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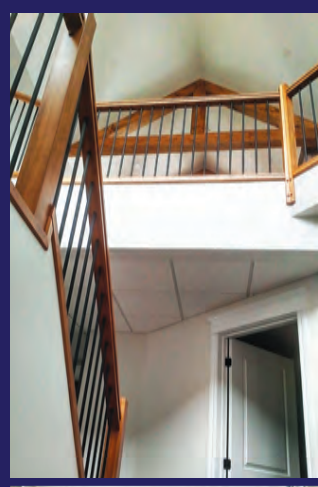


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The Madawaska
Highlander

**September
2025**
FREE Vol.23 Issue 5
Next issue October 8

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



Calabogie Lake reflects that huge ball of fire we call the Sun, through smoke from distant wildfires as the Sun sets behind a hill in August. Pic by Carol Maraj



Warm water and cool night air meet as early morning mists greet the Sun over Hurd's Lake. It's so nice to have clear skies again! Pic by Steven MacNabb

Welcome!

...To early fall in the Highlands! As the weather changes along with the leaves, it's the perfect time to take your camera and experience Life through a Lens, as Lesley tells us in Happy Trails. Tony loves to do just that, observing how Wild Things are Preparing for Change, for survival.

Wilder, Wetter, Drier, Snowier, Windier, Unpredictable Weather is Here and Survivor Guy reminds us that 90% of Canadian Forest Fires are started by humans. Be kind to Mother Nature, she's having a hard time. But we hope you'll enjoy Walking through Fire - Indigenous Collaborations with Sultans of String. You'll understand when you read about it in Our Home on Native Land. Speaking of native land, in Watershed News you'll learn how a Federal Court Judgement put the Brakes on an Ottawa River Nuclear Waste Dump on unceded Algonquin territory... for now?

If you care about the land, you'll love Notes for Nature III, Plevna — A Benefit Concert for Mississippi Madawaska Land Trust to help them save our wilderness areas from logging and development. Get your invitation in Out and About. Why do we have so much music here? From Ottawa's Bluesfest to the Valley's Small Halls, Mark Monahan Brings the Music, as Joe's interview with him reveals in The Hills are Alive with... the Arts! When Colleen goes looking for The King, she isn't looking for Elvis, she's wondering Where are the King Boletes? Find out in Highlands Hiker.

Sometimes you don't even know something needs to be looked for as Cathy and Ken discovered in Cloyne Historical - Rediscovering the Tapping Farms on the Old Addington Colonization Road. And sometimes history can be lost unless we write it down, as Antonia did in In Mind of Alice - Exits and Entrances, in Rural Vignettes. Without writers there would be no readers. Write a Short Story, enter the Contest, and become a Highlander Contributor, but do it before midnight on October 4th. A \$200 prize is nothing to sneeze at!

Sneezing and wheezing? Try Easing your Allergies in ways Derek suggests, in Wellness. Check the ads, news from Charlotte and Morgana, and... Enjoy!...

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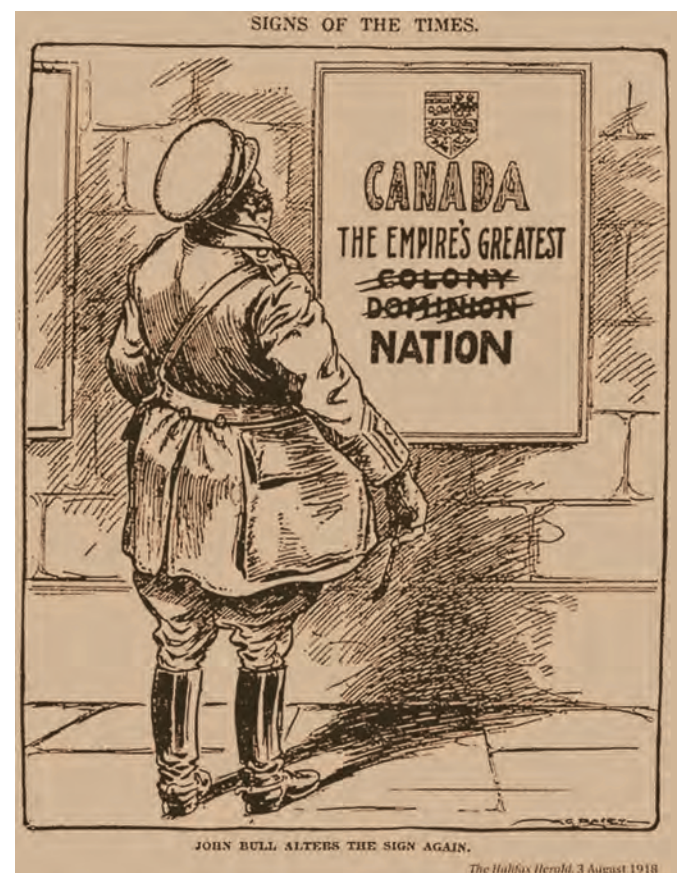
Cathy Hook
Lynn Jones
Mary-Jane Hebert

Support for the British Empire and imperialism was strong in much of Canada in the decades after Confederation, but gradually, imperialist loyalties declined, and Canadians demanded and won full autonomy within the empire. Britain remained responsible for Canada's external relations and paid for Canada's national defence.

The last remaining pieces of Canada's colonial past were increasingly unacceptable to many. Yet despite a growing awareness that Canada should become fully independent from Britain, there remained strong British loyalties among millions of Canadians, along with fears that total independence might leave Canada vulnerable to absorption or takeover by the US.

When the British Imperial Federation League was founded in 1884, Canadian supporters established branches. They sought a way for Canada to develop and mature politically beyond its colonial status, while at the same time remaining a part of the empire. The movement mixed Christian idealism and anti-Americanism with the principle that Canada (and other dominions such as Australia and New Zealand) should participate in foreign policy decisions at the imperial level.

Membership in the empire implied active participation in imperial wars. From 1900 to 1914 a lively and often acrimonious debate was carried on over whether the imperial burden of maintaining and expanding the British Empire around the globe was equally Canada's burden. Opponents of this idea preferred autonomy from the empire and freedom from its military entanglements. In 1931, the British Parliament passed the Statute of Westminster, sometimes called Canada's declaration of independence. That act ensured that Canada would now be in charge of all its decisions, both at home and abroad. Information excerpted and edited for clarity from an article by D.R. O'ram, updated by Jon Tattrie, on thecanadianencyclopedia.ca



Signs of the Times. John Bull Alters the Sign Again. *The Halifax Herald, 3 August 1918* (Much of Canada's history of statehood was based on staying independent of the United States.)

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Key addresses: **GRIFFITH:** Griffith & Matawathan Recreation Centre (Denbigh-Griffith Lions Club) 25991 Hwy 41. Ginza Park, Rink and Pickleball Court, 15 Ginza Street. Adams Berry Farm & Market 25761 Hwy 41, Griffith Hilltop Church 25197, Hwy 41 **MATAWATCHAN:** Matawatchan Hall 1677 Frontenac Road. **DENBIGH:** Denbigh Hall 222 Hwy 28. Heritage Park, 48 Lane Street. St. Lukes Church – 188 Hwy 28. Addington Highlands Community Centre and Food Bank 31 Central Street. **VENNACHAR:** Vennachar Free Methodist Church 424 Matawachan Road.

By Charlotte Dafoe



Company A of the 146th Battalion in WWI, which is believed to encompass Cloyne and areas north in Frontenac and Lennox and Addington Counties and the 146th Battalion C.E.F. Brass Band.

In communities across Canada, **The Royal Canadian Legion's Community Memorial Banner initiative** is gaining momentum. The purpose of this program is to honour and memorialize local veterans. Closer to home, neighbouring communities of Cloyne, Northbrook, Flinton & Plevna are currently participating in this initiative. Inspired by Charles Adam Gregg, a native of Vennachar and my great-great uncle who died in France during WWI at the young age of 20, my daughter and I are eager to bring this touching initiative to Griffith, Matawatchan, Denbigh & Vennachar. We are working closely with several community

stakeholders including the Township of Addington Highlands, the Township of Greater Madawaska and the Denbigh-Griffith Lions Club to make this happen, ideally in time for Remembrance Day 2025. We are still finalizing many of the details, but at this time we can tell you that there will be an application form for sponsors to complete and a fee associated with purchasing these banners. We have created a Facebook page (GMDV Veteran Banners) where updates will be provided as more information becomes available. In the meantime, if you are interested in sponsoring a veteran banner in honour of

someone you know, we would love to hear from you. We are not asking for a commitment at this time, simply gauging interest. Please reach out to us by email at gmdvveteranbanners@gmail.com.

Bill McNaught and Dave Lovegrove wrote an excellent article "Searching for the Lost Battalion" in the June/July edition of the Madawaska Highlander. They name Charley Gregg and James Ball - two of many local heroes who left the farm to fight in WWI, in Memories of Vennachar on page 11. Download past issues from madawaskahighlander.ca



The Lions' Show and Shine continues to build every year with a very successful event on August 23, with 110 cars registering. Winners: Oldest car - 1932 Chev pickup - Daryl Fiebug Renfrew, 1st place - 1974 Corvette - Andre Labelle, White Lake, 2nd place - 1969 Chev Camaro - Napanee, 3rd place - 1951 Ford F100 - Adie & Terry Bilson - Haley Station.



Denbigh Recreation's Community Corn Bash & Vendors Market on August 9th was a success, attracting a large crowd. Whiskey Smoke provided the music while guests enjoyed a variety of vendors, games, face-painting and of course, corn.

SERVICES IN OUR COMMUNITY

The Denbigh Community Food Bank, located within the Addington Highlands Community Centre is open the 2nd and 4th Tuesday of every month from 10am-11am. Call Gail at 613-333-2224 for more information.

EVENTS IN OUR COMMUNITY

Be sure to follow Denbigh-Griffith Lions Club, Denbigh Recreation, Griffith & Matawatchan Fish & Game Club and Matawatchan Hall on Facebook for all the latest information on the events that are happening in our communities!

If you have an event you would like to share, reach out at any time by emailing chardafaoe@hotmail.com.

SEPTEMBER

- **The Denbigh Wellness Group** meets on Tuesday mornings at 9am for coffee,

tea and conversation. Starting September 2nd, the group will meet at Denbigh Hall. Call Gail for more information - 613-333-2224.

- **Land O' Lakes Community Services hosts Diners Club** in Denbigh the first Monday of the month at Denbigh Hall. The next Diners Club is September 8th (due to Labour Day). Call Betty for more information - 613-333-2366.

- Vennachar Free Methodist Church will host **Ladies Bible Study** on Monday mornings at 10am commencing September 8th.

- St. Luke's United Church in Denbigh invites you to join them in **fellowship on Sundays at 10am**.

- **Griffith Terry Fox Run** September 14. See the ad on page 11 for details and scan the code to fundraise or donate.

- **Non-competitive pickleball** is taking place at Ginza Recreation Park in

Griffith on Fridays at 9am until October. Contact Sandy Downs - 613-333-1932 or Theresa Pierce - 613-333-1984 for more information.

- **The Denbigh-Griffith Lions Club is hosting Bingo** on September 2nd, 16th, and 30th. Doors open at 6:30pm with games starting at 7:30pm.

- If you enjoy playing **euchre**, head to the Rec Centre in Griffith on September 9th and 23rd at 1pm. For just \$2 per person, enjoy prizes, snacks, refreshments and a fun afternoon. Contact Sandy Downs for more information - 613-333-1932.

- **Exercise group will resume in Griffith** on September 11th at the Rec Centre in Griffith. Every Thursday at 9am, you can participate in a variety of activities including bands and weights, range of motion movements and a selection of exercises from the Canadian Diabetes Association. The cost is \$2/week. Pro-



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On Sunday, July 13th, Hilltop Church gathered for a special Missions Service featuring Caring Hearts Ministry of San Luis, Mexico. Pete Robb, chairman of the board, spoke of the boys' and girls' orphanage, where children once abandoned now thrive in a nurturing environment filled with hope and faith. He spoke of the soup kitchen outreach, which provides daily meals to families struggling with poverty and food insecurity. Robb described the New Life Drug and Alcohol Rehabilitation Centre. "We're not just helping people break free from addiction," he said. "We're helping them rediscover their worth, their purpose, and their place in God's plan." The Missions Service served as a reminder that even a small church in Griffith can help shine light into the darkest corners of the world. (Pete Robb caringheartsmexico.org)

ceeds are donated to the Lions Club's annual Show & Shine and Christmas Food Basket initiative.

- **A new mixed dart league** is taking shape in Griffith at the Rec Centre. Games will take place on Thursdays at 7pm starting September 18th, continuing into October and November. The cost is \$5/person/week. Call 343-943-7676 to register.

NEW FOR OCTOBER

Land O' Lakes Community Services hosts **Denbigh Diners Club** the first Monday of the month at Denbigh Hall. Call Betty for more information - 613-333-2366.

- Denbigh Recreation is hosting an ATV

Poker Run on October 4th. The starting point is Heritage Park in Denbigh. Participants can pre-register on October 3rd from 4:30-6pm at Rosie's Cafe & General Store in Denbigh or from 9-11am on October 4th at Heritage Park. The cost is \$10/hand. Hamburgers and hotdogs will be available for purchase along the trail.

- **The Festival of Small Halls is bringing The Arrogant Worms to the Matawatchan Hall** on October 11th at 7pm. Visit ontariosmallhalls.com for more information and to purchase tickets.

- On October 25th, **Denbigh Recreation is hosting a Children's Halloween Party** as well as a Halloween Dance for those 19+. More details to come.

EVENTS AT A GLANCE

Every 2nd Tuesday at 7:30 beginning Sept 2 Denbigh-Griffith Lions Club Bingo

Every 2nd Tuesday at 1 pm beginning Sept 9 Denbigh-Griffith Lions Club Euchre

Sept 14 Griffith Terry Fox Run - Registration 9am at Griffith Recreation Centre (Lions Club). Run starts at 10am

Oct 4 at 9am Denbigh Recreation ATV Poker Run

October 11 at 7pm Festival of Small Halls, The Arrogant Worms at the Matawatchan Hall

October 25 Denbigh Recreation Children's Halloween Party and 19+ Halloween Dance



From August 12-15, Hilltop Church transformed into Wonder. This year's Vacation Bible School (VBS) was a joyful blend of faith, fun, and frontier flair. The week culminated in a special Family Day Service on Sunday, August 17, where families gathered to celebrate the kids' journey. The celebration continued with a lively BBQ potluck lunch, bringing the whole community together in fellowship and fun.

Come on out for Pickleball at the Ginza Park Rink (15 Ginza Street Griffith). Four of us play Fridays at 9 am and there's always a second net available. If you have never played, we can show you how it's done. The more the merrier, we figure!



The Fish & Game Club's Pork Roast was a huge success. Thank-you to "Bird King" for the incredible music, Snider's Tent and Trailer Park for donating the Yeti cooler for the draw, the many volunteers that helped out, the committee members that worked hard to put this event together and all of you who showed up to support us.

BOGIE BEAT

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



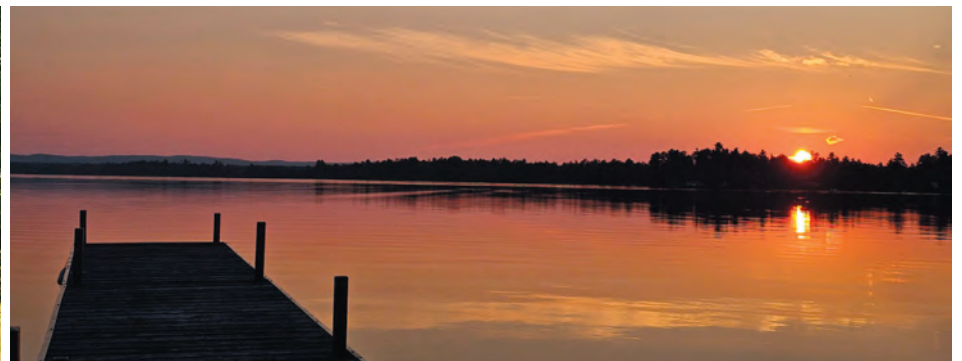
One highlight from both weeks of Calabogie Summer Camp was the kids' plough-painting project. Using snow plough blades as giant canvases, they created colorful murals now displayed at Heritage Point and at the GM Fire Department and GM Township Maintenance Yard. While some residents were initially concerned about graffiti, the project turned out to be a beautiful way to let kids explore creativity on a surface they normally wouldn't touch with paint. The results are cheerful, community-driven pieces of art that will brighten snowy streets this winter.

It's finally that familiar time of year, September in Calabogie. Summer is winding down, but the magic of Calabogie lingers. The lake still sparkles in the morning sun, trails are alive with the

last of summer blooms, and our community is shifting back into its cozy fall rhythm. In this edition, we're celebrating local adventures, from serene stays at Cabinscape to lively music nights, youth

creativity at summer camp, and Spartan grit at Calabogie Peaks. We're also highlighting the stories that make our town unique; nostalgic memories, community wins, and ways to stay connected

as the season changes. Whether you're a lifelong local or visiting for a crisp September weekend, there's something here to inspire your next Calabogie moment.



Seen on Calabogie Folks — A Sea of Calabogie Sunsets — Craig Armstrong created a post asking for sunset photos, and the community delivered. Over 50 photos were shared to the Calabogie Folks FB Group with beautiful landscape shots of the sunset all around Calabogie and even from some nearby communities. Pic submitted by Mikaela Renaud.

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What's Happening in September and Looking ahead to October

55+ SALC Yoga Classes – Tuesdays, starting September 9 | 10–11am | Calabogie Community Centre. Gentle yoga for all levels with Carly's calming guidance. Mats provided. Member pricing: \$12 for 4 sessions or \$5 per class; Non-members \$15. Pre-registration required. Open to everyone—perfect to bring along your granny! Questions? Contact Caitlin at 613-752-1129.

Old-Fashioned Outdoor Service – Sunday, September 14 | Calabogie United Church. A charming tradition under the sky.

Music in the Park – Encore from the experience in summer. Sunday, September 21 | 1–4pm | Barnet Park. One last chance to enjoy free live music before the leaves change.

Taste of the Valley – Saturday, September 20 | Calabogie Community Hall. Experience 75+ vendors and artisans showcasing the best local food, crafts, and community spirit—you won't want to miss it!

OPP Chorus Concert – Thursday, September 26 | 7–8pm | Calabogie United

Church. A beloved community favourite. Admission by free-will donation.

Calabogie Mamas Babyccino Buddies Meetup – Wednesday, September 30 | Noon–2pm | Oh-El-La Cafe. Monthly meet-up for coffee, conversation, and cuteness—perfect for expanding your village of moms. Last Wednesday of the Month!

Ride the Bogie Trails Poker Run – Saturday, October 4 | Calabogie Lions Club. Cash prizes, dinner, live music, and an auction at Highlands Social House. Early Bird registration by September 20th. Info: LionsCalabogie@gmail.com

Highlands Social House Events — Keep an eye out for weekly and one-off events as the season shifts. See their ad on the front page for dates. Barryvale is buzzing with fun!

Free Guitar Lessons for Beginners – Wednesdays, September 17–October 22 | 6–6:45pm | Library (St. Joseph School, Lower Level). Learn to play guitar in 6 free lessons with Joe Sornberger. Ages 10+; adults welcome. Pre-registration required. Bring your own guitar and music stand or ask about equipment.

Weekly Happenings Around Calabogie — Looking to get involved or try something new? Save this list!

Mondays - **Lions Euchre** at 7pm. Calabogie Community Centre, 574 Mill Street. \$5 entry for 10 games. Doors open at 6:30 PM. Bar & light snacks available.

Tuesdays - **Adult Open Art Studio** from 10am - noon. Treehouse Art Studio, 729 Mill Street. Free drop-in.

- **Mahjong Adult Drop-In** at 2pm. Calabogie Library, Lower Level of St. Joseph's School

- **Pickleball** from 5:30pm to 7:30pm. St. Joseph's School Gym, 12629 Lanark Road. No fee, just show up!

- **MadFit with Mad River Paddle Co.** HIIT Workout at 6pm. Followed by the Outdoor Run at 7pm.

Wednesdays - **GM55+ Bingo** from 2pm to 4pm. Somewhere Inn, 5254 Calabogie Road (Seniors Active Living Centre Members — Join through GM Township)

Thursdays - **Play & Learn** (Ages 0–4) from 9:30am to 10:15am. Calabogie Library, Lower Level of St. Joseph's School

- **Pickleball** from 5:30pm to 7:30pm. St. Joseph's School Gym

- **Archery for Everyone** from 6:30pm to 8pm. Calabogie United Church Hall, 1044 Madawaska Street. All ages, free!

- **Mini Wine Tasting Series** at On The Rocks in the evening.

- **Mad River Paddle Co. Paddle Club.** Meet at 6:30pm, paddle at 7pm. (Location changes weekly — check their updates)

- **Bingo & Drinks at Somewhere Inn** from 6pm to 8pm

Fridays - **Walking Group** at 9:30am. Followed by Chair Yoga at 10am. Hosted at Calabogie United Church.

Saturdays - **Community Yoga at Somewhere Inn** at 9:30am. Open to the public and overnight guests, a partnership with Union 108.

- **Mad River Paddle Co. Mountain Bike Ride** from 9am to 11am. (Weather permitting)

- **Calabogie Market** from 10am to 1pm. Calabogie Community Centre, 574 Mill Street. Vendors, creators, live music.

Sundays - **Live Music for Sundays Somewhere Inn** from 5pm to 8pm. Somewhere Inn, 5254 Calabogie Road

I recommend checking in with the businesses to ensure these events are still happening as our seasons change!



I recently stayed at The Wren, one of three Cabinscape cabins tucked into the woods at Calabogie Peaks. Perched on Manitou Mountain near Calabogie Peaks Resort, it has easy access to hiking trails, the resort's spa and restaurants, and a quieter part of the lake. They're secluded yet surprisingly accessible. The cabin looked out across rolling hills and water that glowed at sunrise. It was such a serene way to wake up. Cabinscape is a Canadian-owned brand that builds eco-conscious, off-grid cabins across Ontario. Designed to be both sustainable and stylish, their cabins come with solar power, heat, kitchenettes, and composting toilets. Each one is tucked in nature while still offering modern comforts, striking the perfect balance between rustic and refined.



August 21, Mad River Paddle Company posted this on Calabogie Folks Facebook Page. "Another special paddle tonight, we were hosted by our friend Kelly on Hurds Lake. We had 36 paddlers on the water and enjoyed a nice sunset. Congratulations to Reggie on paddle #40/70"

More of What Calabogie Folks are Up To

Redneck 10 Year Anniversary Cheers to the Redneck Bistro on celebrating 10 years in Calabogie! Since opening their doors, they've grown from a fun new spot into one of the best-known gathering places in town. Their menu, atmosphere, and one-of-a-kind name have left a mark on both locals and visitors. A decade later, the Redneck remains a go-to for great food and even better company — a true staple in our community.

Sawmill Road at Highlands Social House On Saturday, August 9th, Highlands Social House came alive with the sounds of Sawmill Road. The band kept the dance floor packed, even playing through multiple encores for an enthusiastic crowd. Between the music, the lively atmosphere, and the always-delicious burgers (with fun drink specials to match), it was the perfect way to kick off the weekend in Calabogie.

Music in the Park — Jacob Sweeney at Barnet Park. On Sunday,

August 10th, Barnet Park was the place to be for an afternoon of live music and lakeside relaxation. Jacob Sweeney delivered a fantastic set that had everyone tapping along, while families, locals, and visitors spread out across the grass with blankets and chairs. Despite the hot summer sun, the breeze off the lake kept things comfortable, and my friends and I enjoyed the shade of a big tree while soaking it all in. It was wonderful to see the park come alive with community spirit and summer fun hosted by the GM Recreation Committee. Contact the township if interested in joining them.

Calabogie Summer Day Camp From August 11–15, the Township of Greater Madawaska hosted the second week of Calabogie Summer Day Camp, led by Michaela Hardy. Many of you will recognize Michaela as the Café Manager and friendly barista at Oh-El-La Café. Beyond serving up great coffee, Michaela has been building her Roots and

Wings initiative, a program dedicated to bringing more youth opportunities to our community.

This summer, her collaboration with the Township brought two weeks of camp to local families (both a success)! Out of this momentum, Michaela and the Township have announced a brand-new after-school youth program that will run throughout the school year. If you have children in Calabogie, this is a wonderful chance to get them involved in something creative, fun, and community minded.

Spartan Race is back at Calabogie Peaks. A weekend where obstacle energy meets our small-town spirit. Calabogie was teeming with Spartans on August 23–24 for the obstacle-packed OCR weekend at Calabogie Peaks. With steep climbs, slippery challenges, and a mix of Sprint, Super, and Kids races, the crowd was a powerful blend of local grit and visiting athleticism. The cooler but

still pleasant weather helped keep competitors pushing through the mud and mountains.

It was even better to see participants spill into our community in between races—refueling at the coffee shops, grabbing snacks from our grocery stores, and filling our trails with cheers. Big events can disrupt our usual calm, but watching our restaurants, stores, and gathering spots buzz with energy reminded me that visitors value Calabogie as much as we do (and help keep it thriving).

Calabogie Summer Classic The track at Calabogie Motorsports Park was alive with speed and excitement as the Summer Classic roared through town August 23–24th! Fans enjoyed thrilling races, high-energy overtakes, and the lively atmosphere. It was another weekend where Calabogie came together to cheer on the drivers and enjoy the buzz in town.

The Container Kitchen by Indian Curry Pot is saying Goodbye to Calabogie — After three incredible years, Kay & Nima are saying adieu to their Container Kitchen in Calabogie. Locals will miss the delicious meals, friendly faces, and weekend rituals, but the adventure continues! You can still grab their popular “Heat n Eat” meals at The Bogie General Store, and we’re excited to see what they cook up next.

Supporting Our Reverend — Our Calabogie community has a deep appreciation for Rev. Ryan Kim and the work he’s done at the United Church. Recently, he has been in South Korea submitting an immigration application to return to Calabogie. It was wonderful to see so many residents come together to show their appreciation and encouragement. This is a reminder of the strength and warmth of our community, and how much we value the leaders who make Calabogie feel like home. Reach out to the representatives of the United Church if you’re looking for any updates or to see how you can help.

Community Pushback on Aerial Herbicide Project — Calabogie residents are speaking out against the Ontario Ministry of Natural Resources’ (MNR) planned aerial herbicide project. The MNR-approved project targets selected stands in the Ottawa Valley Forest, starting around September 1, 2025, to control competing vegetation. Many locals have shared their concerns in our group and joined the Stop The Spray Facebook page to protest. Residents report that emailing the MNR contact,



Remembering Bill Dodge's Store — Cathy Morrison shared some nostalgic photos of Bill Dodge's Store, sparking memories of Cokes, chips, hanging out, or running errands for parents and grandparents! I've had the pleasure of living in that building, now beautifully renovated into an apartment, and it was so special to be surrounded by the history and energy of that place. The community chimed in with stories of childhood and teenage adventures, celebrating a beloved piece of Calabogie's heritage. Do you have a memory to share from the history of Calabogie? Post it in Calabogie Folks and help keep our heritage alive!

Aidan Holland, often results in generic, copy-and-paste responses—leaving the community frustrated and seeking more meaningful engagement. Other regions in Ontario have successfully delayed similar projects, and our community hopes to follow suit. If you oppose the aerial spraying, consider contacting Aidan Holland at aidan.holland@ontario.ca or Nick Gooderham at ngooderham@ovfi.ca, and also reach out to your local municipality and government representatives to add your voice. Councillor Popkie brought a motion forward and Greater Madawaska Council voted unanimously to send a letter to the MNR and Natural Resources asking to stop spraying glyphosates.

Order Your Thanksgiving Turkey! Looking for a turkey that actually tastes like turkey? Long Lane Farms is taking orders for their fresh, pasture-raised heritage birds. Perfectly timed for your holiday table. Sizes range from 15–24 lbs, and once they're gone, they're gone! Place your order early to secure yours for the upcoming holiday(s).

Feel More Connected in Calabogie September is for settling in. The lake days aren't quite over, but September brings a natural rhythm back to Calabogie. Kids head to school, the holidays are through, routines reset, and locals settle in after the busy summer season. It's a great time to reconnect with familiar faces and get to know the people

around you.

Wave to your neighbours. Stop for a longer chat at the market. Invite someone for a coffee catch-up. These small gestures remind us that community isn't just built at events, it grows in our everyday moments.

This month my tip for creating connections is to share a recommendation in the Calabogie Folks group of something you love in or around Calabogie. You can share your favourite hike, a new local spot, nature sightings, etc. Come up with something you'd want to share to a friend, think of it as your digital postcard. Your local suggestion might just make someone's day.

Thank you for following along with this edition of The Bogie Beat! I love sharing these snapshots of our community with you. If you have stories, events, or local gems you'd like to see featured next time, reach out anytime at thebogiebeat@gmail.com. Until then, I'll see you around town, probably with a coffee or camera in hand!

Stay kind, stay curious, and keep supporting each other; it's what makes Calabogie, Calabogie.



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

LIBRARY MATTERS

By Ruth Jones

Much More than Books!

We are closing in on the end of summer and are looking ahead to the glorious colours of autumn and a return to school. We thank everyone who supported our Summer Reading Club and all who came by to find some new treasure at our New-to-You fundraiser and book sale in the library foyer, and we welcomed new patrons.

The August photography workshop with Tony Beck & Nina Stavlund of Always An Adventure Inc. of Dacre was a small but enthusiastic group of 6. All participants were very excited about a hummingbird moth (clearwing) found at the native plant garden at Barnet Park, and a kingfisher seen from the bridge at the 511.

August 14 the library hosted a **free dental screening** at the library (SJC gymnasium) with Renfrew County District Health Unit. They provided dental screening, offered fluoride treatment and assistance with form-filling. The group saw a total of 20 people, which included 2 infants (under 2), 9 children, 7 adults and 1 senior.

Summer Reading Club has been moderately successful this year. We have 30 kids registered and 8 activity programs with an average attendance of 9. This program wrapped up August 26.

Coming Up

Mahjong resumes, Tuesdays at 2pm, September 9. Please call ahead to let us know if you will be coming. This group of new players is looking for an experienced player to share knowledge of the game. Please contact the library if interested.



You can now access the Online Public Access Catalogue at the library. We thank Melanie and Scott for the donation of a computer monitor and Valley Bytes for the setup.

September 10, deliveries to Pine Valley resume. This is an outreach program to Wards 2 and 3 through which the library delivers materials to a bin in the restaurant's store. Volunteers have been delivering on a bi-weekly basis for registered patrons. Contact the library if interested in participating in his program.

September 17, 6pm: Learn to play guitar. This will be a FREE 6-week lesson series offered by Joe Sornberger and hosted in the library. This series is suitable for beginners ages 10+. No previous knowledge of the guitar is required. Sessions will run Wednesdays 6pm – 6:45pm beginning September 17 and will run until October 22. Spaces are limited to 10.

For those with young students attending at St. Joseph School, we will look to offer again **Weekend Reader Bags**. This is a program through which library materials are sent home for reading practice and enjoyment. Families are responsible for these materials and return them the week following to receive new materials. Registration forms are sent home through the school in the first week.

Now Available on hoopla



New to the Library in 2025

For those who love e-books and audiobooks, we remind you to check out our **new e-resource: hoopla digital: hoopladigital.com**

With hoopla patrons can borrow and enjoy audiobooks, eBooks, comics, movies, TV, magazines, or music. hoopla syncs across all of a patron's devices, so they can stream titles immediately (no wait-time). Most titles can also be downloaded to a phone or tablet. hoopla claims to offer more content, in more places, than any other digital library platform. Every GMPLLC patron will be limited to 6 'borrows' per month. Hoopla has indicated that to make the most of their borrows, a patron can opt to access a Binge Pass, which will allow them to borrow a 'package' of content with a single 'borrow'.

To access hoopla, you need a valid library card. Please check with the library staff to ensure that your card is still valid and that your membership information is current. Library cards need to be renewed annually to help keep our database up-to-date; if we have your email on file, you will get a cue to renew in 2026!

Audiobooks in FRENCH



Also available

- **Airthings radon detectors.** Radon is the primary cause of lung cancer among non-smokers and it is present in many homes across the province. If you haven't yet tested for radon in your home, you can now borrow a radon detector from the library for a 3-week period to do this. There is an information package that will go out with each device to help guide you in the process of detection and remediation (if necessary).

- **Water Rangers water testing kits.** These kits are robust and come with the tools you need to sample and test temperature, pH, and clarity. Collect water quality data and submit to Water Rangers to help create a baseline for water quality that will allow early detection of changes. Learn more on the Water Rangers site: waterrangers.com

Get connected!

The Greater Madawaska Public Library has some great resources available and we are happy to share them with you. Membership is free to all residents of Greater Madawaska and for \$20 for non-residents.

OPEN HOURS Tues/Wed 9am-6pm; Thurs/Fri 9am-1pm; Sat 9am-2pm

Easing Allergies By Derek Roche



Stinging Nettle tea helps reduce inflammation



Leafy Greens provide Quercetin



Eat foods high in Bromelain



Eat foods high in Vitamin C like these yummy cherries.



Local Honey made from local pollen-producing plants reduces sensitivity.

When we recently arrived at the cottage, one of our guests immediately started sniffing and sneezing. Ragweed and/or goldenrod were likely the cause. So I decided to write about simple, natural ways to deal with pollen allergies. If you suffer from seasonal allergies there are natural remedies to help you combat that stuffy nose, itchy eyes, and headache. For those of you who prefer to avoid over-the-counter medications for your allergies, there's a better way.

Allergies are essentially caused by the body's immune system kicking into overdrive when confronted with an allergen such as pollens. The immune system steps up to attack the invader, producing excessive amounts of histamine, which results in a stuffy nose, sneezing, excess mucus, and itchy eyes. While the body is designed to act this way to get rid of potentially dangerous threats, it doesn't help much when it comes to allergies, so you'll probably want to treat the symptoms, at least.

Research shows that saunas were able to significantly reduce the incidences of colds and influenza among study participants. As the body is exposed to the heat of a sauna and steam (in the case of traditional saunas), it produces white blood cells more rapidly, which in turn helps to fight illnesses and helps to kill viruses. In addition, saunas can relieve the uncomfortable symptoms of sinus congestion from colds or allergies. There is much more that we can do!

Almost everyone should be considering adding Apple Cider Vinegar to their regular diet, not just because it's great for helping with the immune system and digestion, but it's also great for allergies. If you have an overabundance of mucus building up during the spring, apple cider vinegar is the perfect remedy. ACV reduces how much mucus your body produces. Mucus contains histamine when allergens cause the mucus membranes to go into overdrive and that means you end up with sneezing

and itchiness. Preventing the over-production of mucus can be helpful in reducing symptoms.

To use: Mix a tablespoon of apple cider vinegar into a cup of hot water and add honey to taste. Stir until dissolved and drink each morning. If needed, you can take it up to three times a day.

Stinging Nettles

You probably know that you can eat nettles much like preparing spinach. However, it's the tea that is particularly useful in preventing allergies from taking over your life. The stinging nettle helps reduce inflammation and also prevents histamine from being produced excessively in the body. If you dislike the tea, you can also get capsules with the extract, but these are more processed.

To use:

Add a handful of dried or fresh leaves to a cup of boiling water and simmer for 3 minutes. Cool and steep for 5 minutes, then strain and drink. You may add some honey if you like.

Local Honey

Many people swear by using local honey to reduce allergies. We have some wonderful producers in the Ottawa valley, notably in Denbigh and Calabogie. It's best used in conjunction with some of the other remedies given here since it takes longer to work. You need honey that is produced within your immediate area and preferably raw. The idea is that this helps the body adjust to the allergens that are around you, without causing so many symptoms.

To use:

Simply add a tablespoon of honey to your morning tea or cereal. If preferred, you can just take the spoonful of honey as desired.

Bromelain

Dealing with difficulty breathing? Try eating something that contains bromelain. This enzyme reduces swelling and is a natural anti-inflammatory. It will help you breathe much better fairly quickly. You can find bromelain in papaya, pineapple, kiwi, asparagus, and ginger. It's also found in fermented or probiotic foods like kefir, yogurt, sauerkraut, and kimchi, all of which have the added bonus of being packed with probiotics.

To use:

Make pineapple or papaya with yogurt a daily part of your breakfast.

Vitamin C

You know that Vitamin C is essential in keeping your immune system in great working order, but did you know that it is also an anti-histamine?

The vitamin naturally reduces the levels of histamines in your body and helps get rid of the nasty symptoms. You'll find Vitamin C easy to add to your daily diet. Try rose hips, black currants or citrus fruits.

To use:

You can either eat plenty of foods high in this vitamin or take 2,000 mg of Vitamin C each day.

Quercetin

Quercetin is an all-natural and an excellent anti-histamine that will help with your allergies. It also reduces inflammation, making it simpler to breathe. Quercetin is available in supplements, but you'll want to get most of it from your daily diet. Leafy greens tend to have plenty of it, so load up on spinach and kale. Onions are actually one of the top sources for this pigment, but red or yellow onions will have the most. You can also find it in tomatoes, broccoli, blueberries, and apples. Keep in mind that the value is in the skin, so don't peel your food.

To use: Simply add more of the above fruits and vegetables into your diet on a daily basis.

Beta Glucans (in Nutritional Yeast)

Nutritional yeast may offer the best relief, possessing both anti-inflammatory as well as antimicrobial activities. Taking beta-glucans results in a significant drop in symptoms and symptom severity. Fewer runny noses, fewer itchy eyes, and fewer sleep problems. Results include improved allergy symptoms, overall physical health, and emotional well-being with the beta glucans found in a single teaspoon of nutritional yeast, which would cost about five cents a day.

Healthy Gut Bacteria

Finally, I have often mentioned the importance of a healthy "gut bacteria" for general health. If you have a lack of diversity in your microbiome or have microbes that feed on meat and sugars, you may have a number of health challenges including pain, inflammation, allergies, autoimmune disorders, and skin disorders to name a few.

Allergies are definitely no fun, but if you have the right ingredients on hand, you can keep the symptoms to a minimum. Keep an eye out for natural anti-inflammatories like ginger and lavender if you can't get your hands on the above ingredients. Often, reducing the inflammation will help your body fight off the symptoms of allergies.

Derek Roche is a Natural Health practitioner who is now retired with his spouse Andrea Doucet and living in Matawatchan, 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



In Mind of Alice - Story 5 of 6 "Exits and Entrances"

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

In 1936, Aunt Chris decided to rent an apartment in Renfrew as she felt that it was too cold to keep her mother here as Bertha was becoming quite frail. As Bertha had not left her apartment for years, she would stop and look at things in the living room, as Aunt Chris was helping her out to the front of the house.

In January Bertha died from pneumonia and her wake was held in Renfrew. My brother-in-law, Clarence, came to the funeral by motorcycle, but was stopped by water over the road where Pethick's Store used to be. Aunt Lou also came that evening. After Bertha passed away, my father-in-law paid Aunt Chris to leave the property, which was the agreement when they first moved out here. By this time Uncle Fred too had passed away.

On December 18, 1944, as my mother-in-law was feeding her husband, due to his hardening of his arteries, his head began to turn stiffly, and went as far as it would go. They called in Dr. Maloney, who said that he had had a stroke. My husband Herb and I carried him to our bedroom, and he never left it again. He was paralyzed for a while, then recovered some movement and he would walk around the room for a bit, but his mind was never the same.

My father-in-law loved to have his hair combed so I would do this for hours as it seemed to soothe him. My mother-in-law was always one for lots of decorations at Christmas time. She would hang streamers from the ceiling in the kitchen with bells on them, but since my father-in-law was so sick and not expected to live, she took them all down, but he managed to live 'till May.

He was three days in a coma, then sneezed once and passed away. My husband and mother-in-law sat with him all this time, then they asked me to comb his hair one more time. Rhinehart Fritsch came and laid him out, and they had his wake in what was now the down-



stairs bedroom, having been used for storage after Aunt Chris and Bertha left. My mother-in-law's organ was also in that room. Janey Beebee, who was Morgan's aunt, also came and helped with the wake.

It was very mild at the beginning of May, and all the milking equipment had been brought up to the milk house behind the house. Lilacs and apple blossoms were in profusion and Aunt Janey brought numerous bouquets into the house. For two or three days people were coming and going and every night we put on a large lunch for everyone.

My mother-in-law, Ellie, lived on here in the northwest bedroom. She had had heart problems for years. When Herb was growing up here, he would go and play hockey at the outdoor rink in the village every evening. On his return home, he would always go and talk with Ellie who was most interested in his doings. One night after supper she was helping me dry the dishes. I turned to look at her and could see that her lips were purple. I guessed it must have been due to poor circulation. Herb returned home after his hockey practice and as usual went upstairs to talk with Ellie. He noticed her purple lips and seeming leth-

argy but thought no more about it. Every morning I would ask young Lenora to go up and check on Ellie and when she did so the next morning, she found that she had died in her sleep. As Lenora would have been about 14 at the time, the sight of her dead grandmother terrified her, and she let out a terrible scream. We had to lock the door of Ellie's bedroom. It was in 1951 that she passed away. Her wake also was held in the downstairs bedroom as had Oscar's.

Herb and I were married in 1934. Herb was a councillor from 1935-1942, was reeve from 1945-1952, and was warden of the country from 1952-1954. He was also appointed a school trustee. Herb had his own sawmill and sawed a lot of lumber and sold it. As there was a large sugar bush on the property, we made maple syrup as well as keeping cows and pigs. I always helped with the chores, but I was never fond of cattle and was terrified of the horses. My mother-in-law also had a very large garden with which my father and I helped. I also helped her can all the vegetables for the winter.

Herb Jr. was born on April 20, 1936. Before he was born Clarence and Willamina took my mother and father-in-law out to Marmora for a holiday. While they were gone, there was a bad earthquake here, which shook the whole house. Might have been an omen about Herb's birth. At this point Herb and I had the downstairs bedroom, which is now the bathroom. I had been terribly sick before his birth, not even being able to stand the smell of food. I took sick on Sunday morning and Doc Adams was called, and he stayed with me all day. Herb just didn't seem to want to make an appearance. My father-in-law prayed all day Monday, raking his hands through his hair to the point that it was an awful job to get the tangles out later! Finally on Monday evening Herb made his appearance and what a sight he was. The Doc had to use forceps to pry him out and when he arrived, he was covered with

bruises all over his body and had marks all over his head.

Shortly after Herb's birth, Herb Sr. and Clarence bought a lot on White Lake and wanted to build a cottage on it. It was so remote that they had to take the lumber in with horses. The night of Bertha's funeral, Herb was away at White Lake. I did not go as the baby was very cranky as I did not have much milk for him. In those days, you never mixed breast and cow's milk, so Herb Jr. just had to remain cranky.

Due to all the problems with Herb Jr's birth, I decided that I would stay with my sister Norah, at Vankleek Hill for my second baby, which would be near a hospital. Herb Jr. who was now 3 stayed at the farm with Grandma Ellie. Lenora was born on the 19th of August 1937. It was a much easier birth. It had been terribly hot during my stay with Norah. Back at the farm there was a terrible wind, which blew apples off the trees and flattened fences. The barn up the road, where Gustav and Ernestine Stein had lived, was blown down and parts of it and sheaves of grain and loose hay were blown into Flake's Lake. My husband held the front door shut during the storm otherwise it would have blown open. Not an auspicious time. When I was at Norah's, there was an outbreak of polio, and many children were dying from it. Two weeks after Lenora's birth, Herb and my mother and father-in-law came out to bring me and the baby back to the farm. Again, I had no breast milk, so I just bottle-fed Lenora from the beginning. About this time, after Aunt Chris moved out, my mother-in-law helped to repaper their parlour for our bedroom, although during that time, we still slept upstairs.

To be continued...

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

THE HILLS ARE ALIVE WITH... THE ARTS!

From Ottawa's Bluesfest to the Valley's Small Halls, Mark Monahan Brings the Music

Q&A with Mark Monahan
By Joe Sornberger

The music industry isn't known for its kindness. At the Eagles' induction into the Rock & Roll Hall of Fame in 1998, Don Henley thanked manager Irving Azoff by saying, "He may be Satan, but he's our Satan." Sid Bernstein, the man who brought the Beatles to America, once lamented that "players in the promotion business today are, by and large, not in it for the art anymore. It's all about how many bucks can you make." In that shark-infested sea of overblown egos and unchecked hubris swims Mark Monahan, a soft-spoken, Carleton grad who recently told a Mayor's Breakfast audience that his proudest achievement, as the man behind Ottawa Bluesfest, wasn't landing a big-name headliner but setting up a pension fund for the festival's employees. Monahan oversees an 18-person Bluesfest team that draws 250,000 music fans to Lebreton Flats every July and injects \$40 million into the local economy. He's also the driving force behind the CityFolk Festival, Sept. 10-14 at Lansdowne Park, and the Ontario Festival of Small Halls, which runs Oct. 3 through Dec. 6 and features artists performing in community venues across the province. In this edited and condensed interview, Monahan, who likes to spend three days a week at his cottage near Westmeath on the Ottawa River, explains how he managed to make Ottawa an internationally renowned music festival town.

Q: To begin at the beginning, how did you get into the music promotion game?

A: I grew up in Ottawa and I happened to fall in with some guys who were in the restaurant business. We bought a place on Elgin Street in 1989 called the Penguin and we ran it as a live music club. In that period of time – 1990 to 1995 – Barrymore's went under and Gord Rhodes, who was one of the owners, he came over and started booking shows at the Penguin. Ronnie Knowles, who started the Rainbow Bistro and left there, came over. So, between Ronnie and Gord and Eugene Hazlom, who was starting to do shows at Zaphod Beeblebrox, there was a group of people running the live music scene in Ottawa and I was mentored by that group. I just happened to be in the right place at the right time.

Q: You clearly love music. Did you play music yourself?

A: I was always into music. I played piano and was in the band in high school, but I had more of a knack for business.

Q: Are you a blues fan? Is that your major interest?

A: I had an older brother who had a lot of older blues records and introduced me to James Cotton and Albert Collins, Buddy Guy and B.B. King. That's how I got turned on to the blues.

Q: That takes us up to Bluesfest. Who came up with the idea?

A: At the Penguin, we were trying to find our place in the live music scene. The Ottawa Jazz Festival was right up the street in Confederation Park and I got to know the folks who were running it at the time. I said, "Why don't we do a blues stage at Jazz Fest?" We did it one year and we brought in Junior Wells. We did a deal with him to play at the Penguin and then do an outdoor show. It was very successful, so I said, "Why don't we do a permanent stage at next year's festival?" They said it was a good idea but, for whatever reason, never followed through with it. After that, I said,



'Many communities have a beautiful hall but don't have the money or the know-how to program this stuff. Bring artists in, give them a professional platform with good sound and lights and present it well. A lot of people come out.'

'Let's try to do a blues festival.' I booked Major's Hill Park and that was the first BluesFest in 1994.

Q: What was the lineup?

A: Opening night was Clarence Clemmons. Saturday night was Buckwheat Zydeco and closing night was Randy Bachman.

Q: So, not a bad first effort.

A: We did well enough to try it again. In 1995 we brought in Buddy Guy and that's when it started to take off. We got people coming out of the woodwork wanting to volunteer and we thought, 'OK, this could be a legitimate thing.'

Q: And now, 31 years later, it's a huge festival that draws hundreds of thousand of people, right?

A: About a quarter of a million. Economic impact, the last time we measured, was about \$40 million. It's come a long way.

Q: It's not simply a blues festival. Shania Twain is not a blues artist.

A: It was never purely a blues festival. At that time, there was no Bonnaroo (a festival in Tennessee), there was no Coachella (in California) and no Austin City Limits (a three-day festival in Texas). Music festivals really came along in the late 1990s. The concept I had was a multi-genre festival. It was influenced by me going to the New Orleans Jazz Festival, which is the granddaddy of these multi-stage events. It opened my eyes to how diverse you could program a festival and still get people out. That was the idea from the start.

Q: You make sure to include local artists. Is that a priority for you?

A: Absolutely. A lot of the events that we would go to, they'd have local artists over in the corner or they'd have them on at noon. In my opinion, they weren't really doing a service to these guys and I thought that if we're going to do something for the city, we ought to do something for the music scene. So, we've got to pay these guys a decent wage and give them a good spot. We have bands every night on the main stage. We give them a shot to draw bigger audiences.

Q: Shifting to the Festival of Small Halls, what is your involvement with that series?

A: About 12 years ago I happened to go to the East Coast Music Awards, which was in Charlottetown that year and I ran into these folks who ran the Festival of Small Halls in P.E.I. They kind of started it. It intrigued me: they took these artists, a lot of them regional artists, and

they brought them into these small communities that didn't have a lot going on. They all had a hall of some kind – the church or the firehall or the townhall. That was the premise: bring artists in, give them a professional platform with good sound and lights and present it well. When you do an event in these small communities a lot of people come out. They're very supportive.

Q: I'm thinking of the Ottawa Valley where there are some lovely halls that are generally not used a great deal.

A: Absolutely. Many communities have a beautiful hall but don't have the money or the know-how to program this stuff and make it come to life.

Q: So that's where you come in.

A: Exactly. I'm the executive director. We have a program director; her name is Cat Côté.

Q: It's a very good slate of acts this year, who are you particularly excited about?

A: There are obviously some favourites, like the Ashley MacIsaacs of the world, Hawksley Workman. Corb Lund is someone we've been trying to bring back for a long time and he's back this year. They enjoy doing these shows because it's a personal, upfront experience. They've got an appreciative audience.

Q: Are you able to get out to the shows?

A: Not all of them, but yes. I was at the Pokey LaFarge show last year in Dacre. They have a great hall (the DACA Community Center). It was a matinee and he had the crowd eating out of his hand. Phenomenal. Sold-out show – people

came from all over the place. People came up from the States.

Q: Switching back to Bluesfest: what act are you most delighted that you booked – someone you thought you'd never get?

A: When we got Van Morrison, that was a moment where I thought, 'Wow. I can't believe we actually got this guy.' That was one. Bands like the Foo Fighters. Some of these acts we've brought in, these are acts that play stadiums. You try to get them at the right time so they can come.

Q: Is there a big fish that you've yet to land?

A: We can bring in almost anybody at this point if the time is right. A lot of it is what makes the most sense for the festival. Some people buy passes for the whole thing; some buy tickets for a single night. You've got to craft a lineup that works for both. You can't just bring one act in and spend all your money – the challenge is coming up with the right mix and to keep it affordable.

Q: Is there a big fish that you've yet to land?

A: You've built this internationally renowned festival in what is, let's say, a difficult business. A lot of high-powered personalities. You're a very soft-spoken guy. You're not a shouter. How do you survive in this sea of sharks that is the music industry?

Q: Is there a big fish that you've yet to land?

A: Well, you have to recognize who the sharks are. Once you do, you've just got to stay grounded. You can't get too emotional about things. That's when you make mistakes. The other key is I've managed to put together a fantastic team and that has made all the difference.

Q: You're dealing with some demanding and temperamental artists. How do you handle that?

A: Impulsive people don't always get their way. You've got to stay on an even keel and talk reasonably when others are being unreasonable.

Q: What's next for Bluesfest?

A: Just to keep it exciting for the fans, for the team. You're always reinventing yourself.

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



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Where is the King Bolete?

By Colleen Hulett

A good portion of hikers I take out mushroom hunting are new Canadians from Eastern Europe. They grew up mushroom hunting with their parents and grandparents and want to continue the tradition here in Canada with their children. The number one question they ask is "Where are all the King Boletes?" Ah yes, the undeniably delicious King Bolete, *Boletus edulis*, are sought after around the world because they preserve well. They dry well and can be stored dried in a tightly closed mason jar for many years. The best part is how a reconstituted dried King Bolete is even tastier than it would have been freshly cooked. A co-worker of mine has just returned from Poland and there he went bolete hunting with his mother. They found the boletes effortlessly and came home with two huge baskets of different kinds of boletes. He said boletes are everywhere there. His mom likes to preserve them by pickling them. Even he has expressed trouble finding multiple King Boletes in our regional woods. I had to agree with him for two reasons. Firstly, he is looking too early for them here in Ontario and Quebec woods. They flourish at the back end of September to October. Yes, you may find one during August, but it is unlikely you will find a bolete except for a bluing bolete and the bitter bolete. Secondly, unfortunately King Boletes are not that common here. Due to our biodiverse region, we have multiple varieties of mushrooms living in our forests. Poland is not nearly as biodiverse as our region, so they have fewer mushroom varieties and more multiples of the same mushrooms. Poland's sandy soil and weather favour the King Bolete; therefore they can find colonies of 30 or more boletes in the same location. In Canada you may have better luck hunting them in the coniferous forests of the Pacific Northwest and Northern Canada. King Boletes are noted as rare in Eastern Canada. But they are here, and I hope this article helps you find some.

The King Bolete, *Boletus edulis*, is not just one mushroom. It is a complex group of mushrooms found around the globe which have a similar appearance and similar dynamite flavour to each other. They are commonly called King Bolete, Porcini, Cep, Steinpilz and Penny Bun. But as mycologists are discovering through gene sequencing, many King Boletes around the world are actually different variants of this King or entirely



It's not hard to tell these are Penny Buns from the King Bolete, *Boletus edulis* complex. I found these at my sister's cottage north of Ottawa/Gatineau under a conifer tree.

different species. *Boletus edulis* complex includes *B. clavipes*, *B. pinicola*, and *B. pinophilus*. In our region of Northeastern Canada it is suggested by Roger Phillips that the King Bolete we harvest is not 'the' *Boletus edulis* but *Boletus clavipes*.

Nonetheless our 'King Bolete' we harvest here is similar in almost every way except it has regionally adapted differences. Our King Bolete, *Boletus clavipes* fruits in late autumn to October if conditions are right despite global warming. It has a mycorrhizal relationship with Eastern Hemlocks and Norway Pine trees. All bolete mushroom fruiting bodies are classic looking toadstools with a cap and stalk. The underside of the cap is a spongy pored layer. They are found fruiting out of conifer needle mulch. The King Bolete is found under or near hemlock trees. Yes, they are found under or near Norway Pines too, however, these trees are purchased ornamental trees by Canadians and found on their private or public properties. You need to gain permission to pick the kings from under an owner's Norway Pine tree. It doesn't hurt to knock on their door and ask to harvest them as the majority of Canadians distrust wild mushrooms and will probably say yes.

The stalk flairs out and can be quite bulbous. The upper stalk must have a white fishnet-like pattern. This is a key identifier of a king from the complex of King Boletes. The King Bolete has a reddish-brown cap that resembles a bun fresh out of the oven. Hence the name 'Penny bun'. The cap underside or 'pore surface' is white, especially when young. The flesh is white and does not change colour when cut. Some varieties may turn slightly pink or red when cut but rarely. The fresh King Bolete has no odour and is collected when young and



This is edible bolete called Old Man of the Woods, *Strobilomyces strobilaceus* is an easy to identify. Cap and stalk mushrooms (toadstools) with a pore surface instead of gills are mostly boletes. There are some exceptions so please use the awesome Bolete Filter from the West Pennsylvania mushroom club at boletes.wpa.mushroomclub.org to discover which bolete you have found.



The edible Chicken Fat Bolete, *Suillus americanus*, is a slimy bolete. All slimy caps in the *Suillus* family should be peeled off before cooking to avoid gastro symptoms.

firm. As with most mushrooms, older fruiting bodies can be infested with worms. It is wise to avoid spongy or soft boletes. Most King Bolete hunters only harvest the cap meat in which they remove and discard the stalk and pore surface layer and cook or preserve the cap flesh with the reddish-brown cap skin intact. Young King Boletes can be cooked or preserved whole or sliced without removing the stock and cap skin. All young mushroom fruits are generally critter free!

The Bitter Bolete, *Tylopilus felleus*, almost identically resembles the King Bolete to many, but is very bitter and does not taste the same at all. It is found under conifers like pines. Its cap varies from a greyish brown to a reddish brown and it is distinguished from the King Bolete because its stalk has a black fishnet-like pattern and a pinkish-brown spore print. The King Bolete has a white fishnet-like pattern on its stalk and olive-brown spores. The Chestnut Bolete, *Gyroporus oastaneus*, looks like a smaller King Bolete but with a dark brown cap and a slimmer, pale orange to brown sometimes bulbous stalk. They however are found under oaks and chestnut trees. They have a pale straw coloured spore print. Poisonous lookalike *Boletus. huronensis* has no fishnet pattern, bruises blue sometimes and with a single bite, you will have vomiting, diarrhoea and cramps for 24 hours.

Besides the King Bolete there are hundreds of other edible boletes to hunt and harvest. The family Boletaceae includes the huge *Boletus* species group of mushrooms that also encompass other groups within its group like *Suillus* sp. and *Tylopilus* sp. All are commonly called boletes because they have no gills and instead have a spongy pored surface. They prefer a mixed deciduous

and coniferous hardwood forest with a lot of needle and leaf litter. The *Suillus* family have slimy caps that cause a laxative action when eating so the skin should be peeled from the cap before cooking. Some people wipe off the slime because they find removing the skin tedious. I think it best to remove it in its entirety. Removing the spongy pore surface and stalk and only consuming the cooked cap meat is the easiest way to go. Stalk thickness and softness usually varies from the cap and does not cook evenly. Boletes in the *Leccinum* family can be found under Birch and Aspen trees and can be distinguished by having stalks with blackish scabers or hair-like scales on them.

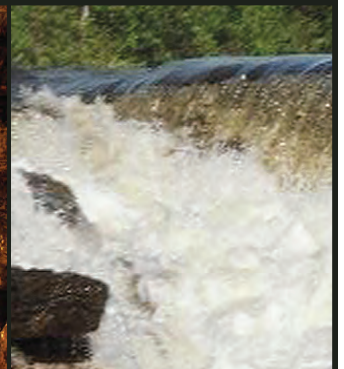
Even though there are some poisonous boletes out there, none are life threatening to humans. Poisonous boletes to easily avoid have orange or red spongy pore surface and turn blue or blackish when cut. There are some that once you cut turn instantly blue. Please stay away from those too. There are bluing boletes that are safe to eat, but it's hard to tell them apart and you are best just to avoid all bluing boletes. Never fear as there are hundreds of other choices.

When harvesting boletes, cut the stalk off if it's spongy soft or fibrous or a different thickness to the cap. Gary Lincoff stresses that just harvesting the cap is the most effective method. Boletes can be sautéed and seasoned in light oil. They could be dried and kept in a tight-fitting jar for many years. As mentioned earlier when a King Bolete (and its complex group members) is rehydrated and cooked it actually has a better flavour than it did while fresh! It is recommended to pair boletes with grains when serving. Many Europeans make a bolete gravy and pour it over boletes sandwiched between two polenta

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Boletes in the *Rubroboletus* family are known for their 'bleeding' stalk and blue staining feature. Avoid all blue-staining boletes until you can expertly identify their differences.

slices. If I was to Canadianize that recipe, I would bake my boletes next time in corn bread.

As anyone in our region should rejoice in finding the King Bolete in our area, please be cautious and be certain you have proper identification before cooking and consuming your prize. Please tread lightly in the forest and only go off trail when sighting a fruitbody that interests you. Never forget the mushroom (mycelia) lives in the topsoil below your feet like a tapestry of woven mushroom species and is very fragile. Know that picking the colourful and enticing macro fruiting body does not harm the mushroom and serves to spread the spores for its procreation and to thread the tapestry of life.



Russell's Bolete, *Aureoboletus russellii*, is a rare mushroom and a joy to find! Edible but with a forgettable bland flavour. I found it in Calabogie.

Sources:

Lincoff, Gary. *The Complete Mushroom Hunter*. Quatro Publishing Group, USA 2017.

Phillips, Roger. *Mushrooms and other Fungi of North America*. Firefly Books. USA 2010.

The Bolete Filter: www.wpamushroomclub.org

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



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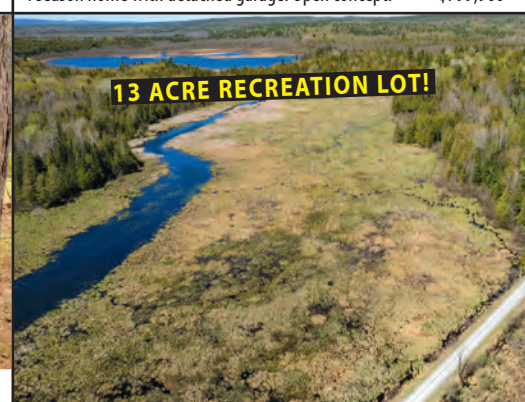
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Preparing for Change

By Tony Beck



Juvenile Black-throated Green Warbler – Although my preliminary observations indicated a poor breeding season this year, we should still see some young warblers migrating through the highlands. This juvenile Black-throated Green Warbler passed through my yard last fall.



We watched this **adult Common Loon** for about 20 minutes along the Bonnechere River in Eganville. It seemed determined to feast on a relatively substantial meal of a White Sucker.



I photographed this **adult male Indigo Bunting** along the Barrett Chute Road. They regularly breed in the highlands, especially along forest edges and clearings. The males occasionally perch conspicuously on high leafless branches as they defend territory.



Common Nighthawk – nightjars like the Common Nighthawk, are insectivorous birds that feed on flying insects. In late summer and early fall, we sometimes see flocks passing over forest clearings. This individual was photographed over my yard last September.



Hummingbird Clearwing – A diurnal moth, this lovely insect is an important pollinator seen throughout the region during summer. Pic courtesy Doug Jordan

As summer draws to a close, nature prepares for changes. Sadly, wildlife seemed eerily absent in August, especially songbirds. Among the countless challenges they face, recently they include intense heat, lack of rain, and smoke-filled air. It's taken its toll on many plants and animals across the country. On my one-year anniversary of living here, our neighbourhood remains fairly silent compared to last year. Long-distance migrants like shorebirds, swallows, flycatchers and wood-warblers migrate southward as summer ends. So far, numbers appear down compared to previous years. Will we enjoy a rich and varied migration of wood-warblers this fall? Will some birds adapt by breeding later than normal? We'll have to wait until next year to determine the degree of this year's breeding success. Although some northern habitats and associated wildlife adapt to natural cycles of environmental disturbances, some vulnerable species will likely suffer setbacks. Fortunately, we're getting a few encouraging signs of rain and cooler temperatures in the forecast. On the plus side, mosquitoes have become less annoying.

Much of our local bird life has prepared for fall. Some will depart from here to return next spring. Some are already enroute southward. Others will move slowly or only travel short distances. A few intrepid individuals might even wander away from their traditional migratory routes. Several resident species stay for our winters. Many chickadees, nuthatches, jays and ravens linger for the entire year.

We've recently seen families

of swallows, flycatchers, warblers, and Cedar Waxwings as they maneuver through forest openings to catch flying insects, especially around scrubby fields and fruiting trees. Listen for the waxwing's high-pitched wheezy calls. Their diet also consists of fruit and berries. Late breeding waxwings might still be nesting through September. With cooler temperatures, many birds abandon their insectivorous diet for fruits, berries and seeds. Check for finches, thrushes, sparrows and others feeding in these trees as warmer temperatures leave us. Migrating vireos, warblers, tanagers, and flycatchers should still be present through much of September. They'll mostly be gone by the time fall colours reach us. Replacing them will be sparrows, kinglets and finches.

While scouting for summer wildflower meadows, we ventured up the Barrett Chute Road where we found a cooperative male Indigo Bunting still sporting its breeding colours. He'll molt into a dull brown by the time you read this.

We enjoyed a pleasant morning photographing Calabogie Village during our photo course offered through the Greater Madawaska Public Library & Learning Centre. Our enthusiastic participants included Ruth Jones, Gary Hollingworth, Barrie Nichols, and Doug Jordan. Excitement began at our meeting spot with families of Chimney Swifts and Cliff Swallows flying around the steeple of the Most Precious Blood Parish Catholic Church. It's encouraging to see both species actively hunting for insects over the village, especially since

they've seriously declined over the last few decades. Most will migrate by mid-September, returning in April.

From the library, our group walked down to the Madawaska River looking for rustic compositions along the way. Surprisingly, we found a tiny Snapping Turtle crossing a busy intersection. Even in urban-like settings, we need to keep a vigilant eye out for wildlife.

Among the many bumblebees and hoverflies, we were thrilled to find a Hummingbird Clearwing Moth pollinating garden flowers in charming Barnett Park. A few Bald-faced Hornets and European Hornets were seen chewing bark for their hive construction. We also spotted a Common Merganser patrolling the shoreline for small fish.

If you visit Calabogie, or any large lake in the highlands, look for Osprey, Turkey Vulture, Bald Eagle, Common Raven and Belted Kingfisher flying overhead. On the water, you'll likely see a variety of ducks, Canada Geese, Common Loons, Double-crested Cormorants, Herring Gulls, and Ring-billed Gulls. During migration, look for northern waterbirds like Common Goldeneye, Bufflehead, scaup, scoters, and grebes. If you're lucky, you'll see something unusual coming down from the Arctic like a Sabine's Gull, or a jaeger. We'd love to know what you're seeing.

Jacqueline Knight is reporting several species near Norway Lake, including various songbirds and 7 Common Loons. Our region is perfectly suited for this iconic Canadian bird. We recently watched an adult Com-

mon Loon along the Bonnechere River in Eganville as it struggled to swallow a substantially large White Sucker. Although loons prefer smaller prey, some occasionally go for large aquatic creatures. We left before determining if the loon had successfully devoured its meal.

Tell us about your recent wildlife observations. Are you seeing any numbers of songbirds like warblers, sparrows, tanagers, or finches? Got any observations of waterbirds, raptors and such? Are you finding birds, butterflies or other animals that I'm not reporting? Anyone exploring places like Bon Echo Park? We'd also enjoy seeing your recent nature photos taken here in the highlands. Feel free to share your observations and photos with us by sending them to Tony-FMBeck@gmail.com.

There's a chance we'll mention your sightings and possibly publish your image.

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



Rediscovering the Tapping Farms along the Addington Colonization Road

By Cathy Hook, photos Ken Hook - All thanks to chance meetings with Jamie Rosenblath and Martin Streit



The Tapping farm and Hardinge Post Office is on this early map between lots 41 and 42 along the Addington Colonization Road.



The Tapping farm and post office site is within the Bon Echo Provincial Park boundaries and the history of the Addington Road, logging and the Tapping family is displayed in the park museum. There are still descendants of Thomas Tapping Sr. living in the area. We added photo locations (dots) to the Frontenac GIS map.

This rare 1920 photo described as "Taphams (Tapping) Deserted Farm" was taken in August 1920. The photo looks northeast towards Upper Mazinaw Lake and Big Bear Island. Martin Streit's grandmother, Melanie Smith, was vacationing with her family at Bon Echo when this photo was taken. Photo: Martin Streit Album, Flickr.



The Addington Road, completed in 1857, was one of the colonization roads built by the government to encourage settlement in the wilderness areas between the Ottawa River and Georgian Bay. Surveyor A.B. Perry supervised the building of the road and laid out lots measuring 20 chains wide and 50 chains long (100 acres)^[1] along both sides of the road from Anglesea Township north to the Madawaska River. Loggers moved into the area to harvest the large stands of white pine. Settlers moved in taking up the offer of free land grants and found a market supplying produce to

the loggers.

Conditions had to be met to secure the free land grants including: the settler (he) had to be 18 years old, and a subject of Her Majesty (Queen Victoria). He had to put into cultivation at least twelve acres of land in the course of four years and build a house (at least 20 x 18 feet).^[2]

Thomas Tapping Sr., a retired London policeman, immigrated to Canada in 1856 with his wife Kezia and 3 children and took advantage of the free land grants. In 1857 Thomas Sr. settled on lot 41 Range B in Barrie Township

and his son Thomas Jr. took lot 42. Thomas Sr. and Jr. satisfied the conditions and received their Patent deeds in 1865.^[3]

Ken and I were hiking in Bon Echo Provincial Park last fall and met fellow hiker Jamie Rosenblath. He has explored large portions of the park and has a keen interest, as we do, in the history. Jamie told us that as a young man riding the school bus through the park from his home in Denbigh, he noticed a clearing just in from the road. Years later he went back to explore. The Addington Road and Highway 41 follow almost

the same path here. Based on the location and what he found he thought this might be where Thomas Tapping Sr. and his family first arrived to their property. We met Jamie a few days later and he was our guide to the Tapping farm.

The site has not grown-in much over the years because there is very little soil covering the underlying rock. Jamie pointed out several foundations and Ken photographed them.

The Library and Archives of Canada list Thomas Tapping as Postmaster for Hardinge, Barrie Township in Frontenac County from 1866-10-01

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Remnants of the foundation of a building.



An old split-rail fence



We found the old well.

Over the years additional properties acquired by the Tappings brought total holdings to 2000 acres.[6]

The Tapping family farmed quite successfully during the logging years. After the loggers moved on in the 1890s it became increasingly difficult to continue farming. Several of Thomas Tapping Sr.'s sons moved away to find work elsewhere. The farm site is within the Bon Echo Provincial Park boundaries and the history of the Addington Road, logging and the Tapping family is displayed in the park museum. There are still descendants of Thomas Tapping Sr. living in the area.

Another chance meeting brought us the photo taken over a century ago of the Taphams (Tapping) farm, above. When we were setting up for the Don Brown Video in November, we met Martin Streit, who was in a meeting with Mazinaw-Lanark Forest Inc. Shortly after, he sent lovely family photos taken by his grandmother, Melanie Smith, while vacationing at Bon Echo in 1920. View Martin's album at our Flickr site. flickr.com/photos/cdhs/albums/72177720322164812/

until it closed 1900-12-20.
The map above from 1878^[4] appears to show the location of the post office on the property line between lots 41 and 42. Ken's camera records the Degrees Minutes Seconds (DMS) for each photo, and we were later able to confirm that is exactly where we were. As we walked around, we speculated that this was the initial Tapping homestead and Hardinge Post Office site.
Prior to the derecho in 2022, we could have easily walked east over the hill to the Mazinaw Lake side of the property. Now there are too many

downed trees, so we drove to the North Mazinaw Heights Road to access the property.
A sign along the old road, now groomed for snowmobiling, pointed the way. We found an old dug well, a split-rail fence and another stone foundation that was quite overgrown. Ken's photo info indicated we were on Lot 40.
Thomas Sr. and his sons acquired several free land grants in Barrie Township and on the other side of the Addington Road in Anglesea Township.^[5]

In Barrie Township:

Lot 41 Range B - 96 acres - Thomas Tapping Sr. - 1865
Lot 42 Range B - 86 acres - Thomas Tapping Jr. - 1865
Lot 40 Range B - 100 acres - John Grunwell - 1865,
Thomas Sr. acquired it and sold to Thomas Jr. - 1881
Lot 38 Range B - 100 acres - James Tapping - 1872

In Anglesea Township:

Lot 43 Range A - 100 acres - Robert Tapping - 1873
Lot 42 Range A - 100 acres - George Tapping - 1874

The lot map was created using Frontenac GIS Interactive Mapping. Photo locations were plotted on the map using the Coordinates function.
[1] The Ontario Land Surveyor, Spring 1991
[2][3][5] The Hard Road Ahead – The Addington Colonization Road of Early Ontario written by Linda and Gary Corupe.
[4] The Illustrated Historical Atlas – Frontenac, Lennox and Addington, 1878
[6] Bon Echo Provincial Park Museum
CDHS Flickr site: Flickr.com/photos/CDHS

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Federal Court Judgments put Brakes on Giant Ottawa River Nuclear Waste Dump

by Lynn Jones



Species-at-risk that make their homes in the proposed NSDF location include Blanding's turtles, eastern wolves, Canada warblers, golden-winged warblers, whip-poor-wills, and two bat species—little brown myotis and northern myotis. As a no-go zone for 80 years, the Chalk River Laboratories site has become very rich in biodiversity, much richer than alternative federal sites at Whiteshell and Rolphton that were rejected by the proponent.

Since it was first announced in February 2016, the giant Ottawa River radioactive waste dump has met with widespread opposition from Algonquin First Nations, the Assembly of First Nations, citizens' groups and more than 140

downstream municipalities including Pontiac County, Gatineau, Ottawa, and Montreal.

Opponents had reason to celebrate earlier this year as the Federal Court of Canada upheld two legal chal-

lenges to the giant dump.

The seven-storey radioactive megadump, known as the NSDF, is planned to hold one million tons of radioactive and other hazardous waste from eight decades of operations of the

Chalk River Laboratories (CRL) along with imported waste from other provinces and commercial sources.

CRL is a heavily contaminated federal nuclear research facility beside the Ottawa River, 180 km northwest of

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Call and let me surprise you with what your home is worth!



First Blanding's Turtle is one species at risk that will lose some of its critical habitat if the giant nuclear waste dump goes ahead. (photo iNaturalist)

Canada's capital, directly across from Quebec. The facility is currently operated by SNC-Lavalin and two Texas based engineering firms under a contract with the federal government.

The site chosen for the NSDF by SNC-Lavalin and its corporate partners is on Chalk River Laboratories property, less than one kilometre from the Ottawa River in unceded Algonquin territory. Studies show the mound would leak during operation and break down due to erosion after a few hundred years, contaminating the Ottawa River—the source of drinking water for millions of Canadians. All exposures to radioactive materials in drinking water increase risks of cancer, birth defects, and genetic mutations.

The materials destined for the NSDF include man-made radioactive materials such as plutonium that will remain hazardous to humans and other living things for millennia. The NSDF is the first ever attempt in Canada to dispose of materials created in a nuclear reactor. The dump proponent and the Canadian Nuclear Safety Commission have persisted in calling the waste "low level," despite copious evidence to the contrary from industry experts, thus confusing the public and decision makers.

After a long and highly flawed environmental assessment process, the NSDF received a greenlight in January 2024 from the Canadian Nuclear Safety Commission (CNSC). The CNSC is widely perceived to be captured by the nuclear industry and to promote

the projects it is supposed to regulate, as reported by a federal Expert Panel in 2017. Soon after the greenlight from the CNSC, Environment and Climate Change Canada issued a permit that would allow destruction of species at risk and their habitats and residences during construction of the dump.

Both decisions, the one to license the facility and the one to issue the species-at-risk permit were successfully challenged in Federal Court. Both cases are potentially precedent-setting.

The first successful court challenge was brought by Kebaowek First Nation (KFN). KFN lawyers argued that the Canadian Nuclear Safety Commission failed to secure Algonquin First Nations' free, prior and informed consent for disposal of hazardous waste in their territory as mandated by Canada's United Nations Declaration on the Rights of Indigenous Peoples Act (UNDRIP). This is the first test of the new law in Canada and the result will have implications for future projects on Indigenous lands.

In her judgment issued on Feb. 19, Justice Julie Blackhawk ordered the Commission and CNL to resume consultations with Kebaowek "in a robust manner," while properly considering the UN Declaration on the Rights of Indigenous Peoples. The consultation must be adapted to address Indigenous laws, knowledge and be aimed at reaching an agreement, to be completed by Sept. 30, 2026.

The second successful court challenge was brought by KFN, Con-

cerned Citizens of Renfrew County and Area, the Canadian Coalition for Nuclear Responsibility, and Sierra Club Canada Foundation. The applicants challenged the decision by Environment and Climate Change Canada to issue a permit to destroy species-at-risk and their residences during construction of the dump.

This is the first time that a decision to issue a species-at-risk permit has been challenged in Federal Court. The lawyer for the applicants presented evidence that the proponent failed to choose the location that would be least harmful to biodiversity and species at risk as required under the Species at Risk Act, and chose instead a location that it knew to be richer in biodiversity and potentially more damaging to species-at-risk because it would reduce its costs for transporting waste.

In his ruling issued on March 14, 2025, Justice Russel Zinn said the environment minister's issuing of the species-at-risk permit was "unreasonable due to fatal flaws" in interpreting and applying the federal Species at Risk Act, adding that the issuing of the permit must be reconsidered.

Species-at-risk that make their homes in the proposed NSDF location include Blanding's turtles, eastern wolves, Canada warblers, golden-winged warblers, whip-poor-wills, and two bat species—little brown myotis and northern myotis. As a no-go zone for 80 years, the Chalk River Laboratories site has become very rich in biodiversity, much richer than alternative federal sites at Whiteshell and Rolphton that

were rejected by the proponent.

Blanding's Turtle is one species at risk that will lose some of its critical habitat if the giant nuclear waste dump goes ahead. (photo iNaturalist)

These two successful court challenges are fuelling concerns about whether or not privatizing Canada's federal nuclear laboratories in 2015 was a good move for Canadian taxpayers. A recent op-ed in the Ottawa Citizen noted that since privatization, costs to taxpayers have ballooned by 300 per cent to \$1.4-billion annually, more than the budget of the CBC. Yet little progress has been made to reduce the multi-billion dollar nuclear waste liability that was purported to be the main purpose of the contract. In fact, the liabilities have grown, from \$7.5-billion in 2015 to \$9.8-billion in 2024. Now the NSDF project, put forward by SNC-Lavalin and partners as the solution to Canada's nuclear waste liabilities, is tied up in legal wrangling that could go on for years.

Both federal court decisions have been appealed by the dump proponent, therefore the battle will continue. For now though, opponents are celebrating these federal court decisions that are applying the brakes to the NSDF project.

Lynn Jones is a founding member of the Ottawa River Institute, a non-profit, charitable organization based in the Ottawa Valley. ORI's mission is to foster sustainable communities and ecological integrity in the Ottawa River watershed.

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Wilder, Wetter, Hotter, Drier, Snowier, Windier, Unpredictable Weather is Here By David Arama



Blizzards bring a lot of snow, which often melts mid winter or late spring while the ground is still frozen, causing flooding. Ice storms and high winds fell trees and break branches, littering the forest floor, drought turns the forest into a tinder box... All it takes is one spark to set it all ablaze. This is the new normal with climate change. Be gentle in the forest. She's going through a hard time.

This year, we started off with a late and very cold and snowy winter, followed by windstorms, ice storms, fierce thunderstorms, and a deluge of a spring. It was one of the wettest springs ever. Hordes of mosquitoes were the result. By early July, temperatures began to soar, and the prairie forest fires were raging out of control, causing dangerous smoke levels for us here in Eastern Ontario.

What else could happen?

Unbelievably, a historic heat wave combined with a biblical drought. This drought is not a normal drought. It's a fierce drought combined with the intense heatwave.

Running wilderness camps recently, we adhered to the total fire ban that covers most of the province. There are few raspberries this summer, apples are one quarter their normal size, and there are many trees along the highways

that are turning brown. There might not be any fall colours this year. Everything in the natural world is very stressed. It's a tinder box out there. Yet, numerous people have decided that breaking the law is okay.

Reports of campers and cottagers having campfires, and starting brushfires are frequent. I've witnessed numerous cases of idiots tossing their cigarette butts into dry grassy roadsides

and trails. Would you believe that we heard some brainless asses setting fireworks? If caught, they can be held liable for all fire suppression costs including crews, fire trucks, water bombers, and damage to property. Whether they are caught or not, they can leave behind a disaster scene. Those pretty sparks can ignite a forest fire.

90% of Canadian Forest Fires are caused by Careless Humans.



Biolite stoves can be configured a number of ways. This version burns twigs and pinecones in an enclosed chamber to produce heat for cooking. Grill can be replaced by a pot for boiling water for food. All this while producing power for other accessories, like a gooseneck LED light and chargers for your devices.

Fire Safety Tips

During camp, we cooked using naphtha and butane camp stoves. We also had a woodstove and Biolite BBQ. We exercised extreme caution since a fuel leak or spill could prove dangerous, and easily start a grassfire or forest fire. Even gas lanterns are very flammable and could cause a disaster.

The ground and grass/vegetation was so tinder dry, that an idling vehicle or ATV can ignite a fire.

When there is a township or provincial fire ban, that means NO open flames of any kind. Zero tolerance. No leaf burning, no bonfires, no nothing. The laws are very clear. They are specifically posted on the township fire department websites and at Provincial and National Parks websites and entrance offices.

When campfires are allowed, fire safety practices are important. A proper fire pit with a concrete pad and steel or concrete block fire ring is crucial. When making a campfire in the backcountry, never build a fire on the forest floor. This can cause a root fire and brush fire. Primordial root fires are known to smolder for centuries, and sometimes pop up in the winter. Why would you risk starting one?

When campfires are permitted, dig the firepit down to the mineral or sand layer, below the organic soil or line with rocks. Some campers bring thick aluminum foil to lay down. Clear the perimeter of all flammable pine needles and leaves. Using a garbage bag as a pail, thoroughly soak the surrounding area before you light the fire. Always keep an eye on the fire, especially on windy days. Avoid building campfires near pine and birch trees. They provide their own fuel and kindling.



A wooden home among the pines, with tar shingles, and firewood piled nearby is a highly combustible combination. A stone or brick exterior with a steel or slate roof would be much safer. Even with that, care should still be taken to clean up dead branches and pine needles and position the BBQ and firewood piles away from structures.

Forest Fireproofing Your Structures

It's a good idea to have plenty of fire extinguishers, long garden hoses, and buckets ready at all times. Experts advise to get rid of anything flammable around your home and cottage, especially excess flammable evergreen trees and brush, stored flammable wood etc. Create a fire break. Keep rain gutters clear of pine needles. Keep BBQ's a safe distance from structures. RVers should have their trailer propane system checked every few years by a certified gas fitter, to prevent leaks and fires. Steel roofs are safer than shingle roofs for forest fires, so if you are building among those fuel-laden evergreens, choose a steel roof.

We need more than a week of steady rain, without lightning. Hopefully soon, the fall deluge will start. Be prepared, be safe.

Remember, you are biodegradable, don't end up becoming a statistic!

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



Trips Abroad T + E, and offers a variety of training courses and camps. marblelakelodge.com wscsurvivalschool.com

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

SK Health is requiring staff to get consent before cutting the hair of Indigenous patients, nearly a year after a Métis man's ponytail was cut without his approval.

Landmark ruling grants decedents of the Cowichan Nation title to lands surrounding historic fishing village in Richmond, B.C.; rights to fish south arm of the Fraser River

The First Planned Migration of a Pacific Island Nation Is Underway. Tuvalu could be submerged in 25 years due to rising sea levels, population relocating to Australia.

Study: The three top actions that help the climate: not flying, not getting a dog, using renewable electricity, are also underestimated by people the most.

Cardboard to the compost. Yellowknife diverting nearly all recycled paper products. City says cardboard accounts for about 95% of the weight of blue bin recycling.

CNL identified three Canadian locations as potential sites for the location of renewable diesel production facilities that convert wood waste into diesel fuel.

As Canada pledges to increase military might, National Defence says it can clean up and repurpose sites that contain PFAS, PCBs and other toxins.

ON Investing \$3M to Protect the Lake Simcoe Watershed, helping farmers in Holland Marsh use innovative technologies to reduce phosphorus entering Lake Simcoe

A powerful, quiet, efficient, blameless, and bird friendly “windstrument” is replacing wind turbines, especially in suburban and urban spaces.

Ireland testing a giant kite that generates electricity. The mobile, low-impact system could help power remote areas, with fewer barriers than traditional turbines.

Canadian Natural Resources beats profit estimates, Trans Mountain pipeline nearly triples oil flow to Western parts, benefiting from its expansion.

Ontario Appoints New Chair of the Ontario Farm Products Marketing Commission to strengthen province's agri-food sector, protecting farmers, businesses, consumers

Canada and Ontario Investing Over \$1.7M to Support Beekeeping to Help Operators improve their honey bee colonies and boost competitiveness in the face of US tariffs

A dog named Maple sniffs bee colonies for bacteria. Her team hopes she can become a blueprint for other dogs amid a staggering year for bee death in the US.

CNSC authorizes Ontario Power Generation to construct and operate the Pickering Component Storage Structure at Pickering Waste Management Facility.

Ontario Your Health: A Plan for Connected and Convenient Care adding surgical and diagnostic centres that provide diagnostic services, surgeries and procedures.

Ontario Investing \$89M to Help People Age Safely at Home, expanding Community Paramedicine for Long-Term Care program permanent in more communities.

With more and more Beer Stores closing across Ontario, charities and non-profits that rely on bottle collection are hoping to cash in on your empties.

Digitalization Competence Centre helps companies find made-in-Ontario digital solutions with expert guidance, training and up to \$115,000 in targeted grants.

ON's \$260M Skills Development Fund will provide for innovative projects that support hiring and training in manufacturing, health care, construction, and skilled trades

Employers in ON with more than 25 employees who posts a publicly advertised job must now disclose whether AI is being used to screen, assess, or select applicants.

Survey: Employees in hybrid work arrangements report better health, fewer sick days. 79 per cent) said shorter commutes helped reduce overall stress and anxiety.

Major Asian auto suppliers building second EV parts plant in Windsor. Minth Group previously announced \$300 million investment in Windsor facility.

The soon-to-open EV battery plant in St. Thomas is kicked off its first major hiring campaign with hundreds of “well-paying” positions up for grabs, officials say.

Canadian Tire said retail sales jumped 6.4% in the second quarter, with more shoppers going to its stores as part of a “Buy Canada” wave.

Distracted driving laws, speed cameras, strict seatbelt laws, impairment checks, and alcohol limits reduced traffic fatalities 18% in Canada. US fatalities increased 33%.

US military has started buying Tesla Cybertrucks to use for target practice. Cybertrucks are bulletproof, becoming popular with police forces, and criminals.

The federal government is slashing tolls on the Confederation Bridge and lowering ferry fares in Eastern Canada to make east-west trade and tourism more economical

The federal government has contracted a Canadian firm to outfit the Royal Canadian Navy's Halifax-class ships with a small fleet of aerial drones.

Royal Canadian Navy christens her sixth and last Arctic offshore patrol ship (AOPS). The Canadian drone industry is spinning up — with lessons from Ukraine.

A Halifax Shipyard is building 2 AOPS variants for the Canadian Coast Guard, and production is underway on the 1st of 15 River-class destroyers for the Navy.

Ontario Shipyards partners with province and Italy's largest builder to ready bid for navy corvettes.

Canadians exploring getting foreign citizenships through real estate deals for better visa access and lifestyle, as some countries fast track citizenship for land owners.

Tourists from the UK, Germany, and France Boost Ontario Tourism While Air Canada and WestJet Make New Route Cuts to Florida, Tampa, and Los Angeles

Air Canada starting bus service this fall connecting Kingston's Norman Rogers Airport with Pearson in Toronto with two return trips daily.

Canada's Niagara Falls noticed a major uptick in international visitation besides the U.S., and many people are choosing to avoid the U.S. and come to Canada instead.

Canada's Girl Guides Suspend U.S. Trips Amid Trump's Immigration Crackdown, saying it was pausing the trips out of safety concerns for its members.

B.C. woman regains sight after rare tooth-in-eye surgery. Surgeons attached a tooth fitted with a lens to the front of her eye to replace her damaged cornea.

Scientists have uncovered a “neurobiotic sense” communication system between gut microbes and the brain, certain bacteria influence appetite, and potentially behaviour

Scientists discovered mystery bits of RNA, smaller than a virus that colonize bacteria in our mouths and guts that can transfer information that can be read by a cell.

Doctors horrified after Google's Healthcare AI makes up a body part that does not exist in humans.

Naloxone kits, defibrillators to be required in all B.C. high schools. Students will be taught CPR and defibrillator, but schools aren't required to provide naloxone training

New Implant Offers Hope for Easing Rheumatoid Arthritis. Stimulates the vagus nerve, signalling the body to tamp down inflammation that contributes to the disease

Vitamin B therapy targeting riboflavin and biotin holds promise as a potential avenue for alleviating Parkinson's Disease symptoms, slowing disease progression.

Study: Quebec's RSV immunization program greatly lowered infant hospitalizations

10-year study found participants who consumed the most ultra-processed food were 4% more likely to develop lung cancer compared with those who ate the least.

An April 2025 study found the herpes zoster – or shingles – vaccine could lower the risk of dementia in the general population by as much as 20%.

SpaceX says its new ‘beam switching’ tech can ensure Starlink dishes remain connected, even when some obstructions, like tree cover, are present.

Cogeco enters wireless market as mobile service launches in Quebec, Ontario

Putin Widens Effort to Control Russia's Internet through a state-approved messaging app, raising fears Russia could be preparing to block WhatsApp and Telegram.

Children with access to smartphones before the age of 13 are, per a jarring new study, far more likely to suffer severe mental health problems down the line.

Study: ChatGPT giving teens dangerous advice on drugs, alcohol, dieting and suicide

Meta cancelled thousands of scam accounts that often ask targets to pay up-front to get promised returns or earnings, showing victims “earnings” before asking for more

Ontario woman loses nearly \$3,000 after clicking fake e-transfer link to her bank. If something seems off, don't click on any links or provide your personal information.

Scientists dove over 31,200 feet below sea level finding a wealth of life forms sustained by hydrogen sulphide- and methane-rich fluids, rather than sunlight.

McDonald's has revealed that The Grimace, is a huge taste bud, of all things.

A Fish Falls From the Sky and Sparks a Brush Fire in BC. A flying osprey dropped its catch, which then struck power lines, causing sparks that ignited dry grass.

Humanoid Robot Games In China featured more than 280 teams from universities and companies in 16 countries with kickboxing, obstacle courses, and pratfalls.

FINAL CALL! Enter by Midnight on October 4 By Lois Thomson

"If you want to be a writer, you must do two things above all others: read a lot and write a lot. There's no way around these two things that I'm aware of, no shortcut."
- Steven King

As a reader of the Madawaska Highlander, you should pride yourself that you are among the many who read for pleasure, and our contributors thank you for it!

They tell us that they enjoy seeing their words appear on our pages. Writing is a lonely process. Reading is a shared process – two sides of the same coin.

Our contributors tell us it makes them feel great to be able to share their memories and passions, keep you up to date on what's happening in our communities, and help to keep you safe, healthy, and engaged. Knowing that others enjoy and learn from their writing makes it all worthwhile.

When readers send in comments for the People's Choice Awards, they invariably say they liked a certain story because it reminds them of something in their lives - places they've been, people they've known, and it touched them deeply. No one ever bases the reason for their high praise on spelling, punctuation, or grammar, which should come as a relief for anyone who might be hesitating to put pen to paper.

Contrary to what your Grade 5 teacher might have told you, you don't have to memorize the definitions of things like Euphemism, Hyperbole, Irony, Metaphor, and Onomatopoeia when

you are likely already using all of those figures of speech in your everyday language. Although writing improves with practice, you know how to get a point across and while there is always an element of risk when we speak out in public, don't let a fear of getting it wrong stand in the way of your writing. Take the leap.

Risk taking. It's a gut-wrenching journey that demands a great deal from the person going through it. But if you ask almost anyone in the industry, in retrospect, most will agree that the rewards are significant and truly worthy of the effort.

- Oscar Venhuis, (oscarvenhuis.com)
Risk: The Dilemma of Creativity

When you send in a short story, you become a Madawaska Highlander contributor. The only difference is the potential to win a prize. So, if you have enjoyed reading the Highlander for pleasure, it could be time to give back and share a little part of your thoughts and experiences. Where would all our readers be without our contributors?

You have until midnight on October 4 to work on it, so don't miss this important deadline. Give it a go so you and others can... Enjoy!

I don't want to live in a hand-me-down world of others' experiences. I want to write about me, my discoveries, my fears, my feelings, about me.
- Helen Keller

Categories and Prizes:

Adult Fiction – one prize of \$200

Adult Non-Fiction – one prize of \$200

Youth Fiction or Non-Fiction (specify subcategory) – one prize of \$50

People's Choice (Adults Fiction or Non-fiction) – one prize of \$50

Judges:

Michael Joll, author and President of the Brampton Writers' Guild
Kenneth Puddicombe, author
Garry Ferguson, author, writer, editor, Madawaska Highlander contributor
Diane Bickers, writer, and enthusiastic reader
Dr. Max Buxton, physician, writer

Entries: No charge to enter. One entry per person. Open to Highlander readers including volunteer (unpaid) Madawaska Highlander contributors. Youth entries must state their age on their entry email and must be under 15 years on October 5, 2025. Youth 15 and under are eligible to enter either as youth, stating their age, or as an adult, without stating their age, but not both.

Stories must be:

Primarily in English. Original. Never published before. 1400 words maximum not including the title. Should not include your name or identifying information. Should only include category and title.

Sending Stories:

Enter any time before Midnight on October 4, 2025.

Email your story as an attachment to info@reelimpact.tv

Include your name, address, email address, phone number, story title, category, and age if under 15, in the body of the email.

If for any reason the Madawaska Highlander ceases publication, the contest will be cancelled. We will print as many stories as we can fit in the order we receive them, so send them in as early as you can. Any excess stories will be posted on madawaskahighlander.ca for People's Choice judging. So far, we have managed to fit them all. Every story is sent to the judges.



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Notes for Nature III, Plevna — A Benefit Concert for Mississippi Madawaska Land Trust

News Release



The headliners will be the dynamic family trio TRiPOD — guitarist extraordinaire and singer Terry Tufts, pianist and singer Kathryn Briggs, and singer Elle Tufts.

Following the first two successful Notes for Nature benefit concerts — in Maberly in 2024 and Almonte in 2025 — the third concert in the series will take place in the hamlet of Plevna, North Frontenac, this October. Once again, the ben-

eficiary will be the Mississippi Madawaska Land Trust (MMLT), a registered charity founded in 2003 that, with strong community and donor support, continues to expand its portfolio of protected lands for conservation in perpetuity.

"There is music throughout nature," says Rob Rainer, MMLT Director and catalyst for the Notes for Nature benefit events. *"From birdsong to the rhythmic croaking of frogs, from the whistle-like sounds of crickets to whispering pines, the soundscape of nature adds so much beauty and pleasure to our lives. What better way to celebrate such music than with the music that people can offer, including music that celebrates the majesty of our planet."*

Opening will be Six Pack, featuring Rainer on guitar and vocals, David Ramsden on guitar and vocals, Mary Lou Carroll on piano and vocals, Rebecca Worden on clarinet, guitar, and vocals, Doug Barr on bass and vocals, and MMLT President Steve Kotze on percussion, mandolin, and vocals.

The headliners will be the dynamic family trio TRiPOD — guitarist extraordinaire and singer Terry Tufts, pianist and singer Kathryn Briggs, and singer Elle Tufts. All nine musicians will

come together toward the end of the concert to perform a couple of powerful, Earth-themed songs.

The event will also feature, for viewing and sale, landscape, wildlife, and other works by accomplished local painters Brian Bailey, Leane Bailey, Liz Jackson, and Linda Rush.

Proceeds from Notes for Nature III will support MMLT's ongoing efforts to acquire and manage ecologically valuable lands for long-term conservation. The North Frontenac region, including the upper reaches of the Mississippi and Madawaska river watersheds, presents an abundance of opportunity for private land stewardship.

Notes for Nature III takes place on Saturday, October 4, beginning at 7 pm (doors open 6:30 p.m.) at the Clar-Mill Hall, 6598 Buckshot Lake Road, Plevna. Tickets (\$25) are available at mmlt.ca/events.

OUR HOME ON NATIVE LAND

Walking Through The Fire - Indigenous Collaborations with Sultans of String

By Mary-Jane Hebert – Edited from a media release provided by Sultans of String



From Métis fiddling to an East Coast Kitchen Party, rumba to rock, to the drumming of the Pacific Northwest, Walking Through the Fire highlights the beauty and diversity of music from Turtle Island. This multi-media concert and stage production was conceived as a musical collaboration between multi-award-winning roots group Sultans of String and First Nations, Métis, and Inuit artists from across the nation.

The musicians are on tour with this unique production and are bringing Walking Through the Fire to Festival Hall in Pembroke on Thursday, October 16.

After initially producing a CD, then following up with a critically acclaimed documentary, the project then developed into a musical multimedia stage production unlike any other. The performers have all come together in the spirit of the Truth and Reconciliation Commission's 94 Calls to Action and Final Report that calls for Indigenous and non-Indigenous artists to work together to find a path forward.

Walking Through the Fire brings performers Alyssa Delbaere-Sawchuk of the Métis Fiddler Quartet; Marc Meriläinen, Ojibwe/Finnish Singer-Songwriter (Nadjiwan); Coast Tsm'syen Singer-Songwriter Shannon Thunderbird, and Algonquin First Nations dancer Josée Bourgeois together with Canadian band Sultans of String. The Sultans musicians are bandleader Chris McKhool on fiddle, Kevin Laliberte on guitar, and Drew Birston on bass. The multi-media show also presents virtual guests joining in on the big screen including the Northern Cree pow wow group, Dr. Duke Redbird and many more.

A central theme running through Walking Through the Fire is the need for the whole truth of Residential Schools and the Indigenous experience to be told long before reconciliation can possibly take place. Grammy-nominated Elder and poet Dr. Duke Redbird, who in many ways provided the initial inspiration for this project, explains, *"The place that we have to start is with truth. Reconciliation will come sometime way in the future, perhaps, but right now, truth is*

Walking Through the Fire is a musical collaboration between multi-winning Canadian roots group Sultans of String, and First Nations, Métis, and Inuit artists from across the nation. The performers have all come together in the spirit of the Truth and Reconciliation Commission's 94 Calls to Action and Final Report that calls for Indigenous and non-Indigenous artists to work together to find a path forward. Musicians in this photo are Drew Birston, Sultans' bass player; Alyssa Delbaere-Sawchuk of the Métis Fiddler Quartet; Sultans' band leader and fiddle player, Chris McKhool; Coast Tsm'syen Singer-Songwriter Shannon Thunderbird; Marc Meriläinen, Ojibwe/Finnish Singer-Songwriter (Nadjiwan); and Sultans' guitar player, Kevin Laliberte. They are performing at Festival Hall in Pembroke on Thursday, October 16. Tickets and information: www.festivalhall.ca.

where we need to begin the journey with each other."

Embedded in the title of the show is the symbolism of rebirth: fire destroys, but it also nourishes the soil to create new growth, beauty, and resiliency. *"This project is about creating connections and spaces to learn from each other"* explains collaborator Alyssa Delbaere-Sawchuk, violist with Métis Fiddler Quartet. *"We are opening doors for each other, as Indigenous peoples, as settler peoples."*

Nine-time Grammy-nominated Northern Cree and community organizers in Kettle and Stony Point welcomed Sultans of String to their annual powwow for one of these collaborations. Steve Wood, drummer and singer, explains, *"When you're collaborating with mainstream music, it shows that we can work together to bring out the very best in who we are as human beings, and we can bring out something very beautiful."* The musical collaborations of Walking Through the Fire have found a common ground that can help cultures connect and understand each other.

Sultans of String is a fiercely independent band that has always tried to lift up those around them and has exposed many of their collaborators and special guests to new audiences at their shows around the world. Their

work during the pandemic on The Refuge Project amplified the voices of new immigrants and refugees, earning them Canadian Folk Music Awards and Best Musical Film at the Cannes World Film Festival.

Chris McKhool was recently awarded the Dr. Duke Redbird Lifetime Achievement Award by Redbird and JAYU Arts for Human Rights for amplifying these truths through collaborations. He says, *"This country has a history that has been ignored, distorted, twisted to suit colonialist goals of destroying a people. We are so fortunate for the opportunity to work with Indigenous artists, sharing their stories, their experiences, and their lives with us so we can continue our work of learning about the history of residential schools, genocide, and intergenerational impacts of colonization. Music has a special capacity for healing, connecting, and expressing truth."*

The Festival Hall production of Walking Through the Fire is presented by Off the Grid Productions of Eganville, originated by Lynne Epps who has been bringing Canadian artists to the Ottawa Valley since 2017.

Tickets can be purchased at Festival Hall's website: festivalhall.ca or by calling 343-361-3205



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Life Through a Lens

By Lesley Cassidy

Getting your nature fix when the leaves are vibrant hues of reds, golds, and ambers elevates the natural world to a whole new level. There's something magical about the autumn colours, crisp mornings, puffy jackets and a walk in the woods. Nature's showcase is fleeting, only here for a few weeks, but it's the best time to get out with your camera and explore the trails.

The Valley offers numerous wonderful spots, both ideal for photography and hiking, so the question is: where to begin?

Let's start with water. The Valley boasts hundreds of lakes, ponds, and rivers. Take advantage of the mist that often forms over lakes when the warmth of the water meets the cool morning air in late August and September. Embrace this time of day; it can give every photographer a stunning early morning picture with colourful leaves peaking out through the mist rising off the lake.

To make the most of this opportunity, check the Weather Network, which often indicates when there will be these types of conditions, helping you plan your early morning wake-up call. Reflections of the leaves in a lake or pond – this can be fun to try and play with your camera, taking some close-up shots and landscape pictures. An essential photography tip is to shoot at the right time of day. Try to get out an hour or two after sunrise or before sunset (and a half hour after). This timing creates warm, soft lighting and reduces harsh shadows.

A new trail to check out this fall is the Bonnechere River Trail in



An early morning picture of the mist along the Madawaska River near the bridge on Centennial Lake Road.

Renfrew. The trail-head's located at 390 Forestview Crescent. This 2.3-kilometre-long trail offers numerous views, and as you walk along the trail, you'll encounter a variety of trees, such as maples, birch, and pines, and there are a few solid hills to navigate, along with a bridge. Consider bringing a friend to take an image of them as they meander along the trail, set against the backdrop of deep red or honey-coloured leaves along or falling on the trail.

The first bench along the path provides a lovely view of nearby farmland, which during the fall will transform into a rich scene set against the Bonnechere River. One important tip to remember when shooting scenes with vibrant leaves is to shoot on overcast days. Why? There's less glare, softer lighting and lower contrast, which instead emphasizes the leaves and their shades without the harsh effect of direct sunlight.



Creating that dreamy, silky waterfall effect is not hard to do, regardless of the camera (phone or standard type). With a standard style camera, drop your shutter speed and prop yourself against something to prevent camera shake. This photo was taken at the top of Morrow Lake Waterfalls. With a camera phone, many offer this feature automatically.

Waterfalls! Try capturing photographs of the leaves as they float or fall on the rocks with the water swirling by. The Valley has plenty, including **High Falls on the Little Bonnechere, Garipey Creek and Fourth Chute along the Bonnechere River.**

A lesser-known spot is **High Falls on the Little Bonnechere River**, which is part of the Bonnechere River Provincial Park in the Round Lake area. Located off Turners Road (eventually turns into Basin Depot Road), approximately 23 kilometres from the intersection of Round Lake Road and Turners, there's a trailhead and a small parking space indicating the start of the hike.

This 4.8-kilometre round-trip hike follows an old tote road, known as the Old Bonnechere Road, for the beginning of the trail before it meanders off into the bush to the waterfall. If you want to experiment with the blurred, dreamy waterfall effect in your photo-

graphs, some phone cameras give you that option automatically. For regular style cameras, use your manual settings and set your shutter speed between one-sixth of a second and four seconds. This allows enough light to soften the movement of the water, giving it that ethereal effect.

Most importantly, to avoid camera shake and a blurred waterfall image with a shutter speed that low, prop yourself and your camera against something sturdy, such as a fallen tree or place your camera on a flat rock, or better yet, bring a small tripod. This setup will help you achieve the dreamy waterfall effect without blurring the leaves and surrounding landscape.

If you prefer to create a photograph with the waterfall as it is, set your shutter speed to a higher number, such as 1/250 of a second. To freeze every droplet in the photo, set the shutter speed closer to 1/1000 of a second. Pack



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HAPPY TRAILS



Reflection of the fall colours in the calm water along the Madawaska River, north of Griffith.



Hiking in the Ottawa Valley during fall is a colourful treat! All pics by Lesley Cassidy

a picnic or spend an afternoon soaking up the sounds of the outdoors in this excellent locale.

Gariepy Creek Waterfall in Laurentian Valley near Round Lake offers a mixed bush with greens and ambers as you wander approximately one kilometre to the falls. The combination of moss and colour creates a stunning backdrop for capturing images and a peaceful spot to connect with nature. This waterfall is not easy to locate, since it's an unmarked path on crown land. To reach it, hike in from Round Lake Road, starting from a small clearing where you can park on the north side of the road and use the following GPS coordinates: 45.7257, -77.3898 to locate the small pullout on the side of the road.

The Fourth Chute is located across the road from the Bonnechere Caves, with a short path running alongside the bridge and up to the falls. These falls are set in an open area with layered rock formations, as the River funnels

into a narrower channel that travels under the bridge, and the water cascades further downriver.

With the trail at 100 metres long, this waterfall is easily accessible. To explore further down the river directly across from the Bonnechere Caves, follow the dirt paths that lead you down to the falls - park alongside the road where it's safe to do so. The leaves in the background provide a perfect opportunity with the moving water to capture the dreamy, ethereal waterfall setting on your camera.

Known as the Thomas P. Murray Recreational Trails between Combemere and Barry's Bay, the Gun Mountain Loop is a fantastic spot to practice taking images of big vistas and experimenting with different compositions. It's a 4.3-kilometre loop, located at 374 Long Lake Road, with a few steep inclines that lead to a stunning 360-degree view of the surrounding area from Tom's Lookout. At the top, you'll find two red

Adirondack-style chairs where you can take a break and recharge your legs.

Try standing behind a tree and include some leaves from an overhanging branch to add depth to a photo as you take a photo of the distant rolling hills from this look-out. Look upwards, too; a picture of the red maple leaves contrasted against a bright blue sky might be the picture you'll love most from your day out.

Which leads to another tip: if you don't see the scene or landscape you like, don't hesitate to move! Shift a few feet (or more) to the left or right, or try getting close to the ground. Try identifying a line (real or imaginary) that leads through the photograph to direct the attention to the main subject. For example, when taking a picture of a church or weathered barn, look for an imaginary line such as a small valley or indent in the ground, or a road, or a fence that guides the viewer's eye to the subject.

Rose Hill Nature Reserve is a

quiet, somewhat overgrown but well-signed trail located just over the border of Renfrew County in Denbigh, west of Matawatchan. It's part of the Mississippi Madawaska Land Trust, an organization committed to conserving tracts of land for their unique features, plants and wildlife.

The Reserve offers two access points, covering almost 400 acres, and includes several kilometres of marked trails that wind through magnificent birch, maple and pine forests, dotted with ponds, wetlands and creeks. There are ridges, rocky outcrops and stands of hemlock. For fall foliage pictures, forest scenes and pond and bird photos, Rose Hill is an exceptional spot to explore.

One final tip: look for light that illuminates birch and poplar tree trunks highlighting their light-coloured bark against the golden and amber leaves. Or try capturing a picture of the sunlight slowly dropping in the sky with the light peaking through a grove of trees with changing leaves.

Grab your camera and hiking shoes and head out exploring this fall!



Lesley Cassidy has been cottaging near Calabogie for over 40 years and now lives in the area. She grew up spending her summers in the area and visiting family in Ashdad and Mount St. Patrick. Her favourite pastimes are exploring gravel roads in the Valley by bike, hiking its many trails and canoeing/fishing. Lesley

is married to Andre Mickovitch and brings him on her many adventures. Together they love travelling but Lesley always feels most at home closest to her family roots in the Ottawa Valley.

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