast began! Grandma filled steaming bowls of creamy oatmeal and

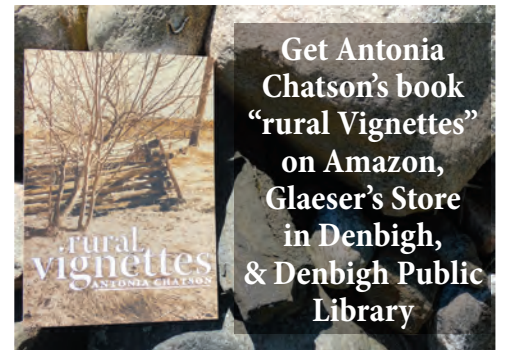
set them before us. She then went back to the stove, melted homemade butter into a huge iron frying pan and fried up a dozen or more eggs. Platters of food now arrived at the table. First there was a platter of thick bacon followed by a platter of golden fried potatoes and then arrived the beautiful platter of perfectly cooked eggs. A loaf of homemade bread was sliced into big slabs and placed on the table. Hot black tea was poured from a blue enamel teapot. A pitcher of maple syrup and the glass jar of "The World's Greatest Sugar Cookies" were on the table for every meal. When the meal was over, the chairs were pushed back from the table.

In the hushed, lamp lit room-Grandpa took the bible and read aloud a scripture. Then everyone knelt down at their chair and a prayer was given, thanking God for his love and asking for safety and mercy, Amen. The family stood up, pushed back their chairs. And the toil of the day began.



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

## The Shaggy Mane Ink Cap

By Colleen Hulett

Not too long ago Canada only served up one mushroom in the grocery store and we believed mushrooms had no measurable nutritional value. Today your standard grocery store in Ontario sells roughly six types of fresh mushrooms, mainly shiitake, oyster, enoki, portobello, white and brown button mushrooms. The latter three being the same mushroom, by the way! We now sell several medicinal and other dried and packaged wild mushrooms. Specialty stores carry powdered mushrooms in 'designer' foods and supplements. We are moving ahead albeit not fast enough. Did you know on other continents mushrooms have been revered for centuries for their therapeutic and nutritional properties? Lucky for us, curious people like Dr. Andrew Weil from the university of Arizona and one of the world's leaders in Integrated Medicine research noticed in Japan how highly valued the mushroom was and that they were selling so many more different varieties on the market than in the United States. He found that in the Chinese medical philosophy of mushrooms, they are placed in the highest category of superior medicines. Weil states in China mushrooms 'are natural products that are good for a wide array of conditions, so that made me interested because in Western medicine there was zero interest in Mushrooms'. Weil explains that Asians highly value mushrooms because they have unique and unusual compounds not found elsewhere in Nature.

Sadly, most Canadians are mycophobes and still want to believe mush-



Shaggy Mane (*Coprinus comatus*) are white conical shaped fungi with white gills and shaggy scales that peel off easily. It resembles a comical wig from another century. They grow in a groups, but in a scattered manner.



The shape of the Alcohol Inky is the only resemblance that may confuse foragers while searching for Shaggy Mane. It has a variation of colours to its cap and the scales are flat and feel like felt. It is not stark white. This mushroom is edible but becomes toxic if consumed with alcohol.

rooms have no nutritional or medicinal value despite scientific proof. Ignorance is not bliss in the case of the mighty mushroom. Mycophobes are truly missing out on such a delicious edition to one's weekly menu. At least twice a week to be exact.

Mushrooms are hiding everywhere if you start looking. Have you ever seen a Shaggy Mane Mushroom? This mushroom is quite comical. To some its conical shape resembles a Marie Antoinette wig and to others it resembles a Lawyer's wig. I can't help but giggle every time I see one. It pops out after a good

rain on lawns, pathways, wood chips and is scattered singularly or in groups. They pop up around here in the spring and again in the fall up until November. Shaggy Manes are brittle mushrooms and break easily so it amazes me when I see it has popped out of a hard packed path. Shaggy Mane (*Coprinus comatus*) are easy to identify, have no dangerous look-alikes and therefore are listed as a starter mushroom for beginners. Having said that, please never eat an unidentified mushroom! If you are unsure, only pick one and quickly seek the aid of a mushroom guide before it dissolves. They

grow up to 6 inches high and 2 inches wide. They should be foraged when they are young, about 2-3 inches high and dry to the touch. The top tip should be white but can be slightly brown on the top or on edges of the shaggy scales when picking them. This delicious mushroom has to be consumed within 12 hours before the cap begins to deliquesce into a black inky goo. Never pick or consume deliquescing fungi. Shaggy Mane dissolves from the rim of the cap towards the center. Young Shaggy manes look like oval eggs in the ground where the stipe is still hidden in the ground. It is

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Peeled and chopped Shaggy Mane mushrooms dry-frying to evaporate its water. It takes 10-12 min for many mushrooms. Stir occasionally so they don't stick to the hot pan. Mushrooms are 80% water so make sure you pick enough to serve everyone at the table.

quite something to observe in the wild. The starkly white conical cap never really opens fully and instead rolls up with its browning shaggy-like scales while the gills are dissolving into ink. After the cap has dissolved it leaves nothing standing but the lone hollow stipe (stem). This gooey liquid is full of black spores ready to germinate below ensuring a new crop in the same place next season. Germans love to steam the stipe and eat separately on the side due to its asparagus-like flavour. In fact, their common name for this mushroom in German translates to 'asparagus top'. Common names are fun but when researching online one should only

search using its unique Latin name to be safe. Some very different mushrooms have the same common names but not the same Latin name.

Shaggy Mane is a highly nutritious and therapeutic mushroom to consume. Therapeutically, Shaggy mane contains the rare antioxidant Ergothioneine and has proven to have antibacterial antifungal, anti-tumor, and antiviral properties. This mushroom also assists in helping blood sugar regulation, cardiovascular health and cholesterol regulation {Roger's Fungal Pharmacy, 2011}

I like to prepare them by peeling off the shaggy scales effortlessly un-



Deliquescing Shaggy Mane. Shaggy Manes like other Ink cap mushrooms dissolve into usable ink. The only thing left standing is the undissolved stipe.



Young white toxic Amanita mushrooms can resemble Shaggy Mane as they grow terrestrially too. Please note that if you cut them open there will be no stem and their scales do not look like shaggy scales but rather bumps. The Amanita is round, not conically oval.

der running water to leave a pure white smooth mushroom. Then I quarter lengthwise and dry-pan fry to dissolve all the water out of the mushroom. When the liquid has almost evaporated (10 min.) I quickly add a dollop of butter and continue frying until cooked or slightly brown. This mushroom stays soft and is great in soups. I lazily add them to ramen soup with some grated broccoli stem. Very satisfying. Culinary recipes can be found on reputable sites of chefs who prepare wild mushrooms. Google it wisely, please, by checking their resources.

### How to make drawing ink for all the artists out there...

1. Forage 6 fresh shaggy manes
2. Remove stems and let the cap completely transform into an inky goo (about 14 days) in a glass jar. Steam or fry the stems whole and add butter then eat wholeheartedly.
3. When the mushroom ink becomes stinky (about 3 days), add a strong-smelling Essential Oil like Oregano or Thyme to the ink to mask the smell of the decaying mushrooms.
4. Use a paint brush or ink well pen and paint or draw to your heart's content.
5. Quick method: instead of waiting 14 days for it to turn completely into ink you can, after 12 hours start milking out the ink but this is very messy.
6. Do this project with a child and frame their picture! The Quick method is a great project to do with children on the weekend.

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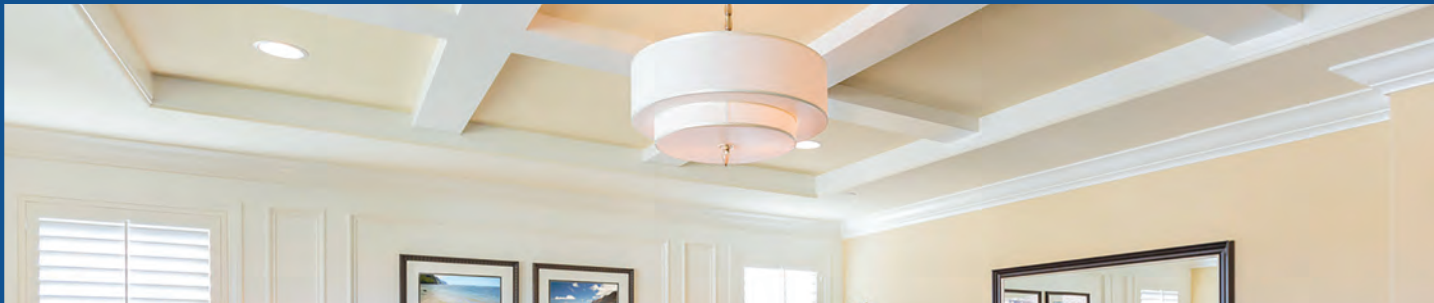
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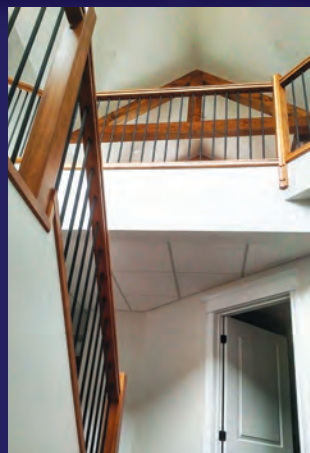


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