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THE MADAWASKA HIGHLANDER SEPTEMBER-OCTOBER, 2018 EMBRACE THE PAST ~ ENCOURAGE THE FUTURE ~ ENJOY TODAY

# The Madawaska Highlander

**Sept-Oct  
2018**  
**FREE** Vol.16 Issue 5  
Next issue November 28

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

Summer is wonderful, but nothing beats the crisp and colourful days of Fall in these beautiful Highlands.

**Welcome!**



You can't always rely on cell phones to get you to the camp, but Highlanders will find a way to make sure the party gets there. photo by Jim Hutchison

...To the fall of Summer, and the rise of Fall, as the leaves begin to show off for us once again in these beautiful Highlands. Sometimes it's good to show off! Our talented volunteer contributors can't help but do just that, as they offer up a fascinating cornucopia of insights and entertainment to keep us all up to date on what's happening and what's about to happen in our communities this Fall.

When we think of Fall we think of the harvest, but did you know Algonkin hunter-gatherers were farmers, too? Noreen digs into the significance of this in Home on Native Land. Noreen also appears in Bogie Beat where she was one of several esteemed guests who made presentations for the official opening of the Cottage Trail and the blessing of a Sacred Place by Algonkin elder Skip Ross. It's an interesting story. (Of course!)

Along with the harvest comes the hunt and Ernie takes us into the northern wilds by float plane in pursuit of caribou. Antonia tells a wild story about a wildcat named Wilde in Rural Vignettes, and Colleen takes us on the hunt for wild medicinal Chaga mushrooms in Highlands Hiker. Take the Polar Bear Express to Moosonee with young Bill and his "irrepressible" Uncle Johnnie, then a visit to France in Memories of Venachar. Arry sippers! Wherever your journey leads you, may it be a happy one! Lesley tells us how minding our winter trail manners leads to just that, in Happy Trails.

The Cloyne and District Historical Society presents a pictorial of hunting parties of the past, as we welcome present day hunters to the area with plenty of festivities, as described in GM News and Denbigh Venachar Dispatches. Catch up on this year's Terry Fox Run in Griffith, and speaking of running, don't forget to exercise your franchise and have your say about how your home and cottage municipalities are run in Election 2018, throughout Ontario on October 22. Be grateful we live in a democracy. As we learn in Wellness, the attitude of gratitude is good for our health. Enjoy!



Remember to fill your bird feeders and keep our feathered friends happy as temperatures cool down. Purple Finch photo by Jim Hutchison. See more of his photos in Captures and Captions on page 15.

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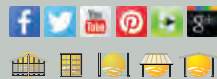


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# The Madawaska Highlander

The Madawaska Highlander  
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parts of 4 counties in the Highlands.

## CONTRIBUTORS THIS ISSUE

### Thank you everyone!

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

Ernie Jukes	Noreen Kruzich	Geoffrey Cudmore
Skippy Hale	Lesley Cassidy	Jim Hutchison
Antonia Chatson	Colleen Hulett	Bill McNaught
David Arama	John Neale	Special thanks to
Angela Bright	Anne Dougherty	Bill Graham
Sharon Shalla	Marcella Neely	

**Next contribution deadline:  
Nov 16 for Nov 28 publication  
madawaskahighlander.ca**

**Message from the editor:**  
Check the Events Calendar for events in your area. We print what you send in, so if your event is missing or incorrect, be sure to email updates.  
Check advertiser messages right away for important information, hours of operation, specials and ideas about things to do in the area. Tell them you saw it in the Madawaska Highlander!  
We also maintain the matawatchan.ca website, which has a handy community calendar that is updated whenever new information arrives. The Tri-County area around Matawatchan, Griffith, Denbigh and Vennachar is the primary focus of that website. Also check out www.greatermadawaska.com and other township websites for events and information around you in the Highlands. Our community paper depends on the community, so if you have something to offer that our readers would enjoy, please contact us to discuss. We keep our advertising rates low to keep it accessible for small businesses.

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Dated 1904. It depicts an unsavory group of immigrants pouring over (and through) a border wall, including a stereotypical Italian with a stiletto between his teeth, and a bearded man (apparently Jewish) preparing to descend the ladder. Meanwhile, an American laborer pleads to Uncle Sam for protection against the horde.



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By Anne Dougherty & John Neale



Lion Gail Holtzhauer presents the first place award to Dennis Schilkie from Pembroke for his 1965 Datsun Roadster named Fairlady. There were 125 vehicles registered at the 11th annual Denbigh-Griffith Lions Club Show and Shine.



Every cherished vehicle has a story, as do car enthusiasts who gather to check them out. Great cars and interesting conversation made for an unforgettable day.



People come from far and wide to the Show and Shine in Griffith for a chance to see incredible vehicles as well as local artists, artisans, and food suppliers. L - R: Darrell Hewitt's Maple Syrup Delights, Reina Coulthart and her paintings, and Judy Barr 's Mixed Media Creations.

The hot summer days and nights have suddenly turned cool at night. Leaves are beginning to put on their fall colours. Cottagers are getting ready to take their boats out. Residents are making sure that their wood supply is delivered and stacked in order to keep the wood stove going during the winter months ahead. As usual, our vibrant Griffith/Matawatchan (G/M) community had many activities and events to keep us occupied.

The main event in August was the Denbigh/Griffith Lions Club 11th Annual Show & Shine Car Show, held on Saturday, August 25. They had 125 registered vehicles, and a few more unregistered, lots of vendors, and good food on a beautiful day. The results of the People's Choice Awards were as follows: the first place award went to Dennis Schilkie from Pembroke for his 1965 Datsun Roadster Fairlady, and was presented by Gail Holtzhauer of Snider's Tent & Trailer Park. Second place went to Donnie Inglis from Renfrew for his 1971 Ford Mustang, presented by Denise Leckie of Griffith Building Supply. Third place went to Wilford Price from Calabogie for his 1967 Chevrolet Camaro, presented by Joan Walton of the Denbigh Recreation Committee. There

were three 50/50 draws, winners were Pat Strong, James Kells and Al Boomhower.

Perhaps the biggest news in Griffith/Matawatchan is the change in ownership at the Griffith General Store. Duane and Linda Lennie have sold the buildings and the business to Chris and Jamie Kim from Mississauga. Since they are total newbies to this area, please welcome them warmly to our community. According to Linda, they intend to keep things the same as they are now, which is just the way we like it. Thank you to Duane and Linda for all you do, and have done for the community, and a warm welcome to Chris and Jamie. You are lucky to have landed in such a unique and welcoming place.

The Festival of Small Halls was a resounding success. St Andrews United Church provided a Chilli dinner before the concert for \$10. Pete Chess opened the concert with four songs that he wrote about life in Matawatchan. Next the Tall Boyz packed in a powerful set featuring Derek Roche, Pete Fischer, John Neale and new addition Pete Licari on bass guitar. They concluded with a song that Derek wrote about the Matawatchan Hall, just for this occasion and had to scramble to satisfy the crowd's demand for another song! I guess they weren't expecting the



It was exciting to see posters for an International event for the Lions Club's Show and Shine in Griffith, and the Festival of Small Halls show in Matawatchan. Not bad for a small community!



You could hear a pin drop (peppered with chuckles, whoops, and bursts of laughter) when Pete Chess led off the evening with four of his quirky and sincere original songs about life in Matawatchan.



The Tall Boyz were amazing at the Festival of Small Halls on Saturday September 15 and headliners, the Redhill Valleys, applauded along as the crowd demanded an encore. It's not often a warm up band gets an encore!



The Tall Boyz and Peter Chess joined the sold-out crowd as headliners, The Redhill Valleys (fresh from Nashville), took the stage to draw us in with their smooth harmonies and incredible toe-tapping music. What a night!

opening act to get an encore. The main act was the Redhill Valleys, featuring their rich, soulful harmonies. The Redhill Valleys are a four-piece Alt-Country and Roots Rock band from Hamilton, Ontario. The band consists of Guitarists Tim Allard, Danielle Beaudin, bassist Chelsea McWilliams and Drummer Matt Soliveri. Their new hit song, Take a Lot of Pain, is a really catchy tune that showcases some pretty awesome lead guitar riffs on a Fender Telecaster. Check it out online on their website. [www.theredhillvalleys.com](http://www.theredhillvalleys.com) The band thanked Gitte Chess for the first wonderful homecooked meal they had in weeks and the enthusiastic reception and said this was one of the best crowds and experiences on the road of their careers. Kelly and Erin from The Festival of Ontario Small Halls (FOSH) had a great time, too. Everyone is excited to do this again next year. Check back next summer for announcements at [thefestivalofsmallhalls.com](http://thefestivalofsmallhalls.com)

Again, on the music front it was wonderful to have members of both the Tall Boyz and the Pickled Chicken String Band together at the Pine Valley Restaurant on Thursday, September 6. It was especially a treat to see Mark Rowe out again with his wonderful singing and guitar playing.

Other musical performances were enjoyed at Calvin's in August with Greg Roche singing and accompanying himself on guitar for patio patrons enjoying Calvin's delicious fish & chips or pizza with a selection of beer or wine.

With municipal elections just around the corner (vote by phone or online between October 9 and 22), it's time to hear from the candidates. The Denbigh-Griffith Lions Club hosted the first All Candidates debate on September 20 at the Griffith Hall with a sizable crowd. It was good to see people from the other two Wards and one of Calabogie's acclaimed councillors (Lucie Perrier) in the audience. Some great questions were asked and answered. Next up, the Calabogie Lions will host a Mayors Debate at the Calabogie Community Hall on September 27 and the DACA Centre will be hosting an All Candidates meeting in their hall on October 4. Both are on Thursdays at 7, with doors open ½ hour to an hour earlier for a mix and mingle and to prepare questions. See the Events page for details [www.matawatchan.ca](http://www.matawatchan.ca)

Other Matawatchan Events include a turkey Harvest Supper at the St Andrews United Church in Matawatchan

Continued next page...



...continued from preceding page



The Redhill Valleys had people up and dancing, even to songs they said no one ever danced to before. They told us this was the best crowd, and best concert experience they had ever had on the road. And they loved their overnight stay in their own private suite at nearby Eagles Rest on Centennial Lake. Nothing like a refreshing swim in the morning after such a hot night in Matawatchan (literally and figuratively!)



Here's a view of some Mush-Heads from Dan's Mountain Lookout during a recent outing on what they called Koobah Day. Gary Shumski, Frank Robillard, Ernie Jukes and Gary Stinson, posing for photo taken by David Felder. Enjoy the view! And as Ernie says, "He who laughs - lasts!"

on Saturday, September 29 at 5pm. And, of course, there will be pies! At the M-Hall there will be a Halloween Party on October 27, and the Hunters Ball on Nov. 10 at the M-Hall. Unfortunately, the United Church group had to cancel plans for the annual Hunters Supper at St Andrews on Nov. 3. If you see flyers with it on them, please let people know it has been cancelled. Plan ahead and don't miss the third annual Murder Mystery Dinner ("Death of a Pirate") on Nov. 17. It's always a hoot! Call Tracy at 333-9589 to reserve. Seating is limited and tickets are already being sold. It sells out every time. Please go to [Matawatchan.ca](http://Matawatchan.ca), on the Internet, for more details about these and other events in G/M/D.

On a final note, newcomer to the community, Dr. Roger Neil (teacher, editor, and generally smart and sociable guy) is offering free workshops for parents, home schoolers and classroom teachers on techniques and tools to improve the reading skills of children, or anyone for that matter. Contact Roger by the 2nd or 3rd week of October at: [diamondpines@live.com](mailto:diamondpines@live.com) ; or at 1-613-324-7741. The Matawatchan Hall has offered their space for this at whatever time fits. It's open to everyone who would like to attend. If nothing else, it's a good excuse to read to your children and grandchildren and get them enthused about the joy of reading.

**That's all for now. If you have input for the G/M column, please send it to [jl.neale@yahoo.ca](mailto:jl.neale@yahoo.ca) or call 613 333-1870**



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

**2018 Terry Fox Run in Griffith**

By Geoffrey Cudmore



Here we are in front of the Griffith Building Supply, eager to get our run (walk, cycle, jog) started on a beautiful day in Griffith. Thank you to all of our brilliant athletes and for all who supported them. See you next year!



Hot and bright summer weather greeted the more than 30 participants in the 7th Terry Fox Run in Griffith on Sunday September 16th. Although the numbers were down a bit from previous years, the event still raised more than \$7,000 for innovative cancer research.

Once again, the top fundraiser was Gary Guilmette who brought in close to \$2,400. We also have to recognize the fundraising efforts of Brigitte Hoffmann and Pat Strong (aka Lovey the Clown), and the generous donation from Scott MacDonald. Our own Team Cudmore raised just over \$2,000, with nine year old Max Hughes our top fundraiser bringing

in \$475. Again this year we have to thank the wonderful people at Griffith Building Supplies (Sue, Scott and Denise) for providing a home base for the Run, and supporting it in so many ways, as well as members of the Denbigh - Griffith Lions Club and the OPP, for ensuring that run participants were safe crossing Hwy 41. Also, thanks to Gail and Terry Holtzhauer at Snider's Tent and Trailer Park who donated the bottled water to keep our participants hydrated on this hot day. **Next year's Run will be held Sunday, September 15th.**



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In response to long-standing requests from the Ontario Federation of Snowmobile Clubs, the Minister of Transportation John Yakabuski announced that safety training and licencing for snowmobilers will be made available online.

Ontario has signed supply agreements with six licensed cannabis producers, bringing the total to 32, along with 10 accessories suppliers to be ready to sell online starting Oct. 17. It is also establishing a wholesale distribution network to supply cannabis to legal private stores once legislative requirements are put in place.

A cannabis farm with over 8,000 plants has popped up in Flinton, Ont., Although the OPP say the farm has been licensed by Health Canada, the municipality was not notified. The former farm property is not zoned commercial.

Ontario introduces legislation to repeal the Green Energy Act, 2009. The proposed legislation would give the government the authority to stop approvals for energy projects where the need for electricity has not been demonstrated.

Ontario notified the Ontario Energy Board (OEB) to take immediate steps to remove the cost of the carbon tax from natural gas rates by October 1, 2018.

Ontario Freezing Driver Fees. Planned fee increases for September will not go ahead

Ontario's finance minister said the province will have to make sacrifices as it grapples with a newly revised \$15-billion deficit, a message critics predicted would pave the way for significant cuts to government services.

Ontario is moving with a plan to upload responsibility for subway infrastructure, from the City of Toronto to the province, meaning all of Ontario will help pay for it.

There are now tougher penalties for careless driving and endangering pedestrians, with fines from \$2,000 to \$50,000, Six demerit points, A driver's licence suspension of up to five years, up to two years in jail.

Students walked out of class in protest of the Ford's government repeal of the 2015 sex-ed curriculum. The day of action was called "We the students do not consent."

Premier Doug Ford is doing a U-turn and giving hundreds of Tesla buyers \$14,000 rebates after his Progressive Conservative government lost in court against the California-based electric car company.

Tesla's growing pains are starting to be felt by Model 3 buyers as delivery delays pile up, but it does appear that the vast majority of Model 3 buyers are satisfied with the buying and delivery experience overall.

Tesla Semi receives order of 30 more electric trucks from Walmart Canada that will mostly operate on single-day routes between its distribution centers and stores in Mississauga. Walmart will be opening a new distribution center in 2022 in BC with 100% electric trucks.

The Royal Canadian Air Force is contending with a shortage of around 275 pilots and needs more mechanics, sensor operators and other trained personnel in the face of increasing demands at home and abroad.

New bridge collapses into river in eastern Saskatchewan hours after opening. There may have been something under the bridge that let go which caused the collapse.

CRA's tax evasion snitch line raked in 32,000 leads last year, involving \$134 million in federal tax evaded, and court sentences totaling approximately \$37 million in court fines and 245 years in jail.

In a recent poll participants were adamant that they would never "rat" on a person to the CRA

CBC determines organized crime in Mumbai responsible for CRA phone scam.

Canada's trade deficit with the world shrank to \$114 million in July, the smallest since a surplus in December 2016, as its trade surplus with the United States grew to the biggest since 2008, exports to the United States rose 3.3 per cent in July to \$38.4 billion. Imports of American goods edged down 0.1 per cent to \$33.1 billion in July.

The Union of Canadian Transportation Employees says Saudi Arabia's decision to stop buying Canadian wheat shows it won't put the interests of grain farmers first, calling on Ottawa to buy back the Canadian Wheat Board from a Saudi consortium in light of the diplomatic spat between the two countries.

A father and daughter with a passion for the beef industry have donated an entire working ranch — land, buildings, a 1,000-head herd of cattle and all — to the University of Calgary's Faculty of Veterinary Medicine. at nearly 7,700 hectares, it represents the biggest gift of ranch property in Canadian university history.

Facebook claims BlackBerry has infringed on at least six patents in a filing made in the U.S. District Court in California. Blackberry is taking Facebook and its subsidiar-

ies to court in California, alleging they've infringed on Blackberry's patents.

Arnprior among first municipalities to introduce a free app that will link to the town's entire social media presence. A marketing campaign will be underway soon with prizes (downtown gift certificates) for signing up.

Consumers should soon be able to access the selling prices of homes directly through a broker's website, rather than calling a real estate agent. The move came following a seven-year legal battle that ended more than three weeks ago.

Balloons and disposable contact lenses are the latest targets in the battle against ocean plastic pollution.

The Gulf of St. Lawrence has warmed and lost oxygen more rapidly than almost anywhere else in the Earth's oceanic waters, raising the possibility that it could soon be unable to fully support marine life, according to a new study. Claret said that an increase in carbon emissions has caused the oxygen-poor Gulf Stream to shift northward, weakening the Labrador Current and causing more of the Gulf Stream's waters to enter the Gulf of St. Lawrence.

Scientists and volunteers are attempting to return New York's waterways to their former glory as part of the Billion Oyster Project. The oysters are not for human consumption, but they have huge benefits for the ecosystem, acting as filters for toxins.

Round Lake Beach is now accessible, from the parking lot right to the water, with call buttons for assistance and two beach and water-accessible floating wheelchairs.

Melting glaciers are triggering the world's biggest tsunamis. 14 tsunamis in the past century that had a peak height greater than 50 metres, only one was caused by an earthquake. Ten were caused by landslides into fjords or lakes in glaciated mountains. In July 2017, an iceberg the size of Delaware detached from the Antarctic ice shelf. Over the next year, the iceberg simply chilled close to home. But now it's on the move, and as it makes its way north, it's giving scientists access to a never-before-studied ocean ecosystem.

The astonishingly intact body of a young foal that died between 30,000 and 40,000 years ago was recently unearthed from melting permafrost in Siberia. Its mummified remains of this extinct species horse were so well-preserved by icy conditions that the skin, the hooves, the tail, and even the tiny hairs in the animal's nostrils and around its hooves are still visible.

(Un)buried treasure: Melting glaciers in B.C.'s Golden Triangle are revealing rich mineral deposits. Ice caps untouched for thousands of years have receded to point where they can be mined.

Chilling NASA image shows how much of Earth was on Fire Right this summer. Africa is actually the biggest fire zone, but most are set and controlled fires used in agriculture to clear growth and return nutrients into the soil... and smoke into the air.

SpaceX to send Japanese billionaire Yusaku Maezawa to the Moon ... with room for his friends "We will be doing everything we possibly can to make sure that is a good flight," the CEO said.

NASA Mars rover "Opportunity" has been out of contact since early June, when a major dust storm deprived the rover of solar power and the storm is fading, a 45-day campaign of active efforts to restore communications has begun.

Sabotage in Space? Russians Claim Someone Drilled a Hole in an International Space Station Capsule. It might have been accidental, but sabotage cannot be ruled out.

A pilot project ambulance service to transport critically ill newborns to Ottawa in an area stretching from the St. Lawrence River to the James Bay and Hudson Bay coast is set to expand across Ontario with more ambulances outfitted with systems to allow paramedics to load 300- to 400-pound mobile intensive care units.

CRISPR stops Muscular Dystrophy in dogs, giving humans hope. A proof-of-concept gene editing technique restored four dogs' muscle tissue to 92 percent. That percentage is giving researchers hope that a cure for DMD is near.

UK woman, 20, kept her Type 1 diabetes diagnosis secret and refused medical advice because she "didn't do needles" has died. Her heartbroken parents aim to ensure her death isn't in vain by spreading awareness of, and raising funds for, diabetes issues.

Scientists discovered that young babies in households where disinfectants were used often had high levels of gut microbe (Lachnospiraceae) and at three their body mass index was higher than children in homes where disinfectants were heavily used.

Beginning in October, B.C. will be the the first province in Canada to provide information about breast density to women and their doctors after their mammogram screening tests. High breast density is a more significant risk factor than family history. Women with high breast density also may not receive accurate mammograms, potentially masking the early stages of cancer.



**Bogie is a Happenin' Place!**

This is your column, so contact me to report on activities before or after events. (613)433-1131 bogiebeat@gmail.com

By Skippy Hale



Above: Map of trail along the waterfront at Barnet Park. Below: View of trail. Natural rest spots with lake and hills in background.



Unveiling the Barnet Trail plaque. L to R: Mayor Glenda McKay, TD Canada Trust Bank Manager, Susanne Richter, Algonkin Elder Skip Ross, Councillor Brian Hunt



The Algonkin Sacred spot. There is a little pine tree planted by Tim Yearington (Little Pine), as a gift when he cleared the trail.

Things are winding up in the 'Bogie, but not really. The docks are coming in. Some water pipes are being shut off. Boats and other summer toys are going into storage. Hatches are being battened down and we bid farewell to our summer

neighbours. Things never stop here, even if they slow down or change with the seasons.

The Friends of Barnet Park invited us to a wonderful, but cool summer day when the new Barnet Park Trail was officially opened and a Sacred Algonkin area was blessed. After a mingling among old and new friends, the ceremonies began with Calabogie's MC extraordinaire Barry Legear welcoming us to this Park which is at the heart of Calabogie. He named many of the special people who volunteered for the development of the Park over the years, including fellow Barnet Park committee members Harold Murphy, Marie Buscomb, Margaret Legear and David Luce, as well as the Township of Greater Madawaska staff. Others whom I remember included Chris Fleming, Debra Giffen, Don Swift, John Pratt, Marilyn Lawrie, John Bonnar and volunteer groups who assisted in the effort included the CABA, Calabogie Seniors, Lions, Snowmobile, and Fish and Game Clubs. Master Gardeners Hank and the late Hennie Schaly were the guiding Guardian Angels to all the gardeners. We must not forget Brent Fillator who first came to the Seniors Club to ask for help to start to perk up the Park. Many unnamed souls left their marks, if not their sweat and toil on this haven.

The funding for the trail came from the TD Bank Friends of the Environment Foundation. Renfrew's TD Bank Manager, Susanne Richter joined us for this special day.

Three guest speakers graced

us with three aspects of the Park. When Rich and I first moved here, we always heard locals talking about 'the Cottage'. "We had the shower at the Cottage". "Is your wedding going to be at the Cottage?" "We're off to the Cottage for the kids' grad pictures." "Taking off from the Cottage Dock, eh?" Someone mentioned that there was a bunch of Library furniture missing. When I asked where it was... "At the Cottage!", I still had no idea. After all, this city girl was still getting used to this new place and colloquial expressions. I got a drive over to look at the missing furniture and fell in love with the view, the cottage and the sense of place. We held Hughes Family Reunions there for several years. When I learned the history, I was fascinated as a lover of kindness and history.

Author, Irene Robillard gave us a history of the Barnet Family for whom this was their summer home. They owned the first Calabogie Lodge and in 1975, Tom Barnet left the land and cottage to the residents of Calabogie. Kindness was a family trait and the family delivered food to families suffering from the terrible flu of 1918 from which so many lost their lives. Over the years, there were attempts to sell the property, but the ratepayers put up so much resistance that no politician worth her/his stripes, would dare attempt such a vile deed!

Our second guest speaker was another author, Noreen Kruzich, who has researched and written many articles and a book on the Algonkin peoples. In her gentle way, she

reminded us that we were standing on unceded Algonkin Territory. There has never been a treaty. She detailed the ways the First Nations lived a life of sustainability. Take no more than you need. Share what you have. Place Tobacco as a thank you for the gifts from the Creator. There are so many lessons which the colonists could have learned freely, but they chose to impose or ignore, but this is not the place to argue this. Suffice it to say that our First Peoples are regaining their voices and now is the time to listen, or our skies, lands and waters will no longer be clean. She left us with a quote which struck a deep chord with me, "The frog does not drink up the pond in which he lives." I have left a list of both authors' books at the end of the article for your information.

Our last speaker was Kaamidjuk Sibi Inini, Running River Man. He is an Algonkin elder known to all as Skip Ross. I felt an affinity to this wonderful teacher when he taught me about the different steps in dance. I love dancing and when the guests were invited to the Circle the first time I attended the Pow Wow at Pikwakanagan, I walked down and joined the circle, not really knowing what I was doing. Beside me was this man dressed in the most beautiful regalia. He was so entranced by the motions and the drumming and I embarrassedly said I really did not know what I was doing. He kindly gave me a lesson and made me feel at home as we made our way around and around.

Skip's name indicates his love and care of the many rivers and lakes in this land. He told us there was a time when they were to build a dam in Petawawa which would affect 96 rivers. He and others protested the dam and the damage (pun intended) which would transpire as a result. There were discussions with the Base Commander at Camp Petawawa, who declared that nothing of the sort would be allowed on military land. There is no dam. Now, I may have simplified the story and confused things, but Kaamidjuk Sibi Inini, Running River Man is still in Petawawa and the dam is not!

All three guests presented such interesting talks and I wish I could have recorded them to share. After sharing their words, we walked down for the Official Unveiling of the Barnet Park Plaque by Mayor Glenda McKay and Councillor Brian Hunt, followed by the Trail Plaque, as a sizeable crowd walked the beautiful natural trail.



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

**Denbigh/Griffith Lions Club** would like to thank our Lion members and members of the community for their gifts and for making our

**11th Show & Shine Car Show** so successful. We would also like to thank the following for their gifts to the Car show recipients:

- Snider's Tent & Trailer Park**
- Griffith General Store**
- W.O. Stinson & Son**
- Pembroke Mall**
- John Yakabuskie, MPP**
- Coles Bookstore (Pembroke)**
- Pembroke Video & Games**
- Tina & Reg McKinnon (Belleville)**
- Boston Pizza (Pembroke)**
- L.E.G. (Griffith)**
- Colton Creek Property Maintenance**
- Cheryl Gallant, MP**
- Denbigh Recreation Committee**
- MY FM & Roanoke Golf Club**
- Eganville Foodland**
- J. Scott MacDonald General Contracting**
- Griffith Building Supplies**
- Napa Auto Parts (Pembroke)**
- Kelly Homes**
- Pride Marine Group (Eganville)**
- No Frills (Renfrew)**
- Linda Ledbetter (Renfrew)**

[www.e-clubhouse.org/sites/denbighgriffithon](http://www.e-clubhouse.org/sites/denbighgriffithon)



After this we walked along the trail past rest stops made from fallen trees and rocks from the property. Our next stop was the Algonkin Sacred Place which Elder Skip Ross blessed, sending his prayer up to the Creator through his Eagle Feather.

Our next spot was the beautiful Butterfly Garden designed several years ago with research at the Library by Ron Huntly and Guidance and Design by Hank and his late wife Henny Schaly. Hank spoke about the flowers and I mused at the thoughtfulness of the Seniors placing a 'Thinking Bench' facing the Garden with trees, Calabogie Lake and the Calabogie Peaks beyond!

We all returned to the Cottage for a Summer Picnic Lunch, after which Hank, the Youth Stewardship Rangers, and Griffin Mulvihill got to work weeding the gardens.

Many people worked to make this wonderful Day come to fruition, some named above, some whose names are lost to memory, but one special lady deserves a special note of 'Thanks'. Her name is Margaret Legear and she is one of the most dedicated, hard-working volunteers I ever met no matter where she is helping. In her gentle way, she has worked with others through the 'Friends of Barnet Park', to guide the evolution of the Park we see today. With her side-kick Griffin by her side, they were finishing up at the end of the day. All of a sudden, they looked up and saw a group of hawks circling above the Park. Did I mention that Kaamidjuk Sibi Inini is a member of the Hawk Clan and hawks are good omens?

The Calabogie Summer Market is continuing at the Rink. The Slack Family and Long Lane Farms are reaching their Harvest Peak and will be continuing into the Fall. There may be other vendors there as well.

On October 6, 7, 8, 13, 14, 20, and 21 take a chair lift ride and stroll the trails at the Festival of the Colours: Calabogie Peaks Resort from 10 to 3.

There can be nothing more rewarding than volunteering. There is a municipal election on October 9 to 22 (by phone or Internet). After the election residents will be asked to apply to the CAO at the Township Office for positions on volunteer boards and committees. Share your talents and or try something completely different. Do not sign up unless you are willing to share the load. I have had many roles over the years and there is nothing more frustrating than members who sign up and just come to the meetings! Oh, they talk a good line and make all kinds of suggestions, but when it is time to roll up their

## Authors:

**Irene Robillard**

**Burnstown United Church: 1849 – 1999**

**Calabogie: Timber, Trains and Tourists**

**Springtown Reflections – A Study of People and Time**

**Ordinary to Extraordinary: 150 stories as unique as the women who lived them. (compiled and edited by Irene)**

**Noreen Kruzick**

**The Ancestors are Arranging Things... a journey on the Algonkin Trail (Borealis Press/Ottawa/2010). She specializes in First Nation/Metis genealogy and social history and has worked on the documentaries Colonization Road recently nominated for the Donald Britton Award at the Canadian Screen Awards and on Trick or Treaty winning the Prix Gemeaux for Best Research. She lives along the Madawaska River outside of Burnstown. Visit her site at [www.noreenkruzich.com](http://www.noreenkruzich.com)**

**Please say a prayer or send kind thoughts to Skip Ross who is in hospital.**



Kaamidjuk Sibi Inini, Running River Man of the Hawk Clan Blessing the Sacred Place on the trail...asking the Creator's blessings through his Sacred Eagle Feather. Above Right: Presentation to Elder Skip Ross, authors Noreen Kruzich, and Irene Robillard, our guest speakers



Above: Hank Schaly Explaining history of garden and plants to attract butterflies. Seniors care for all the gardens in the park. Right: Stewardship Youth Rangers, L to R: Olivia Neff, Curtis Barr, Jacey Zohar: Team Leader, Brandon Roesner, Allison Mackisoc



sleeves, the excuses pour out! Then, the next thing you hear through the grapevine is, 'it's just a clique!' The clique, indeed, they are the same small group who can be counted on! Volunteer for a specific job on the committee. Don't say, 'Call if you need me'...of course they need you! That's why there is a committee! They may not know about special skills you have if you do not speak up. Did it ever occur to you, that that so-called clique are worn out and suffering from 'Volunteer Fatigue'? The old saying, 'If you want something done, ask a busy person' is so true. I have experienced this everywhere I lived and volunteered. Step up, but find out what is expected before you sign on the dotted line. You are valuable. We all are, but just find the right group where your unique talents

can be used. Me? Don't ask me to be treasurer or make a salad. I have math anxiety and I hate making salads. I once sent my husband and kids to a neighbourhood picnic with a salad. The Shreddies box had a suggestion to use them as croutons, so I did! However, there are lots of things I do like to do to contribute and so do you. If you are in a position to volunteer, there are some rules. I always told those who helped me in the various

GREATER MADAWASKA SENIORS HOUSING CORPORATION

**Annual General Meeting of the  
Greater Madawaska Seniors  
Housing Corporation  
Coffee, Sweets, & Raffle Draw  
October 14th 2:30 pm  
Griffith Community Hall, Hwy 41  
Info: Juliette 553-1355 or Bill 752-2201**

libraries where I worked, "You are a volunteer. Your life comes first." However, I expected that if they volunteered, they would let me know if they had to miss. The volunteers are there because they are needed, so respect them. They are not indentured servants! When I had a problem, it was often because I was not clear enough in my instructions. Be clear. Volunteers, ask if you do not understand. The task could be totally new to you. Your question should be treated with respect. No question is silly!

We have a wonderful village and we accomplish a lot, but if it were not for the volunteers, there would be no nice rink; no Library Board and hence no Library; no pretty blooming flowers around the village in spite of the dry summer; no Home Support; no Food Bank; no hunting and fishing safety courses without the Fish and Game; and none of the many good works performed by the Lions Club and the Calabogie Women's Institute and no hearty meals at the United Church. The Township Office and Council depend on us to keep many organisations running. It is a two-way street and the reward we get is not found in our direct-deposit account. We are here to help, but if we are uncomfortable, we can always quit! My husband always told me, 'No good deed will go unpunished' when I worked hard on a project and someone treated me poorly. Volunteers are precious gems. Cherish them.



Skippy Hale is a Retired Nurse and Librarian. She and her husband settled here in December 1999. After her husband's death in 2014, she decided to stay in Calabogie where she enjoys many friendships and is engaged in several volunteer projects. The loves of her life are her 3 children, their spouses, her three granddaughters and one grandson. She keeps busy with arts, crafts and getting stories for the Highlander.

**2 DAY  
MOVING SALE**

5384 Centennial Lake Rd Griffith  
(Beside Eagles Rest)

**October  
13 & 14  
8 am - 4 pm**

**COMPLETE  
HOUSE CONTENTS  
MUST GO!  
appliances excluded**



**Also check:**  
[www.matawatchan.ca](http://www.matawatchan.ca)  
[www.greatermadawaska.com](http://www.greatermadawaska.com)  
[www.addingtonhighlands.ca](http://www.addingtonhighlands.ca)  
[www.northfrontenac.com](http://www.northfrontenac.com)

**CHURCH SERVICES:**

Matawatchan St. Andrew's United  
 Sundays 8:30 am from February  
 through July and 11:30 am August  
 through January

Hilltop Tabernacle  
 Sunday School 10 am, Sept. - June.  
 Morning Worship 11:00 a.m.  
 Office 613.762.7130  
[www.hilltopchurch.ca](http://www.hilltopchurch.ca)  
 Facebook Hilltop Church in Griffith

Vennachar Free Methodist Church  
 424 Matawatchan Rd. 613-333-2318  
 Sunday service 10:30am year-round  
 Pastor Laurie Lemke 613-479-2673  
 Facebook: Vennachar Free Methodist  
 Church

St. Luke's United Church, Denbigh  
 Sunday Worship and Sunday School  
 10:00 a.m.

Emmanuel United, Schutt 8:30 a.m.

St. Paul's Lutheran Church  
 Sunday School 9:00 a.m.  
 Sunday Worship 9:30 a.m.

The New Apostolic Church  
 Sunday School 9:00 a.m.  
 Sunday Worship 10:30 a.m.  
 Wednesdays 8:00 p.m.

Burnstown  
 St. Andrew's United Church  
 Sundays at 10:15 a.m.

Calabogie  
 The Calabogie Bible Fellowship  
 Congregational Church  
 The Mill Street Chapel 538 Mill St.  
 Regular service - Sundays 10:30  
 a.m. Information: 613-752-2201

Most Precious Blood Catholic Church  
 504 Mill St., Father Kerry Brennan  
 Sunday Worship 8:30 a.m.

Mount St. Patrick  
 St. Patrick's Catholic Church  
 Father Holly, Sundays at 10:45 a.m.

Calabogie St. Andrews United Church  
 1044 Madawaska Dr. (on the water-  
 front) Sunday Worship 8:30am  
 Communion 1<sup>st</sup> Sun. of the month

**REGULAR EVENTS CALABOGIE:**

**Calabogie Summer Market, Sat.**  
 9-2 Calabogie Hall, 574 Mill St.  
[calabogiemarket@gmail.com](mailto:calabogiemarket@gmail.com)

**Youth Sports Night**

Tuesdays 6:00 pm 8:00 at St. Jo-  
 seph's Catholic School, Calabogie

**Pickleball**, Mondays and Wednes-  
 days 6:00 pm 8:00 at St. Joseph's  
 Catholic School, Calabogie

**Well Baby Clinic**

2nd & 4th Thursdays 10:30 am to  
 11:30 am at the Greater Madawaska  
 Library. It is aimed at children from  
 0 - 6.

**Public Library Book Club**

Last Wednesday 11:00 to 12:30  
**Falls Prevention Program**  
**Chair exercises**

Seniors 65+ Mondays and Wednes-  
 days 8:30 a.m. to 9:30 at the Cala-  
 bogie Community Centre  
 Contact Susan 613-752-1540

**Pilates and More**

Monday evenings and Thursday am

**Back Fitness and Stretch**

Mondays 3:45

**Mindfulness Meditation**

[calabogiemindfulnessmeditation.com](http://calabogiemindfulnessmeditation.com)

**Calabogie Seniors Dinner & Meet-  
 ing** Last Thursday - 5 pm Oct. to  
 April at the Community Hall. May to  
 Sept. Barnet Park Seniors 55+ wel-  
 come. 752-2853

**Renfrew South Women's Institute**  
[www.rsdi.ca](http://www.rsdi.ca) CalabogieWI@gmail.  
 com Branch meetings held at Cala-  
 bogie Community Hall 2nd Thursday  
 7:30 Contact: Sara MacKenzie, Pres.  
 613-432-3105 Guests and new  
 members welcome!

**Calabogie Arts and Crafts**

Every 2<sup>nd</sup> Monday (if holiday, then  
 3<sup>rd</sup> Monday), 10:00 am - 1:00 pm,  
 Community Hall, (\$15 per year),  
 752-1324

**Lion's Club Bingo** every Wednesday,  
 7:15 pm, Calabogie Hall, 752-0234.

**The Calabogie and Area Ministeri-  
 al Food Bank** 538 Mill Street, Cala-  
 bogie 2nd and 4th Thursdays of the  
 month 9 am to 10 For emergency  
 situations, please call 752-2201

**SPECIAL EVENTS CALABOGIE:**

**Greater Madawaska Mayoral  
 Discussion Event Thursday  
 September 27th at 7pm. at the  
 Community Hall**

**Calabogie Lions Club Pancake  
 Breakfast, Sept. 30 8 - noon** at  
 the Community Centre. Adults \$10,  
 Children \$5, Toddlers Free

**Fall Roast Beef Dinner, Saturday,  
 Oct. 27, 4 to 6:30 Calabogie United  
 Church, 1044 Madawaska St**  
 Adults \$15.00 Children 6 to 12  
 \$7.00, under 6 free

**REGULAR EVENTS**

**GRIFFITH & MATAWATCHAN:**

**Matawatchan Hall Events, 1677  
 Frontenac Rd.: Check calendar at  
[matawatchan.ca](http://matawatchan.ca)**

**Matawatchan Walking Club  
 Wednesdays April to Oct. 9:00 a.m  
 Nov. to Apr. 10:00 am** Start at the  
 G'Day board. Brigitte 613-318-8308

**Aerobics and Cardio Dance** to suit  
 all fitness levels at the Matawatchan  
 Hall. \$5 Hall donation appreciated.  
**Saturdays 10am - 11am**

**Chalk Furniture Painting First and  
 Third Wednesday of each Month-  
 12:30-3:00 and Second and Fourth  
 Wednesday, 6:00-8:30 at the Ma-  
 tawatchan Hall** Wendy at  
[wmacfarlane@hpedsb.on.ca](mailto:wmacfarlane@hpedsb.on.ca)

**Matawatchan Book Exchange** at the  
 Hall any time it's open, sponsored  
 in part by the Greater Madawaska  
 Public Library. Sign out a book and  
 return it later. Kid's books, too!  
**Denbigh-Griffith Lions Club  
 Events at the Community Hall Hwy  
 41 Griffith:**

**Bingo every second Tuesday at  
 7:30**

**TAI CHI at the Griffith Hall Hwy.**  
 41, Griffith 613-333-1423 Begin-  
 ner's Class, Mondays @ 12:45 p.m.  
 \$10, Holiday Mondays, class will be  
 on Thursdays @ 9:00 a.m.

**Lions Fellowship Lunch** at Noon-  
 Third Wednesday of the month at  
 the Griffith Hall (not July & Aug). \$8  
 Everyone is welcome. Contact Mary  
 McKinnon 613-333-2791

**Northern Lights Seniors** at the  
 Griffith Hall Third Wednesday of the  
 month at 1pm. (after Fellowship  
 Lunch)

**General Wellness Assessment**  
 by local Paramedics available from  
 11:00am until after Lions fellowship  
 lunch at the Griffith Hall

**Denbigh Griffith Lions dinner  
 meetings** on the 2nd Wednesday  
 and business meeting on the 4th  
 Wednesdays at the Griffith Hall

**Diabetes Outreach Program**  
 every 3 months

**Euchre** First and Third Friday of  
 each month, 7:00pm - 9:30pm at  
 the Griffith Hall Contact John/Nancy  
 Reid (613) 333-9556

**Horseshoes at Camp J Weds. 1 pm.**  
 1748 Frontenac Rd. Matawatchan.  
 Come to play or lead the cheers.

**Bert's Music Jam Every Thursday  
 5 to 7:30 p.m. at the Pine Valley  
 Restaurant, Hwy 41 Griffith**

**SPECIAL EVENTS**

**GRIFFITH & MATAWATCHAN:**

**Harvest Supper Sept. 29 5:00 -  
 7:00 St. Andrew's United Church**  
 Turkey with all the trimmings plus  
 pie! Adults: \$15 Children: 6-12  
 years \$7.50 Children 5 and under:  
 No charge

**Matawatchan Hall Annual General  
 Meeting. October 9 at 6:30pm  
 Matawatchan Hall, 1677 Frontenac  
 Road.** Please join us for feedback  
 New members welcome to help out  
 with no obligation to attend every  
 meeting if you are only interested in  
 one aspect

**GMSHC (Seniors Housing) AGM  
 Oct 14 at 2:30, Griffith Hall. See ad  
 on Pg. 7**

**St. Andrews United Church,  
 Matawatchan, Wednesday, October  
 17th at 7 pm** presents: Linnea Good  
 in concert with David Jonsson  
 Tickets \$20 Children 6 and under

free Info: Barbara Creelman, DLM  
[dmsminister@gmail.com](mailto:dmsminister@gmail.com)  
 613-333-9894

**Halloween Dance Oct. 27 at the  
 Matawatchan Hall 8pm** with LIVE  
 BAND The AshDads \$7 cover. Prizes  
 for best costume

**Fish & Game Club Hunter's Ball  
 Nov. 10 at 8pm**

**Murder Mystery Dinner  
 Nov. 17, "Death of a Pirate in  
 Matawatchan" at the Hall  
 5:00 Cocktails, 5.30 Murder  
 Mystery Begins, 6:00 Dinner. Pirates  
 welcome! Tickets: Tracy 333-9589  
 \$25 in advance, limited seating**

**Christmas Market & Chili Lunch,  
 Nov. 24 at the Matawatchan Hall.  
 Market 10 to 2, Lunch 11 - 1**  
 Baking & Preserves, Decorations,  
 Quilts & knitting, Artisan Gifts,  
 Boutique Gifts. Coffee, Tea & Snacks  
 and a hearty chili lunch. See what  
 our talented artisans have created  
 for you this year.

**Potluck & Games Night at  
 St. Andrews Church from 5 to 7**  
 Crokinole and cards available. Bring  
 your favourite board games.

**DENBIGH & VENNACHAR:  
 FREE weekly "Play to Learn" play-  
 group** at MAYO COMMUNITY CEN-  
 TRE in Hermon Tuesdays 10:00 am  
 to 12:00 pm. snack provided

**Denbigh Diners meal Supported  
 by Land O Lakes Community Ser-  
 vice: Full Course Meal \$8.00**  
 Nancy Dafoe 613-333-5164

**Northern Lights Seniors Euchre,  
 Denbigh Community Hall, Hwy  
 #28, Denbigh, Fridays @7:00 p.m.**

**Land O Lands Community Service  
 Exercise on Tues. at 9:30, Den-  
 bigh Hall basement after Wellness  
 (not July and August) Contact Mary  
 McKinnon 613-333-2791**

**Good Food Box**, Fresh fruits and  
 vegetables wholesale. \$6, \$11, or  
 \$17 Order at the beginning of the  
 month. Pick up at the Health Centre  
 in Denbigh on the 3rd Thursday of  
 the month. Call 613-333-1333

**DACRE REGULAR EVENTS:**

**Games Night, 2nd and 4th Fridays**  
 Open to ideas. Contact Michael at  
[dacacommunity@gmail.com](mailto:dacacommunity@gmail.com)

**DACRE SPECIAL EVENTS:**

**Greater Madawaska All Candidates  
 Meeting at DACA Center,  
 Thursday October 4th at 7 pm.**

**CLOYNE & NORTHBROOK**

**REGULAR EVENTS:**

**Exercise Bootcamp at the Clar-Mill  
 Hall in Plevna Tuesdays & Sundays  
 7:00 pm \$5 per class.**

**SEND US YOUR EVENTS:**

[info@reelimpact.tv](mailto:info@reelimpact.tv)

613-333-9399



## It Was a Fun and Busy Summer at GM Public Library

By Sharon Shalla

What do strawberries, planting seeds, and a picnic all have in common? To our storytime children they all meant summer fun at the library this summer. Much thanks to the TD Bank for once again sponsoring the TD Summer Reading Program. This year's theme was "What are you Passionate About?" We had fun coming up with lots of passions such as gardening, sports, and picnics. Our little friends enjoyed a strawberry social, planted some vegetable and flower seeds in our planters outside, and ended the summer with a delicious picnic on August 23rd that was catered by Tristan Hertzog, owner of Above the Ground Culinary. What fun the adults and children had building their own snacks and even learning how to make their very own ice cream. How creative Tristan! In all we had 19 participants.

Our Drop-in Lego Program was popular this summer. Patrons and visitors enjoyed dropping in to build and create with the awesome collection of Lego that we have purchased with the generous \$500 donation from the Calabogie Lions Club. Lego continues all year long from 10:30 a.m. – noon on Saturdays, and from 5 – 7 p.m. on Tuesdays.

And speaking of busy, we have broken our own checkout record. We checked out a whopping 1,008 items during July 2018. For comparison sake, we usually average 500 – 600 checkouts during the off season and then during the summer months (June to August) we often average between 750 – 850 checkouts. To say that we were busy this past July is an understatement, but we are delighted!

### RECENT ARRIVALS:

#### Adult Fiction

Lone Wolf Lawman by Delores Fossen  
Leverage in Death by J.D. Robb  
Us Against You by Fredrick Backman  
In His Father's Footsteps by Danielle Steel  
The House of Shadows by Kate Williams

#### Adult Nonfiction

Black and Decker : The Complete Guide to Bathrooms  
Unhinged: An Insiders Account of the White House by Omarosa Manigault Newman  
Lemon-Aid New and Used Cars and Trucks 2007 – 2018  
National Geographic's Portugal 2018 Travel Guide

#### Juvenile and Young Adult

Amelia Bedelia by the Yard by Herman



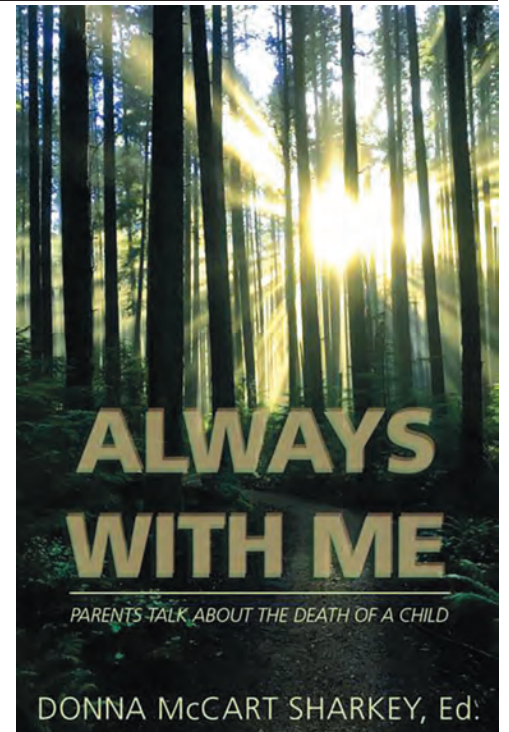
19 adults and children had fun at our picnic on August 23rd

Thanks to everyone for their support and positive feedback on our collection.

The next event we are planning for is Ontario Public Library Week which will be October 14th to 20th. We will have free draws for book giveaways, a guessing contest for adults and children, treats, and more! Watch our Facebook page and website for more information as we get closer to the date.

Before I list our recent arrivals I want to draw attention to a very special book we will be offering soon at the library. I have two copies currently on order and perhaps by the time this article goes to print, they will have arrived. The book is called Always With Me: Parents Talk about the Death of a Child, edited by Donna McCart Sharkey. Greater Madawaska resident and library patron, Barbara Duncan, is a contributor to the book. Sadly, Barbara's daughter, Dana, passed away in 1973 as the result of a motor vehicle accident. After Dana's death,

Barbara eventually went on to become involved with Bereaved Families of Ontario. I asked her to put in her own words how that involvement came to be. Here is what she told me "Although Bereaved Families of Ontario (BFO) didn't exist in 1973 when Dana died, I got started with them after a friend's son died on that anniversary 9 years later. I steered her to BFO having heard good things about them. Looking to give back after the help she received, she convinced me to take the Facilitator training with her. The rest is history I guess! I started volunteering with them, I believe in 1984, and found my niche in Support and Share meetings for Loss of a Child. I know that it filled a need for me and I still feel that I get more than I give." The book is a must-read, not just for anyone who has lost a child, but for everyone. I'm sending out a big hug to Barbara today, and I thank her for connecting with the library regarding the book.



Greater Madawaska Public Library is carrying the book Always With Me : Parents Talk About The Death of a Child

Did you know that with your library membership you can check out passes to the Ottawa museums including the History Museum (formerly called the Museum of Civilization), the Museum of Nature, Aviation and Space, Agriculture, Science and Technology, and the Ottawa Museum Network which includes the Diefenbunker? Most passes are valid for a family of up to 5 people. Please call us for full details.

Check out this link to our catalogue for a full listing of what we hold in our collection <https://greatermadawaska.insigniaails.com/Library/Home>

#### Parish

The Bath Monster by Colin Boyd  
Big Bear, small Mouse by Karma Wilson  
Spellslinger by Sebastien De Castell  
One of us is Lying by Karen McManus  
The Legend of Shadow by Shannon Hale

#### DVD's

LBJ (Lynden Baines Johnson)  
Coco  
Sherlock Gnomes  
I can Only Imagine  
Molly's Game

#### LIBRARY HOURS:

Tuesday from 1 – 7 p.m.  
Wednesday - Saturday  
10 a.m. – 1:30 p.m.  
Search our collection online 24/7  
Call 613-752-2317  
for more information.  
We hope to see you soon!

**Kelly Derue, Broker**  
29 Raglan St. Renfrew  
Phone 613-433-2681  
Fax 613-432-8476  
Email [kelly.derue@century21.ca](mailto:kelly.derue@century21.ca)  
[www.kellyderue.com](http://www.kellyderue.com)

<p><b>Home? Cottage? Ski Chalet?</b></p> <p><b>65 Southside Way</b>      MLS# 1121715      \$149,900 Affordably priced modular home in the center of cottage country. Less than 10 minutes to Calabogie Lake or Peaks ski hill, less than 10 mins to picturesque village of Burnstown. 2 beds, manufactured in 2011, pristine condition. Over 2 acres of property.</p>	<p><b>Overlooking Town of Renfrew!</b></p> <p><b>501 Bruce St</b>      MLS# 1122677      \$339,000 Custom built home overlooking town of Renfrew on 2.38 acres. Unique home offers 3 beds &amp; 3 baths. Living/dining area with floor to ceiling windows overlooking large deck and back yard. Beautiful stone fireplace is the focal point of the main floor.</p>
<p><b>5 Acres of Privacy in Town!</b></p> <p><b>478 Coumbes Lane</b>      MLS# 1122233      \$229,000 Uncover this hidden treasure in the centre of Renfrew. Over 5 acres of privacy that runs between Smith's Creek and the Millennium Trail. The three bedroom, two bath home is great for a young family wanting the conveniences of town, but the freedom of the country. Natural Gas Heat, central air, attached single garage.</p>	<p><b>Between Two Rivers!</b></p> <p><b>505 Cardinal Lane</b>      MLS# 1121413      \$379,900 Stunning 3+1 bedroom home built 2012. In the heart of the Ottawa Valley with nearby boat launch on Ottawa and Bonnecher rivers. Wall of windows &amp; vaulted ceiling, bright &amp; airy. Hwd floors throughout main level. Lower level family room and entertainment area. Detached 24' X 28' garage/workshop.</p>
<p><b>Beautiful &amp; Only 4 Years Old!</b></p> <p><b>31342 Hwy 41</b>      MLS# 1121336      \$299,900 Beautiful 4 year old home on 1.27 manicured acres. 3 beds, main floor laundry and open concept design. Attached single garage. Lower level is drywalled and ready for your finishing touches. Perennial gardens are the talk of the neighbourhood.</p>	<p><b>Centennial Lake!</b></p> <p><b>46 Clost Lane</b>      MLS# 1120573      \$279,900 Centennial Lake waterfront! It's not too late to enjoy this year! Updated, open concept, 3 season cottage. 3 bedrooms, hardwood floors, wood stove for those chilly nights, large deck for entertaining. It's time to make your way to the lake.</p>

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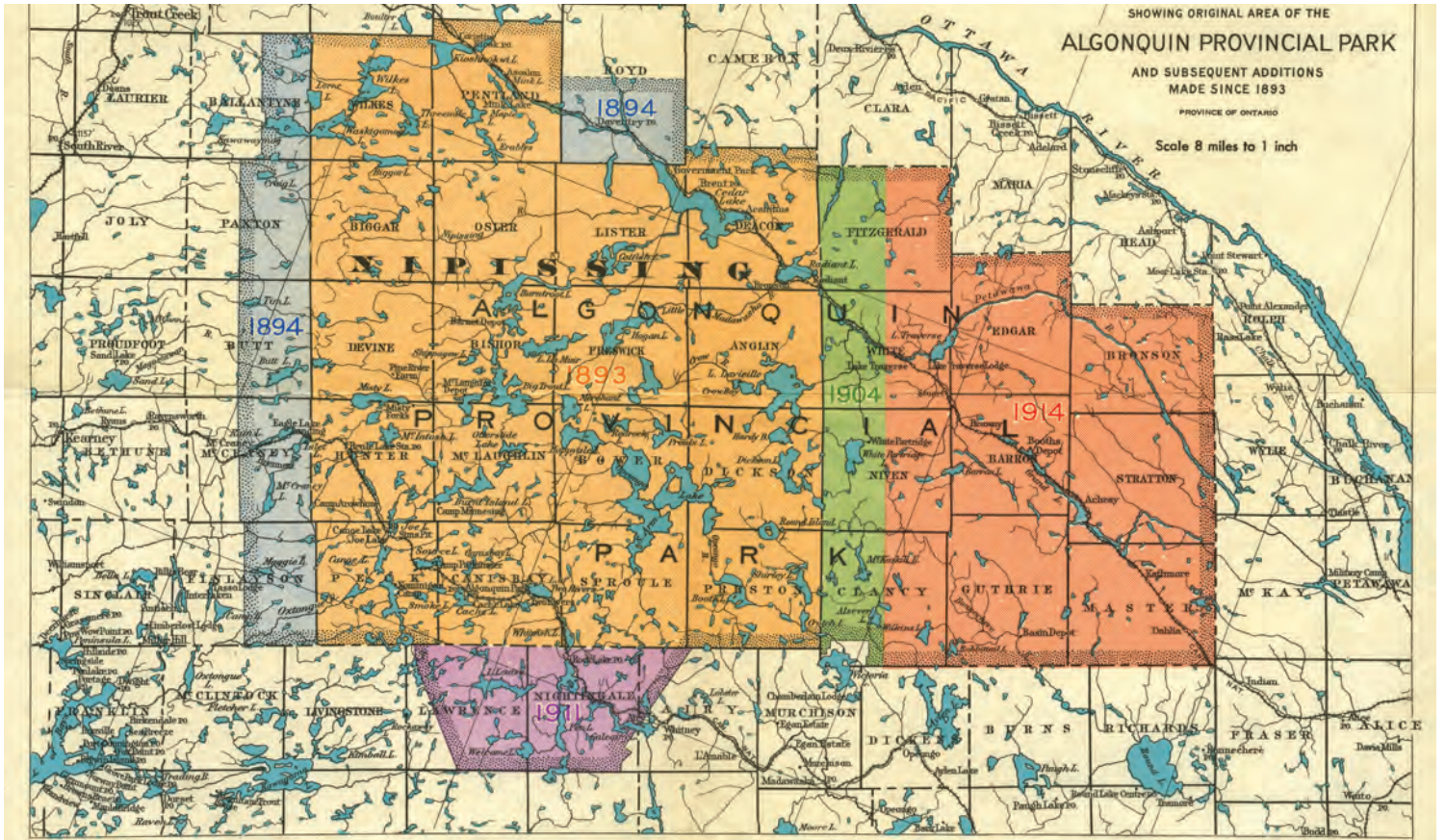
This column will seek to recognize historical individuals and locations of First Nation and Metis history in the Greater Ottawa Valley.

**When we Think of Fall, we Think of the Harvest**  
By Noreen Kruzich

Algonkin peoples were hunter-gatherers; but we often don't think of their history in farming. Local archaeologists and anthropologists have indicated that to be a fact, but Algonkin peoples also left documentation of it.

Often cited as nomads, I find that Algonkin peoples did not travel from place to place without reasoning, but rather had a distinct knowledge of the land and what it provided and when it provided it. Warmer weather led them to open areas and larger waterways, while they would head inland in winter to their family territories where they returned year after year. They would move their winter camp every few years to allow for the land to regenerate and the wildlife to reproduce. This principle is still practiced by farmers; they allow a sector of land that has been subject of intensive cultivation, time to rest before re-cultivating.

American Anthropologist Frank Speck learned in his travels, in the early 1900's, that band members had taken up farming and logging. Speck cited a reference to corn hulling, "Kakakone kizis" in the Algonkin calendar as the month of September. At the time of Speck's 1913 fieldwork, he found that the traditional Algonquin way of life had declined considerably over the previous half-century, as the pressure of settlement and resource



1946 Algonquin Park map showing townships and the year they were added to the park. Note in purple at the bottom of the map, Lawrence and Nightingale 1911.

development had led many Band members to turn to farming.

Confirmation of farming by Algonkin peoples in the Upper Ottawa Valley have been made through anthropology, archaeology, Crown and Indian Affairs documentation, as well as through mapping.

Old maps like historical books provide a good picture of history. Al-

gonquin Park's canoe route map shows a farm on Manitou Lake, directly to the west of Kioshkoqui on the Amable du Fond River, which was cleared by Francis and Ignace Dufond in the 1880's and operated until Ignace's death in 1916.

Archaeologist Bill Allen, who has done much study in the Park, used maps to find two sites. Both were in the south-east part of Algonquin Provincial

Park along the Madawaska River. He points out in an Ontario Archaeology report that, "As large-scale timber operations pushed further into the interior, Aboriginal farmers were among the first to clear land, plant crops and build homes."

Allen cites William Bell's 1871 Timber map which Bell called Charbut's acres an "Indian clearing". Further to this,

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Somogneche-Sharbot Family  
Credit: Christine Luckasavitch (not to be reprinted without permission)

1893 Survey of the Park {of note: center bottom of map shows Lawrence and Nightingale Townships and Rock and Galeairy (Long) Lake} at the bottom. Source Credit: Dept. of Crown Lands and Resources Records (Archives of Ontario RG 1, B-43-06) "Prepared to accompany Report of Park Commissioners to the Honourable A.S. Hardy, Commissioner of Crown Lands, 1893"

another survey map, drawn up in 1878 by Alexander Niven for a new township, depicted the irregular shape of a 12-acre clearing and labelled it "Chobotte's clearing". Algonkin Peter Sharbot resided at the head of Galeairy Lake, which back in the 1800's had been referred to as Long Lake.

Niven's map also highlighted one lake upstream and indicated the Rock Lake homestead of Algonkin Joseph Frances, which Niven cited was a 10-acre clearing in the bush. Niven had referred to the Algonkin as Franceway. Both these sites lie along the Madawaska River route, one of many ancient canoe routes for Algonkin peoples.

When observing the sites on foot, Allen stated that both included a terrace as a saddle between high heavily wooded hills above the lake with a good view eastward to the Madawaska River. "In both cases birch have risen in the former clearings," he stated when he presented his findings to the Ontario Archaeological Society. Allen had also noted that large panels of birch bark had been removed from trees, that were now scarred over. This likely was done for the construction of birch bark canoes. "In both clearings, fieldstones were piled to one side, much as one finds in farms of the 1870's elsewhere," Allen had added. What was different though was the fact that the land was grown over and that yearly farming of it wasn't prevalent.

**Further to that, historical records show that soon after Algonquin Park was formed in 1893 all of Peter Sharbot's Algonkin community were evicted from Nightingale and Lawrence Townships. Areas the Algonkin had occupied since at least the mid-1800's in their fixed residences, while documentation shows this area was included in their traditional ancestral land from time immemorial.** A descendant of Sharbot, Christine Luckasavitch of Whitney, Ontario is currently writing a book entitled *Ondjitiigweyaa Madaoueskarini Omamiiwiinini Anishinaabe* (Algonquin People of the Madawaska River Headwaters) which details this period in the time of her ancestors.

Allen pointed out, in his research, that the park was created in large part due to the response of timber lobbying to prohibit farming. "40 or 50 million feet" of pine timber, stated the Crown Office. "Permit no isolated scattered settlers to locate amidst the pine forests," said the governing voices of the day.

Ironically as history shows us, farming and timbering became mutually supporting endeavours. The lumberman needed the farmer's local food supply. As for the Crown Lands office, after initiating an examination by the park's ranger for settlements in the area, and upon receiving the results, the Crown concluded in 1895 that staff, "did not find a single

Indian settler in the township (Lawrence), and the only attempt at clearing or settling which he found was small improvement, if it could be called such, 'underbrushing' in the Indian style." The office further noted, that Indian settlement here would be a "great danger" as such, due to the predatory nature of the native peoples.

A greater portion of Lawrence and Nightingale Townships would be added to the Algonquin Park in 1911.

The Crown gave a turnabout statement in 1897 as it pertained to neighbouring Sabine Township regarding the admittance of settlers, who likely would follow suit with farming to maintain their families, "the lands in the township of Sabine are included in the timber license and not yet in the market for disposition. Further, this Department is not desirous of assisting to create Indian Reserves in Townships, which will be opened up for settlement..."

However, Government authorities attempted to relocate Indian people onto reserves with the expectation that they would take up farming and clear the land, but ironically, in many cases the areas chosen for these reserves were unsuitable for agricultural development and certainly not sufficient to address the needs of a hunting-gathering society. Most were only made up of a few acres compared to traditional hunting territories making up hundreds of acres.

Beyond that, the government in creating these reserves, didn't take into consideration that their location may be hundreds of miles from where certain bands traditionally spent time and knew well what the land had to offer in various seasons.

Algonkin peoples as well as other Tribes were not eligible for free homestead grants being offered to settlers moving into the area, nor could they claim squatter's rights. Lands upon which they settled were not protected- the very lands that were their traditional territories in the first place. One instance among many shows this and as well points out that indeed they did practice farming.

In a February 15th 1834 petition and letter drawn up by James Hughes, Officer of the Indian Department of Lower Canada, for the Algonkin reveals that the Algonkin had requested a portion of their traditional lands that lay adjacent to an island, which they also requested be set aside for their people. We know the island today at Allumette. The letter by Hughes indicates that the Algonkin would like the island to make hay and place cattle on in the summer months. It is one of many letters and petitions asking that a piece of their traditional homeland be set aside in Upper Canada. In another letter on February 18th, Hughes writes of the starvation that the Algonkin are experiencing and notes that most since the Fall have been ranging the forests and lakes to procure a livelihood...they are now actually consuming the grain that they had laid up as seed for the Spring and also killing the few cattle they have...

This petition by the Algonkin was one of many between the 1700's and 1900. Despite that, the Algonkin would not be compensated for their land, they would not be offered a Treaty, and their petitions although recognized by some in the government as valid requests would eventually be filed away.

Hunting, gathering, farming, they lived with the seasons, they lived with the land--as one with it.

Said one elder to me during my years of First Nation historical research, "It was the land that kept them. If they took something, they put something back."

**This balance they knew in their cultural practices was stolen when they were dispossessed from their own lands.**



Noreen Kruzich is the author of *The Ancestors are Arranging Things...* a journey on the Algonkin Trail (Borealis Press/Ottawa/2010). She specializes in First Nation/Metis genealogy and social history and has worked on the

documentaries *Colonization Road* recently nominated for the Donald Britton Award at the Canadian Screen Awards and on *Trick or Treaty* winning the Prix Gêmeaux for Best Research. She lives along the Madawaska River outside of Burnstown. Visit her site at [www.noreenkruzich.com](http://www.noreenkruzich.com)



By Angela Bright



Thank you to the Denbigh Griffith Lions Club for another great Show & Shine! Looking forward to next year already!



The last night of the summer reading program at the Denbigh library wrapped up with the kids each receiving a canvas to create their own sign. They also received a book for the reading they completed over the summer.

\*Some very exciting news to share! Lennox and Addington Resources for Children(LARC) is running a play-group in Denbigh, every Tuesday from 9:30am to noon at the Addington Highlands Community Centre. To find out more about LARC and programs offered, visit [www.larc4kids.com/ontario-early-years](http://www.larc4kids.com/ontario-early-years).

\*Family Nights are back at Vennachar Free Methodist Church on Wednesday, September 26th, October 3rd and 10th. Dinner is 5:30pm followed by Kid's Club and adult study time. Everyone is welcome! For more info contact Pastor Laurie at 479 2673 or Angela 333 1901.

\*Winter hours at the Denbigh library are now in effect: Monday 4-6pm, Tuesday 10am - 2pm, Wednesday 3-6pm, Thursday noon to 3pm, Saturday 9am to noon, Closed Fridays & Sundays. Co-

nact the library at 613 333 1426.

\*Looking for something to do Friday evenings? Denbigh Recreation is offering Euchre every Friday, 7pm at the Denbigh Hall. Admission is \$2 and includes 6 games, beverages, snacks and prizes. Contact Bev Chaisson 613 333 9852.

\*Wellness meets at the Denbigh Hall every Tuesday morning at 8:30am. Please come and see what Wellness is all about!

\*Exercise sponsored by Land O Lands Community Service (also held at the Denbigh Hall), is 9:30am every Tuesday morning. Everyone is welcome!!

\*If you would like an October Good Food Box, stop by the Lakelands Family Health Team office at the community centre. The last date to order and pay for the upcoming month is October 5th, with your box will arriving on Oc-

tober 18th. You can keep track of the order and pick up dates by visiting the Lakelands Family Health Team facebook page. Contact Jenelle at 613 333 1333.

\*Special events, as well as regular happenings, can be found on the township web page [addingtonhighlands.ca](http://addingtonhighlands.ca). Just click on the community Calendar icon.

**LETTER TO THE EDITOR**

**RE: DEMOCRACY AT THE LAST GREATER MADAWASKA TOWNSHIP ELECTION:**

Prior to voting residents may wish to consider how the current mayoralty candidates Glenda Mckay and Brian Hunt showed little or no respect for 38% of the total ward 1 councilor votes cast in the last election. Barely four months into the new term a vacancy was created with the termination of a ward 1 councilor. Rather than assigning the vacant seat to one of the two candidates whom had run legitimately and paid their dues, the seat was assigned to a resident selected by council and not by the voting public. The net result of this decision was that 885 legitimate votes were rendered not relevant.

VERY DEMOCRATIC EH !

- Donald Mercer, Calabogie



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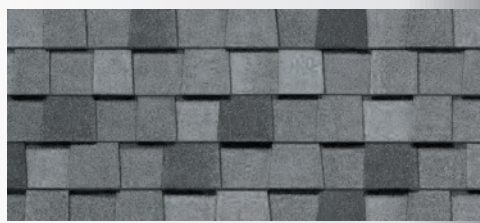
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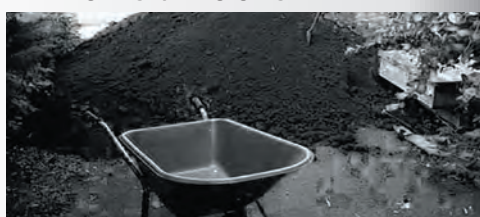
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## Chasing Chaga for Health and Happiness

This column is for general interest only. Enlist the help of a knowledgeable guide until you are certain.

By Colleen Hulett



Promising start. Chaga can be found in a mixed boreal forest full of birch (left) and beech (right)



This looked good from a distance, but it's normal blackened birch bark.



Top: Black jelly roll fungi. Right colour, wrong everything else. Bottom: That cracked burned surface has the right colour and texture, but the white plypore bottom gives it away as not Chaga



There it is! Chaga... I should have brought a ladder, sigh. Oh well, it's a beautiful day for a Chaga hunt.

I find the traditional and current knowledge surrounding daily tonics and adaptogens to be extremely interesting and important for all. Everyone should know what an adaptogen tonic is capable of with respect to health and happiness. They have been around for thousands of years in both Eastern and Western medicine. Tonics with adaptogens are beneficial daily teas that are stress busters and work to bring the overall body into balance, thereby fostering good health physically and mentally. They have the side-benefit of increasing longevity. Adaptogens can be a medicinal plant or mushroom that combats stress and enhances your mood, intelligence and immune functionality. More importantly

they nourish one's adrenals and increase stamina and energy! Adaptogens are 100% non-toxic and are therefore safe to take every day. They truly are a good example of 'first do no harm' treatment.

Let me explain, while you consume a daily tonic with your favorite adaptogen, know that it is working hard and intelligently to control the stressors affecting your physiological functions. Scientifically but simply stated by herbalist Ron Teeguarden (his real name!), adaptogens contain saponins that are long two headed (nodes) chemicals where one node can attach to water and the other end can attach to an oil. Therefore it can regulate any way the wind blows and therefore ADAPTS its healing prop-

erties to your specific needs at any given time or state to restore your functional balance to bring you to optimal health or 'homeostasis'.

It is important to stress that not all herbs and mushrooms are adaptogens as every health ad would want you to believe. Adaptogens are limited in number on Earth and every country has at least one 'superstar' adaptogen tea people consume daily for de-stressing their bodies. I was first introduced to adaptogens when I read Radiant Health in 1998 by Herbalist Ron Teeguarden. Unfortunately, I can't find my copy now to quote some wonderful and insightful text that enlightened me years ago. Teeguarden explains in this book the top

Chinese adaptogens of the time and how they interacted biologically in the body to balance it and make it radiant. It fascinated me and cemented my commitment to choose the natural highway on my journey with health. I wanted to be a 'radiant' human being. Don't you? Adaptogen tonics will help you achieve this happy and healthy state.

Commonly known adaptogens are ginseng and astragalus roots, for example, and the queen of all mushrooms, Reishi is a powerful and revered adaptogen. Those who drink adaptogenic tonics daily get healthier and healthier over time. The more you take an adaptogen and stick with it the better it performs for you.

Continued next page...

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00 Calabogie Rd **COMMERCIAL ZONING 2.63 acres 105,200**

**REDUCED - CALABOGIE LAKE!**

**1013 MacNabb**  
Large Country Home on Calabogie Lake. Large gorgeous flat lot leading to the water's edge. Located close to the Highlands golf club house. The waterfront is a separate parcel offering lots of potential for new build closer to the water. Come and see the stunning views and enjoy all this area has to offer. \$579,900 MLS 1087638

**BLACK DONALD LAKE!**

**20 Ironside**  
Viceroy "Capri Series" year-round home/cottage overlooking Black Donald Lake. Sought after area offers world class fishing and boating. Open concept main flr. Kit., Liv. and Dining w 2 bdrms, full bath and master w ensuite. Partially finished bsmt. w 1 bed, recrm, util. Roughed in laundry and 3rd bath. Deep harbour for boats & sandy shore 474,900 MLS1099086

**HIGHLANDS GOLF RETREAT!**

**254 Tatty Hill** 1,085,000 MLS 1098650  
95 Acre Estate close to the Highlands Golf and Calabogie Motorsports Track near Calabogie Lake. Beautiful, historic, peaceful, well manicured property. Open fields for farming potential and still lots of bush for the hunter and outdoor enthusiast. Come and take in the gated long private driveway that leads to your new retirement retreat.

**PRICE REDUCED!**

**1046 Donald Trail** 799,900 MLS 1104885  
Stunning Lake Front home on the shore of Centennial Lake. You enter into a huge open concept living, dining, great room area. Post and Beam construction throughout. Large games room and master bedroom with gas fireplace and ensuite offer awesome views. Home has a southwest exposure and is set close to the water's edge.

**PRIVATE PENINSULA CALABOGIE!**

**295 Back of the Moon** 599,000 MLS 1095808  
If privacy is what you seek this home/cottage sits on a 2.1 acre peninsula with a gentle slope to the water. Home is a 2011 build with an open concept kitchen, living, dining area, 2 bedrooms, laundry and full bath on main floor. Completely finished basement with walkout has another bedroom, recroom, full bath utility room and lots of storage.

**WATERFRONT INCOME SUITES!**

**591 Barrett Chute** 1,350,000 MLS 1124524  
Waterfront home, cottage, income property on Calabogie Lake, Gorgeous home with 6 bedrooms, 4 baths, 3 fireplaces, 3 kitchens, 3 car garage with car lift, inground heated pool, paved driveway, interlock patio and much more.

**PRICE REDUCED!**

**34 Morning Flight** 379,900 MLS 1084448  
This home is nestled into a 1.3 acre lot and built in 2007. This home offers lots of space with large rooms. Large open concept living, dining and kitchen area with 3 bedrooms on the main and a completely finished basement with walkout. Large windows for natural sunlight. Sitting on the Calabogie Highlands golf course this home will not disappoint.

**CALABOGIE LAKE!**

**43 Jim Wallace** 379,900 MLS 1121384  
3 bedroom 3 bath bungalow close to the ski hill. Finished basement, 2 car detached garage. Deeded access to Calabogie Lake, dock, beach and tennis court

**CLOSE TO CALABOGIE!**

**5030 Calabogie Rd.** 329,900 MLS 1106640  
Open concept bungalow built in 2014. Three bedroom, two bathrooms with a finished basement. Carport and rear deck with basement walkout. Located close to all that Calabogie has to offer.



...continued from preceding page



Chopping Chaga



Chopped Chaga before it dries



Drying Chaga



Brewing Chaga Tea

## The proven side-benefits of Chaga (*Inonotus obliquus*) are plentiful:

- 1) **Adaptogen (resistance to biological stress)**
- 2) **Powerful antioxidant with a super high Oxygen Radical Absorption Capacity (ORAC) reading**
- 3) **Immune system modulator**
- 4) **Anti-cancer, anti-tumor (A book about this study written in 1955 won a Nobel prize in 1970)**
- 5) **Increased energy and stamina**
- 6) **Antiaggregant (decreases platelet clumping, or aggregation, to help prevent blood clots)**
- 7) **Boosts Brain and liver function**
- 8) **Can heal psoriasis! (1951 study with 50 people, 38 completely cured, 8 improved, 4 remained unaffected)**

Did you know Rhodiola is a favorite adaptogen used by Russian astronauts to combat their stress of being stuck in confined space for 6 months? Just imagine that for one minute. Okay, if you are claustrophobic then imagine being confined in a space capsule for 3 seconds. Phew. Breathe. The incredible side-benefit of Rhodiola is mental sharpness. Seriously one gets smarter and sharper and remains calm by the minute.

Did I mention that to make the 'adaptogen list' the plant or mushroom must be entirely safe, non-toxic, have a non-specific effect to normalize bodily systems and to maintain the perfect state of homeostasis? No? I just did. But what the heck is a 'non-specific effect' all about, right? A non-specific effect on the body means the adaptogen must be able to help in a variety of ways for a variety of stressors like physical, chemical or biological stressors. Many pharmaceuticals have 'specific' effects and target a certain stressor, and this sometimes is the reason why some side-effects occur. There is no flexibility in its path so to speak. Ouch. Both modalities work in their own way and pharmaceuticals are a heck of a lot faster, but like a snowplow. I like knowing that adaptogens are gentle with no 'side-effects' but many 'side-benefits'.

Okay so here is the ticker. The bomb. The torpedo. Call it what you like, um, the term adaptogen is not recog-

nized in the N.A. allopathic world. The term 'adaptogen' was first coined in 1947 by a Russian scientist named Lazarev and hasn't been accepted by our N.A. pharmaceutical giants and supporters yet. Nature is not patentable so why sink money into research as the old argument goes today? Please know there are a ton of clinical efficacy studies conducted by scientists in other countries to help us Highlanders get on the adaptogen tonic bandwagon. The Russians have studies on Rhodiola, the Chinese on Reishi and Ginseng, the Peruvians on Maca, and so on. The first peoples indigenous to Canada have traditionally used adaptogens like Chaga and Eleuthero (aka N.A. Ginseng). I love Eleuthero, but it is an endangered species and cannot be collected by hikers.

I'd like to share with you my experience with Chaga (*Inonotus obliquus*). Whilst China's Reishi is called the queen of mushrooms, Chaga is the king! Really. It even has the nickname 'The Mushroom of Immortality'. The secret's out. Now you know why I hunt this clinker and drink it daily. Wild Chaga (pronounced shawga) tea chunks and powder are readily sold across Canada in many outlets and are very popular amongst health food industry customers. I hunt for my own in the highlands and have been drinking it daily for over a year. My first clinker came from Cala-

bogie and I believe I squealed with glee when I saw it. There was a witness. I'm sure it was amusing. Chaga grows abundantly in the highlands and you can harvest some too. It grows mainly on birches and less commonly on beech, elm and hornbeam trees. I usually find it on yellow birch in both Ontario and Quebec but have seen it on elms and paper birches in Gatineau. Thank goodness Chaga mushroom grows in mixed boreal forests around the world (N.A., Europe, Siberia and Korea) and consequently have many studies out there proving Chaga is an important apoptogenic tonic mushroom. Its oldest use dates to the 11-12th century when a Russian Czar used it.

Health Canada has stated the following caution on Chaga products: 'those who are pregnant, breast feeding, those on blood thinners or prepping for surgery, diabetics and those with autoimmune diseases need to consult with their practitioner or doctor before taking Chaga.' Please remember that adaptogens are non-toxic when taken alone but pharmaceuticals may interact negatively with its efficacy.

How do you find this incredible mushroom? If you are hiking or camping in a mixed boreal forest look on living birch trees for the clinkers. Chaga looks like a big blackened and burnt knot or knarl obliquely jutting from a birch. The blackened skin is cracked all over and not uniform. A real knarl is solid wood with a bark covering. A knarl is hard to remove. Chaga is easy to remove with a knife and is soft and rusty or golden brown inside the clinker. It smells lightly of mushroom and your fingernail can easily go into it. Be mindful that Chaga is a parasite on a live tree and one should respectfully leave at least 15% of the mushroom on the tree.

The Chaga will grow back to a good size in about three years, so GPS

your location for future harvests. Yippee! The blackened exterior of the mushroom has the highest concentration of its active medicinal ingredients so be careful to keep the skin intact as you harvest. If you cannot chop up your Chaga as soon as you get home, you can bag and place it in the freezer till you can cut it. If it dries before you chop it, you will need an axe to chop it later. Be forewarned. Chop your Chaga into 2-inch chunks and dry on racks for several days or dehydrate. Store the dried chunks in mason jars in your pantry or cool and dark location. Write a three-year expiry date on it. To make tea, toss 3-5 chunks in 2 litres of boiling water. Reduce heat and simmer for 1.5 to 2 hours. The tea will be the colour of coffee. Store fresh tea for up to a week in the fridge. Do not discard the used chunks but store in the freezer and reuse again and again (up to 5 times) until the resultant tea is no longer dark or becomes tasteless. The tea is very mild and sweet to taste and will get lighter with each batch. I discard the chunks when the tea is very light and looks more like diluted apple juice. Chunks can also be finely ground in a coffee grinder and added by teaspoon to your coffee, chai or hot chocolate. (The powder method depletes your stock much quicker). Drink the tea daily to let the adaptogen tonic do its magic. Don't forget that adaptogens work better the longer you use them. It is a commitment. They are gentle long-term healers and of course free in the highlands. Please share this knowledge with a child or teen. You may need these monkeys to climb the tree and the Chaga king for you.

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



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## Richard Gill Captures Ireland

with his 46th Annual Fall Show  
September 29 to October 8 2018

It has often been said there is a wee bit of Irish in all of us, well most certainly in the Ottawa Valley at the very least.

Many of us, Irish or not, hold a curious fascination with the Irish culture, history and folklore and are indeed captivated by the ancient Emerald Isle. Many Irish descendants claim to share and feel a deep spiritual, mystical connection passed down through generations.

So, just what is the attraction? It has been said by some that it is not an attraction but the “anchor in a spinning universe”.

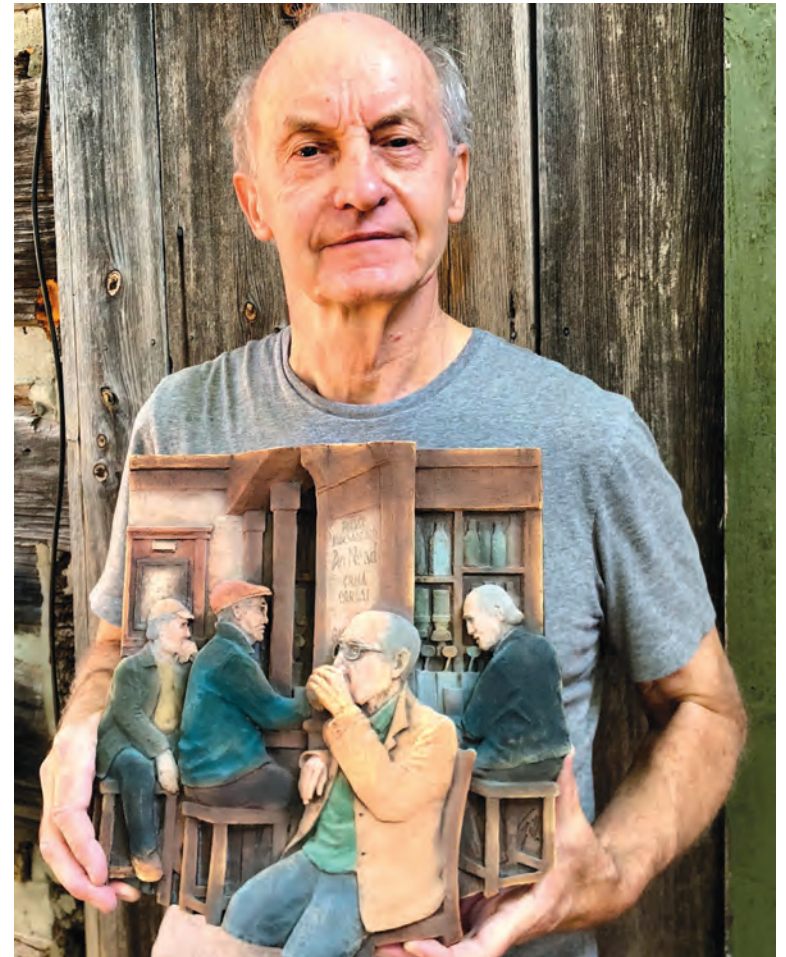
Ireland has always been on the bucket list for Burnstown artist/sculptor Richard Gill, so last fall, he managed a venture to the isle of green intent with exploring the Irish countryside as muse for his annual fall show.

Richard discovered a pot of gold rich with ancient culture, lush landscape and a

genuous people, loyal and full of wit, grit and gumption.

The show will encompass the oh-so-greener-than-green lush landscape dotted with ancient ruins, castles, monasteries, cottages and pubs galore. From Dublin to Galway and Spiddal (where Irish seems not spoken but sung with such a lovely lilt of the tongue); to the Aran Islands, Connemara, Bantry Bay to Belfast (where Van Morrison wrote “Brown Eyed Girl” down in the hollow) and the Giant’s Causeway in the north... to name a few. All is captured and shaped in the knowing hands of a sculptor whose second nature is the medium of fired clay in relief.

***Come, “faihte” and discover Ireland in clay. The show opens Saturday, September 29 and continues to October 8 at Bittersweet Gallery in Burnstown. The gallery is open daily from 11 to 5.***



## CAPTURES & CAPTIONS

By Jim Hutchison



I keep my camera by my side when travelling in the fall, so I stopped along Burnstown Road to capture this unique photo of a lone tree who seemed eager to show off its colours. I shot in portrait mode intentionally, so as to capture the beautiful clouds mother nature was displaying that day. The tree is highlighted by centering it laterally, and then using the rule of thirds to place the center of the tree one third from the bottom. Centering it vertically would show too much grass and not enough sky. Some vignetting and colour correction in Photoshop finished it off nicely.



The Ottawa Valley has no shortage of beautiful views, some right in our own back yard! Just across the bridge where I live in Burnstown is a lookout which is popular when the fall colours arrive. 2012 was a spectacular year if you remember, so I walked my way up the hill to grab this wide angle shot. I then employed a soft-focus effect in Photoshop to lend a pastoral look to the scene, as well as bumping up the saturation a touch to emphasise the reds and oranges.

Jim Hutchison is owner/operator of HoverWolf Aerial Photography, and is based out of Burnstown where he lives with his wife Moira and Princess the cat.

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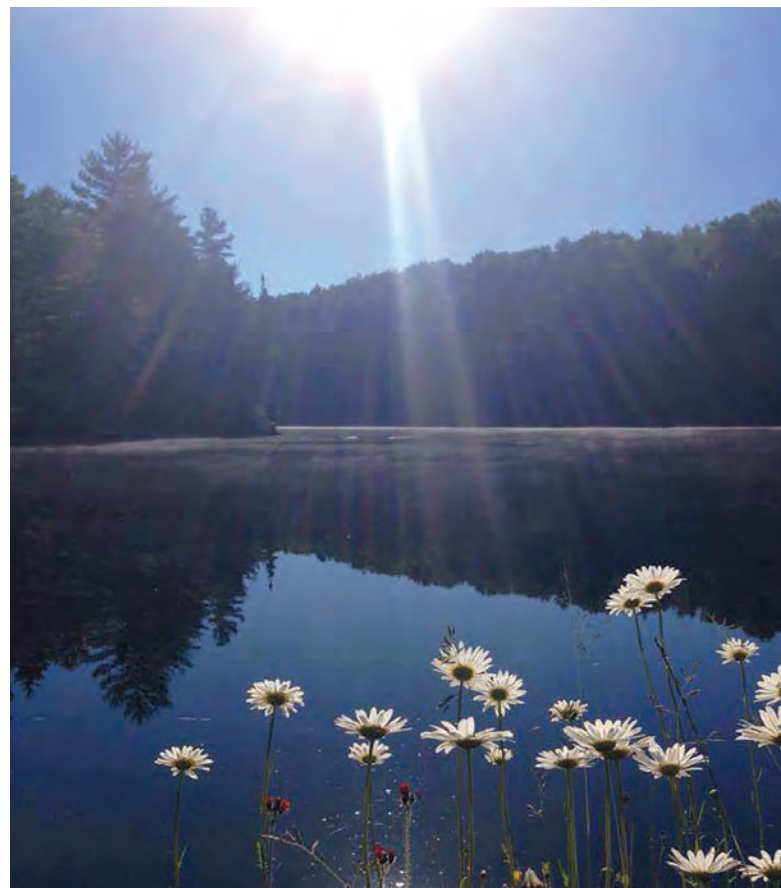
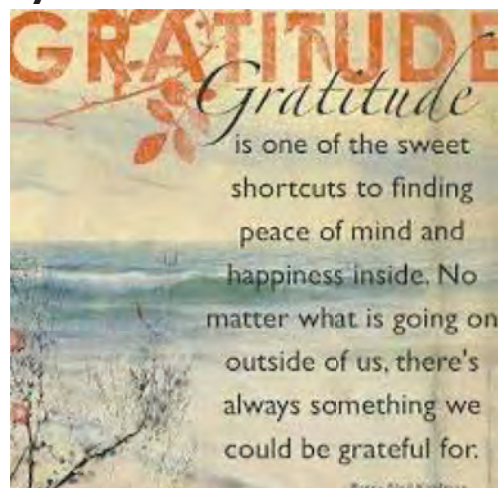
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# The Attitude of Gratitude

By Derek Roche



*If we become uncomfortable in any given moment, we can look at a flower, a pebble in the street or the tire on our car and be grateful. We can gaze at a person in the distance or at a cloud in the sky and be appreciative. We can smile at a stranger, hug someone we know or tidy a disorganized shelf and be thankful for the opportunity. If we choose gratitude, we will be happy!*

- Barry Neil Kaufman

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." —Oprah Winfrey. In these beautiful Highlands, hardly a day goes by where we don't experience something to be grateful for. Double rainbow photo by Phil Eagan. Sunny daisies by Wendy MacPherson.

With the arrival of the Autumn and Canadian Thanksgiving, I thought that it might be helpful to remind everyone about one of the healthiest and most enlightened states of being, gratitude!

Our emotions, especially chronic ones, affect our health and well-being in powerful and profound ways. Negative emotions affect us negatively, and positive emotions can improve our health.

There are even those who feel that positive thinking attracts blessings into our lives like a magnet!

Many of us are familiar with the concepts of 'living in the here and now', 'mindfulness' or 'being present in the moment'. As human beings who are constantly experiencing a variety of emotions, it is useful to look at which states of mind we could nurture in order to fa-

cilitate being present and mindful. John Lennon tells us that, "All we need is love". However, it seems to me that the word 'Love' can be used so often, and with such a wide spectrum of applications that it becomes difficult to define.

We may love ourselves, our families and friends, but we also love our homes, our pets, our cars, sports teams, chocolate, movies, music and hot baths etc. There is also divine love, love between life mates and love of hobbies. Are these all the same emotion or state of mind?! Ask any number of people the meaning of love, and that is how many different answers you will get. However, gratitude, love's quiet and unassuming sister, is a state of mind that we can all recognize and whose definition we can all agree on. Each one of us knows the wonderful feeling of being grateful.

So what is gratitude? On one hand, it is simply being thankful for or appreciative for what we have in our lives. Perhaps more importantly, gratitude can also be defined by what it is not. While in a state of gratitude, feelings of anger, fear, worry, resentment, depression, lack of self-worth and sadness cannot exist. By shining a light on these emotions, gratitude can transform our world, making

it a happier, and more peaceful place to be. In this way, it is like a safe passage to being peaceful, happy and present in the moment.

If you cannot think of anything to be grateful for, I would suggest starting with those closest to you, and spread out from there! We can feel gratitude towards family, friends and neighbours, our local community, the wonderful country we live in, and even Mother Earth. Where would we be without food and shelter?

I hope that you are all able to find health through gratitude and peace of mind on Thanksgiving Day, as well as every other day.



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

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**Hunting Season is Here Again**

By Marcella Nealy

Changes are evident everywhere during the transition from summer to autumn. The Historical Society is no different. The Pioneer Museum is now closed for the season and we will soon be packing up artifacts for winter safety.

The museum was able to provide employment for three students during the 2018 season and hopefully their interest in local beginnings was inspired.

Visitors had an opportunity to see the scale model of the Mazinaw/Pringle Lake Tramway along with authentic displays of Pioneer mining, farming, home-making, education and lumbering.

Even though the museum is closed for the season, access to information remains available on our web site [www.cloynepioneermuseum.ca](http://www.cloynepioneermuseum.ca).

Books and calendars may be or-

dered and the flickr photo album can be entered from the site.

Switching gears, the C&DHS activity resumes with the September meeting. We meet on third Mondays in Sept, Oct, Nov, Jan, Feb, March, April and May. Meetings continue to take place at the Barrie Community Hall in Cloyne and attendance is open to everyone. Our focus is researching and sharing the his-

tory of the area from Kaladar to Denbigh and from Flinton to Harlowe. Interesting information from our guest speakers and members is shared while fun and fellowship are enjoyed. Please come in and see for yourself. There is no charge or obligation to attend.

But enough about us, enjoy photos and information about hunting seasons past, from our Flickr site...



Salmond's Resort on Mississagagon Lake  
Salmond's Resort was known for excellent guiding for fishing and hunting. Located on Mississagagon Lake. Salmond's had 12 or more guides on staff and the resort boasted they had a boat on every lake in the area. Main building, Bunkhouse, and long row of rooms for extra accommodation. Unknown date.



Bud Salmond's Truck - Salmond's Resort. His truck at the Old Camp, 1951 Salmond's Resort was located near Cloyne on Mississagagon Lake.



Kimmerly Ranch House - Sheldrake Lake Rd, Cloyne Unknown date. Part of the Alkenbrack Family Album. This is a very old photo of the Kimmerly Ranch House which was thought to be located around the Sheldrake Lake, on Gilmour's Landing where Sheldrake Lake meets Skootamatta Lake (unconfirmed). The back of the Post Card reads: 'Kimmerly Ranch House. Claude Wilfred Lessard, Francis Lessard, Henry Lloyd, Angus Andrews'.

The following information about the ranch is cited from: Lake Tales - A. Douglas Alkenbrack - Memories of a Daughter by Eleanor Grennell on [www.skootamatta.com](http://www.skootamatta.com)

"In early September of 1969 my father, my husband Herbert, my grandfather Claude decided to take a drive north from Napanee. When they arrived at Cloyne, Claude suggested a left turn to drive in the old logging road that goes through to Skootamatta and Sheldrake lakes. At this point in time the road twisted and turned around the rocks and hills and was very narrow. Claude's idea was that he would show his Uncle's property his Uncle had used, through a quick claim deed. There had been an old homestead where he raised beef cattle back in the late 1800's. Claude had spent time there when he was a boy. The homestead was situated near the landing between Sheldrake and Skootamatta lakes. They identified the spot where the old house had stood after finding the remnants of the root cellar. It sat on a rise looking down at the stream that flows out of Sheldrake Lake into Skootamatta. The old ranch was run by Robert W. Kimmerly, Claude's Uncle who subsequently opened a General Store in Flinton.



Going out for a hunt. Unknown people, date and location  
Part of the Jackie Bleeker Album

*Thank you for a great season at the Pioneer Museum in Cloyne!*



Cabins 3 and 4, Salmond's Resort. Main building, Bunkhouse, and long row of rooms for extra accommodation. Unknown date.

The Historical Society urges everyone to identify their own photo collections and help elderly parents and grandparents do the same. This can be as simple as writing names on the back. Above all, do not destroy. You may not know who is in the photo but someone else may identify a missing link.

We invite you to share photos with us for preservation in our archives. We take great care in handling and copying these precious items and return them to owners unharmed. They will be safely available for future reference. We also like to share history on the flickr website. Our flickr contact is Ken Hook. [kenhook@45degreeslatitude.com](mailto:kenhook@45degreeslatitude.com) CDHS Archives can be reached at

[pioneer@mazinaw.on.ca](mailto:pioneer@mazinaw.on.ca)



Floating a Car in 2 Rowboats - Mackie Lake. George Salmond was the owner of Salmond's Resort on Mississagagon Lake. He had a hunting camp on Mackie Lake which only had water access and only primitive roads (trails) around the hunting camp. To get the car across the lake they floated it across in 2 rowboats fastened together. Ingenuity at it's best!



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## Minding our Winter Trail Manners

By Lesley Cassidy

Does the first sign of the maple leaves changing colour leave you dreaming of the upcoming snowmobile season? Or do you find yourself opening the closet and pulling the cross-country skis out to wax the base? Whatever winter trail adventure you prefer, there are over 30,000 kilometres of shared-use trails across Canada. Multi-use trails are a growing sector as more municipalities and counties, with limited budgets but cognizant of the health and economic benefits, are working towards providing access to as many outdoor activities as possible.

On multi-use or shared trails, there is potential for conflict. Depending on your winter recreation activity, numerous clubs and managers of trails have established either codes of conduct or communicated regulations to reduce disagreements. These codes and rules are ways of promoting respect for each other's enjoyment of the outdoors in a polite and courteous way - essentially outlining proper trail etiquette. The Ontario Provincial Police (OPP) enforce specific laws on the trails related to speed, ownership, insurance, alcohol, trespassing and investigate motorized snow vehicle accidents. They do the heavy lifting concerning safety and maintaining a sense of order, but what about all those other rules, some that are not written in a book or on a sign at a trailhead? That's what trail etiquette



is all about - it is a considerate way of behaving where safety is the first benefit, and secondly, everyone has a pleasurable outdoor experience at the end of the day. So, what does winter trail etiquette look like in practical terms?

First, defining what a winter trail is, depends on your perspective. To the snowmobile enthusiast, it may be a rail trail that provides fast access to groomed forestry trails and fields. To a fat bike winter cyclist, it may be a way to travel from one community to another with-

out the worry of riding on a congested or snow-covered road, or it may be the place to enjoy the natural environment or wildlife viewing as the cross-country skier glides across the frozen landscape. And winter trail users may include hikers, cross-country skiers, mountain bikers, snowshoers, dog sledgers and snowmobilers.

In other words, one trail user may expect quiet to observe wildlife, another enjoys a groomed ski track, and others would like to travel across the

wintery world covering 80 kilometres in a few hours time to visit the next community. But the one commonality among all users is enjoying the winter recreation experience.

Disagreements occur for many different reasons. Conflict can arise from speed; size of the group that is travelling on the winter trail; being overtaken without warning; beginner skill level versus experienced users and tolerance for other people's lifestyles. Some of the reasons for disagreements can be sorted out by law enforcement. Last winter, the OPP laid nine charges on trails and gave numerous warnings with the majority from having open alcohol. Last year in Ontario, 46 % of all motorized snow vehicle fatalities were from excessive speed or loss of control. But many of the other reasons for conflict can be sorted out with proper trail etiquette, which plays a vital role in balancing everyone's activities.

Several studies have found that resolving differences on shared-use trails involves three steps: identifying the sources of real conflict, not emotions or stereotypes; understanding different user needs, and then working towards solutions. Easier said than done, but it boils down to trying to understand each other's perspective, or walking a mile in their shoes, so to speak.

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As an example, many snowshoers, winter fat bike cyclists and cross-country skiers are not always aware that snowmobilers purchase a trail pass that pays for trail grooming and maintaining major infrastructure along the network. As well, snowmobile volunteers spend countless hours preparing trails for the winter season and negotiating with private landowners for access to their land. These snowmobile-only agreements with landowners can easily be revoked for bad behaviour or others using these parts of the trails that are snowmobile-only.

And conversely, snowmobilers don't always realize how the noise their machines emit vibrates across the landscape. It can feel especially unsafe to slower moving trail users standing on a shared-use trail if a large snowmobile group moves by at high speeds. Spotting wildlife or enjoying the quiet is significantly diminished as well.

So, on shared trails, it comes down to understanding or at least tolerating the other user's perspective by being courteous – in other words, practising good trail etiquette. As an example, in the United States at a trailhead in Vail, Colorado, where both snowmobilers and cross-country skiers began on the same trails before branching off onto to other paths, many problems were occurring. The two groups met and quickly discovered that the issues were generally occurring when



non-educated tourists came to the trailhead to enjoy the area but didn't understand how to access the various trails. The groups worked together to install clear and easy-to-follow signage, establish parking spots for snowmobilers with their tow vehicles, and provide printed trail maps.

In one snowmobile club in New Hampshire, cross-country skiers comprise almost one-third of its membership. They all share the trails and volunteer to maintain the paths in the off-season to

prepare for the upcoming winter season. This allows for good communication so they can make decisions together about the trails and quickly identify problems.

Ontario is home to thousands of kilometres of shared-use trails. The Eastern Ontario Trails Alliance (EOTA), which includes parts of the Ottawa Valley has as its mandate "to develop, manage, maintain and market a comprehensive network of year-round shared use recreational trails in the area". Cindy Cassidy, the General Manager, said that

the organization has established rules for shared trails and that these are posted on signs throughout the network as well as on their website. In 2000, they launched a membership program that includes 'All Terrain Vehicle' (ATV) riders, cross-country skiers, cyclists and equestrian riders. These membership fees contribute significant funds for trail maintenance and improvement in Eastern Ontario.

The Ontario Federation of Snowmobile Clubs has two courses for members, which are approved by the Ministry of Transportation and cover safety, the law, courtesy and proper snowmobiling etiquette. Other trail users are not as well organized as snowmobilers in Ontario, but generally, groups such as cross-country skiers or snowshoers have fewer reasons to be organized — they do not need to negotiate with landowners for access to many kilometres of trails etc. Regardless, many have formed clubs and associations and have established rules that promote consideration of other trail users.

In the Ottawa Valley, the Calabogie and District Snowmobile Club has not experienced many shared-use trail disagreements. Marilyn Miesner of the Club highlighted that "the common complaint is, of course, speeders. As with everything, a few spoil it for everyone." She says that the OPP give excellent support in enforcement of speed limits in certain

*Continued next page...*



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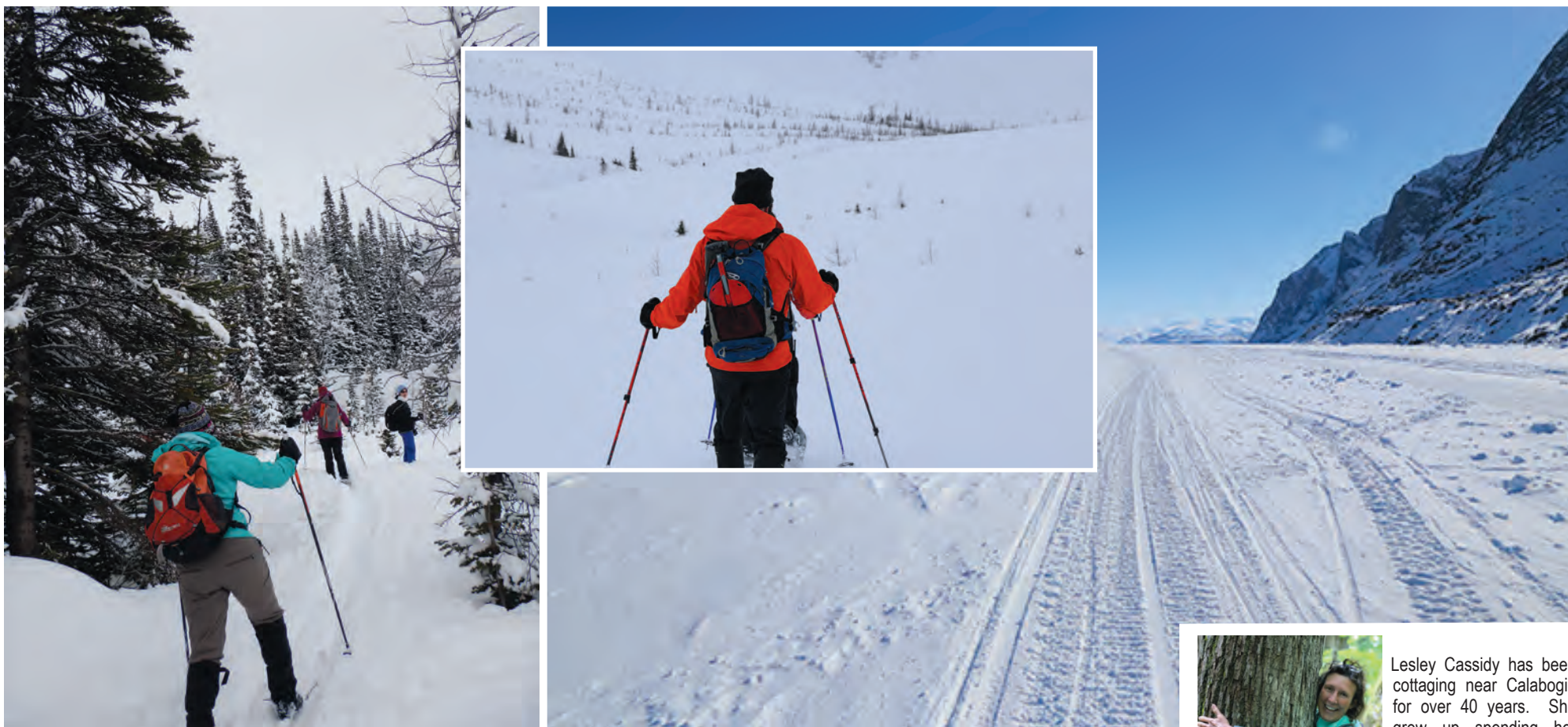
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...Continued from previous page



areas when the Club has identified the problematic section. The Club has nine trained trail patrollers, essentially ambassadors that educate trail users about speed limits, drinking and driving, trespassing and being courteous.

Another local club, the Griffith-Matawatchan SnoDusters Snowmobile Club reiterates the importance of their

volunteer trail patrol. Patrick O'Brien, the Club President observes that "by and large, people are respectful." He says that the primary purpose of the trail patrol is to be an ambassador of the sport and to help others. This encourages good behaviour and educates trail users.

Regardless of how we travel across the frozen landscape, winter trails

offer us all an opportunity to get away from asphalt and schedules. So, this winter, let's try to understand how different users we encounter enjoy the trail and be courteous to each other. It really is that simple. And then there will be fewer conflicts and issues with access to trails in future.



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

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## Are you Prepared to Survive a Natural Disaster?

By David Arama

More frequently, natural disasters and climate change are affecting North America. Whether it's Hurricane Florence, severe droughts and record numbers of Forest Fires in Ontario and BC, intense Ice Storms in Ontario and Quebec, and increasingly weakened and vulnerable Hydro grids. Do you have a survival disaster preparedness plan to deal with these events?

My new book, "501 Essential Survival Skills for Home, Work, Outdoors, Travel, and Anywhere Disaster Strikes" (Thunder Bay Press) is a valuable resource guide for any property owner, business owner, and for families seeking a higher level of preparedness. For example, it outlines some basic es-

entials needed to help you survive a disaster, and the need for a rehearsed plan. It's called being proactive, versus what is sadly the norm for many Canadians, being reactive.

For Canadian tourists travelling abroad, heed travel advisories and warnings, eg Hurricanes/Typhoons/Cyclones, Avalanche Warnings, Volcanoes, Flood Advisories etc. Within Ontario, keep up to date regarding Environment Canada and Weather Network extreme weather advisories and warnings.

For homeowners, have some basic survival supplies and backup equipment ready to go. Assume that you have zero electricity, heating, water, and toilets. ATM's and Gasoline Pumps are

down. At minimum, have winter sleeping bags, wool blankets, warm woolen and fleece clothing, bottled water, high energy prepared food supplies, flashlights and candles, windup am/fm radio, old fashioned rotary telephone (doesn't require electricity), backup power packs for cell phones and a light or two, and ideally a backup Inverter sine wave generator and wood or pellet stove. A portable chemical RV toilet is an excellent idea. Extra cash on hand helps! (see 72 Hour and 7 Day Home Survival kit Checklists, below).

Also, have a bug-out survival kit with basic survival essentials all ready to go, and preferably in your car. During the early stages of the Fort MacMurray

Forest Fires Disaster, many folks couldn't go back to their homes to retrieve their Survival gear since there was roadblocks set up. Have a rehearsed plan as to where to bug-out to, eg. cottage, RV, friend or relatives out of town, community centers setup for disasters.

In my opinion, in an increasingly volatile world of conflict, politics, and extreme weather, it makes sense to be a prepper. I'm not waiting for a zombie apocalypse or worldwide pandemic, just trying to be ready for short term disasters, and maybe stick around long enough to watch the Leafs win a Stanley Cup!

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about 12 hours ago · Twitter for Android · en

No matter how stellar emergency response is, it is up to all of us to have emergency plans and carry them out. Wildfires this summer and the recent tornadoes and storms in White Lake, Calabogie, through the Pontiac, Ottawa and Gatineau serve as a reminder that we have to be prepared for all types of severe weather events. As we learned following the 1998 ice storm, the time following a disaster is as perilous as the weather event itself.

### Know Where to Go

When Sheltering from a Tornado



Top floor rooms DO NOT protect you.

Exterior rooms and rooms with windows DO NOT protect you.

NO PLACE OUTSIDE is safe from a tornado.

If you have no basement, move to an interior room with no windows.

Quickly move to your basement and bring your emergency supply kit.

weather.gov/tornado

### 72 Hour Home Survival Kit:

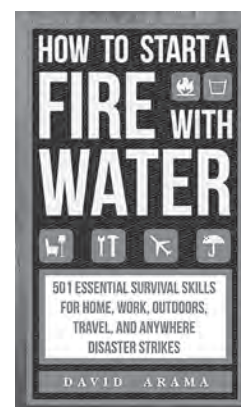
Depending on the nature of the disaster, and what is happening in your neighborhood, you may need to shelter in place. At the very minimum, all homes should have sufficient supplies to last three days following any disaster. It may take emergency workers some time to reach you, so be prepared to take care of yourself and your family during this period. Assemble your kit in a large backpack or duffel bag so it is portable if necessary, though this kit is designed for survival at home. Here is a basic list of supplies to keep you going in your home for 72 hours. Make sure to get sufficient supplies for each person in your household.

- Ready-to eat meals (you can purchase these at outdoor supply retailers) for three days
- High-energy, nonspilling snacks such as granola bars or trail mix
- Special foods for infants, children, elderly or those who have special needs
- 1 gallon (3.7 L) of drinking water per person per day, stored in airtight, nonporous containers
- Water purifying tablets
- Wool blankets
- Subzero sleeping bags
- Wool and fleece clothing; extra daily clothing
- First aid kit
- Hand sanitizer, laundry and bath soap for washing, dish soap
- Wipes
- Toilet paper
- Plastic bags (for clean-up, emergency toilet use, and garbage)
- Toothbrush/toothpaste
- Personal hygiene items (tweezers, nail clippers, etc.)
- Waterproof matches and several disposable lighters
- Candles
- Fire starter kit
- Battery-powered flashlights (with extra batteries) and hand-crank flashlights
- Gloves
- Extra set of car keys
- At least \$100 cash in small bills
- Credit cards
- Whistle
- Duct tape
- Battery-powered radio (with extra batteries) or crank radio
- Books, magazines, cards or other nondigital entertainment items

### 7 Day Home Emergency Kit:

I highly recommend at least a week's worth of emergency preparedness. Many experts advise having one month's worth of supplies and preparedness, while hard-core preppers usually aim for a year's worth!

Know where emergency shelters are, even when on vacation, and don't forget to check on your neighbours who might not have prepared for our ever-increasing severe weather events. That's another reason to have extra survival supplies handy.



Get our book at Amazon, Chapters and Indigo:

"501 Essential Survival Skills for Home, Work, Outdoors, Travel, and Anywhere Disaster Strikes"

My book, "501 Survival Tips that Could Save your Life", is available at major bookstores and Amazon.com. (\$21.95)

**Remember, be prepared, you are biodegradable.**



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

and offers a variety of training courses and camps.  
www.marblelakelodge.com  
www.wscsurvivalschool.com

David Arama  
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**WILDE CAT (pronounced vildee)**

By Antonia Chatson

It has been said that cats do not have the affection or loyalty that a dog would give you, but I beg to differ. When I lived in South Africa I had an experience with a cat that nullified this statement. As we lived quite a ways out of town in the country, it was not surprising that we noticed this cat hovering around the garage. If we came in at night, his eyes were reflected in the lights of the car, a bit like the Cheshire cat, except that it was the eyes, not the grin that lingered. He was rather like a ghost cat. We thought it may have been a wild cat as it was so large, and he had tufts of fur at the tips of its ears, but it may not have been.



From wild ghostly eyes in the dark, to the solemn, watchful eyes of a household defender, Wilde became part of our growing family.

One morning as I was going out the back door, I caught a slight movement out of the corner of my eye, and when I turned to see what it was, I let out a blood curdling scream. There, sitting quietly and patiently on the back step was the ghost cat, no longer a ghost. As I was 10 months pregnant with my first baby, I did not need this type of excitement! But on the other hand, the cat never moved, flinched or even blinked when I screamed, but just looked up beseechingly into my eyes. As he was not afraid of me, I

decided he was no threat. So I just stood there and looked back at him. As I did so I could see that his spine was sticking up through his fur and when he moved a little, I could see his ribs sticking out. I went inside and made him up a large bowl of bread and milk, thinking that would be easy on his stomach. He was obviously starving and probably sick. Hunger will tame any animal. I placed it gingerly before him. He looked up into my eyes, mewed his thanks, then

crouched down and in short order cleaned up the bowl. I wondered what his next move would be. He stayed beside the bowl, awkwardly washing himself, finding it difficult to keep his balance, probably because he was so weak. Then he continued just sitting, looking pitifully but thankfully up at me. I did not want to give him too much at once for fear of making him sick, so during the course of the day, I kept checking on him. He was always patiently sitting there. Dur-

ing the afternoon, I gave him another bowl of bread and milk, which he also polished off. After another bath and another short vigil, by nightfall he wandered off.

Early the next morning, I checked outside the door and found him sitting and waiting once more. Once again I gave him a bowl of bread and milk in the morning and again during the afternoon. We continued this arrangement for several days, and by the third day, he was rubbing

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From a wild beast to the most gentle of cats, Wilde even got along with our pet white mice.

up against my legs in gratitude for rescuing him from the jaws of starvation. On the fourth day, I gingerly put out my hand and began to pat him. He arched his back and rubbed shakily against my legs, with added fervor. However, as I rubbed his back and sides, I could feel that they were covered with nubbles of some kind. I reached over and parted his fur to look at them more closely and realized that they were huge blood filled ticks. So that was what was draining his strength. In town that day, I purchased some tick shampoo. That afternoon, I picked the cat up and took it into the bathroom and placed it in the bathtub, into which my mother and I had put six inches of lukewarm water. We both had on rubber gloves to protect our hands as we had no idea how the cat would react to this treatment.

It seemed as if he knew that we were trying to help him, for he just stood passively in the tepid water and purred as we poured the water over him and lathered him with shampoo. As the ticks began to fall off him, I fancied that his purring became even louder. After about twenty minutes of lathering the shampoo into him, the ticks all seemed to have dropped

off, although we would repeat this process later on. We picked him out of the bathtub, placed him on a mat and dried him off with a towel. As he did not seem inclined to move, we left him there on the mat, licking himself off.

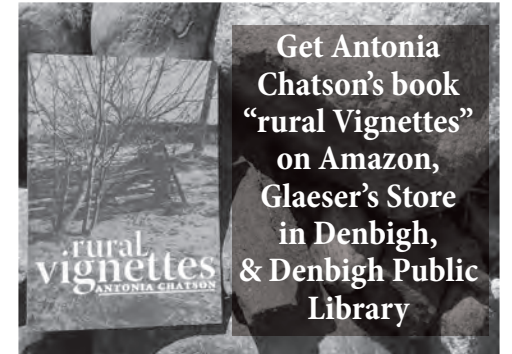
Needless to say, after that, he had the run of the house. Soon he was able to eat real cat food. He had the most gentle of natures even though I called him Wilde. When my first baby was born, everyone said that I had to get rid of him. They said they had heard that a cat will lie across a baby's face because of the smell of the milk and smother it. Actually, Wilde seemed more to portray the characteristics of a dog. Wherever the baby was, either in a cot or in the carriage, Wilde would sit, alert, beside him, eyes always alert for danger, and daring anyone or anything to come near. When I took the baby for a walk in the stroller, Wilde would walk right along beside the stroller. I would not have wanted to be the one wishing any harm to the baby and have had too tangle with him.

Wilde also loved music. Whenever I played the piano, he would sit beside me on the piano bench, listening intently. No mat-

ter how long or short a time I played, Wilde never left my side. When my two children were a little older, I got them each a white rat for pets. Sometimes, I would let the rats out of their cages and they would run around on the kitchen floor. One time, I happened to look down and saw the two rats drinking the milk from the cat's bowl. Wilde happened to come in, and I wondered what he would do. He just ambled up and joined the rats in a swig.

Animals always know when you have helped them. Wilde showed

his gratitude towards me, by being utterly devoted to me. When I had to leave South Africa post haste, I told him that I would be back. Unfortunately, not soon enough. My children said that after I had been gone for several weeks, Wilde walked away into the bush and never returned.



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



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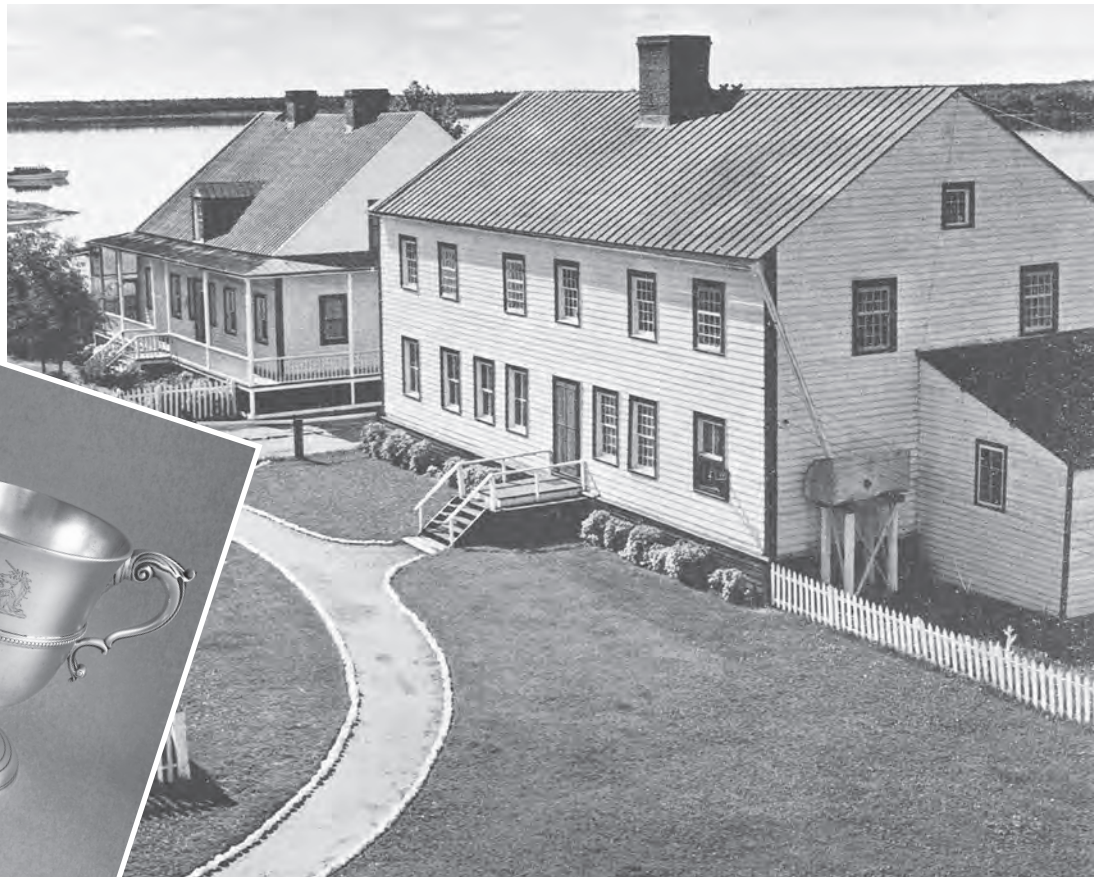


## Polar Express, Arry Sippers, and Nice Pugs...

By William (Bill) McNaught



The Polar Bear Express to Moosonee was an exciting experience on it's own.



The Hudson's Bay Trading Post staff house, as shown in the Moose Factory Beaver in June of 1946

Travelling is in my blood. When I was a youth, my family accompanied my favourite uncle, Uncle Johnnie, and his family, 4 adults and 7 children in all, on the Polar Bear Express, the train excursion to Moosonee, Ontario. We boarded the train at Cochrane and were soon travelling north through the glorious sunshine of early August to James Bay.

Uncle Johnnie had always been irrepresible, never stopping short of being all in. He was a doctor, a surgeon, who had recently returned from England after 8 months, where he received specialist training. He had adopted several London mannerisms, which he attempted to impress into the characters of his dubious nephews and niece.

One mannerism was his insistence on teaching us the "Cockney Alphabet"---"A is for 'orses", "C is for Seaforth Highlanders", "D fer Kate", "F for effervescence". According to Uncle Johnnie, this was the method that the British Army had used to

teach the Cockney recruits the alphabet during the War.

We went along with his performance out of love, but we weren't so dumb that we didn't notice that the Cockney Alphabet didn't contain 26 letters. Some were missing. There were letters that were too risqué, in his opinion, for our young minds. Nevertheless, he would whisper the missing letters to our parents and to his wife, Aunt Pat. We noticed that the adults would nod, then twitter and sometimes even redden.

The second habit Uncle Johnnie adopted during his stay in London was "Arry Sippers" If a Cockney came across a buddy with a drink, he/she could cadge a small sip by saying "Arry Sippers". It was the Cockney Code. Uncle Johnnie had brought a whole case of Wink pop onto the train and we all delighted in catching Uncle Johnnie opening a can of Wink. All 7 of us would line up, one after the other, requesting "Arry Sippers" while Uncle Johnnie feigned outrage. But it

was the Cockney Code.

When we were older and of legal drinking age, Uncle Johnnie would mix a concoction of brandy and Wink, which he called a "Brandy Willow". He delighted in mixing up the brew in the family "Loving Cup", a silver, long-stemmed cup, from which he then sipped before passing the cup around to his group of nephews and nieces. I was never sure how much brandy, if any, actually found its way into the "Cup". The ceremony was a bit weird, which made it more enjoyable. It was always exciting to get caught up in one of Uncle Johnnie's machinations.

There was another aspect to "Arry Sippers", called "Arry Smokers". If a Cockney found a buddy smoking, he/she could get a drag by saying "Arry Smokers". Uncle Johnnie smoked unfiltered Pall Malls, a heavy concoction that made him cough from time to time. Once during the train trip, when my brothers and I caught him smoking, far away from our parents, we were able to cadge a brief drag by invoking "Arry Smokers". Uncle Johnnie swore us to strict secrecy, the Cockney Code. We did not betray, just smiled as we came across him.

The train reached its destination. The crowd rushed to hire boats and Indian guides to cross the river to Moose Factory, the old Hudson Bay Trading Post, which is located on an island before the Moose River flows into James Bay. Uncle Johnnie was not among the crowd. Instead we spotted him talking quietly to 2 Indian guides and flashing an American \$10 bill. They nodded and the next thing we knew, the 11 of us were in their boat, heading away from Moosonee and north towards James Bay.

The boat seemed seaworthy, but we couldn't help but notice that there were no life preservers. Solomon - it's amazing how his name sticks in my memory after 50 years-ran the small motor from the rear of the boat while his son, Benjamin, sat look-out up front. The wind blew gently from the north, through our hair. The waves broke gently against the prow.

About 45 minutes later, we disembarked on a sandbar with clumps of grass here and there. The sandbar was called "Ship Sands" and marked the entrance from the Moose River to Janes Bay. Standing on the narrow bar, each of us stared at the wide expanse of water and the receding shorelines on either side, disappearing into the horizon. There was an overwhelming sensation of barrenness, of emptiness. It filled our minds. The view took my breath away as it struck me that everything I knew was to our south.

Fortunately, we were able to return safely to Moosonee and the train without incident. Adventures with Uncle Johnny were always bordering on disaster and in hindsight filled with "what ifs" that sent shivers through our bodies.

Safely on the train, sipping Wink, I remarked to Uncle Johnnie that he had not obtained any souvenirs of the trip. He just tapped the side of his head and said quietly, "My souvenirs are right here."

At the time, I assumed that Uncle Johnny was referring to his memories, but I came to understand that it was the adventure that we shared, the sensation of utter emptiness that had seeped into our minds. I have never encountered that specific feeling since, nor have my brothers, my sister nor my cousins. It is indelible in



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The beach at Nice is popular even on cooler days.  
Castle Hill. Once a fortress; now a wonderful park and lookout point.



Piano man



Our favorite residents in a shop window just outside our hotel.



Me in front of the Fountain of the sun, Massena square, City of Nice, French Riviera, France.

our minds.

So when Bernice and I embarked on our trip to Nice, Paris and London in the spring of 2018, it was our hope to encounter another adventure that would provoke new sensations in our minds. We understood that we would not see as much as on a guided tour but we hoped that an independent, unstructured trip would permit us to experience the cities as locals rather than tourists.

The flight to Charles de Gaulle Airport was draining. We stayed near the airport the first night to shake off the effects of jet lag. The second day we boarded Air France for the short flight over the mountains to Nice. We had hoped to take the train on a 7-hour expedition through central France via Lyon but the trains were experiencing rotating strikes. Best to avoid.

As the plane turned to land at Nice, we could see the azure waters of the Mediterranean Sea and the bay in which Nice is nestled. At the east of the bay, a large rock formation jutted up to the sky. It is called 'The Castle'. Stone staircases lead to the top to obtain a breathtaking view of the harbour below filled with sailboats and large yachts. They were mostly white, contrasting with the blue waters and the green hills. In the background, past the rugged point hidden from view, lay Monaco and the Italian border.

We stayed at the Busby Hotel, 3 blocks north of the boardwalk, which parallels the shoreline for its whole extent. The Busby has been modernized to some extent without losing

its nineteenth cen-

ture charm---high ceilings, a small elevator and an antique safe with hand-made keys. The staff operated with similar charm and friendliness of a bygone era. It swept us back 100 years.

The central location of the hotel encouraged walking, for Nice is a walking city. The warm sunny days, 25 degrees C, brought out a comfort in us. Each walk took us past the pet shop where 5 puppies gamboled in the front window oblivious to our curious faces. They were the first residents of Nice that we met and exuded the carefree nature of all its citizens.

Each day we wandered to the east side of the downtown which was the location of the Farmers' Market. Fresh fruit and baked delights became our lunch. At 2:30, the market closed and the workmen washed down the streets. That was the signal to proceed to the boardwalk to people-watch, while enjoying the sun on the stony beach. Even a few went swimming. We could almost see the Roman galleys from 2000 years ago approaching from the south.

Just east of the hotel was a huge park near Rue Jean de Médecin which is the main shopping street. Modern streetcars plied their way up to the train station. The park was dominated by a wide fountain which ran east for three blocks. It was a metal fountain, which permitted people to walk freely on it while always watching for the sudden sprays of water six feet in the air from many small valves, which came up unexpectedly. Children walked on the metal plates,

cautiously, suspiciously, running screaming half in fear, half in delight, when the sudden sprays shot up. After the sprays subsided the children would return curiously inspecting the valves to determine what had happened, only to run and scream again when the fountain surprised them again.

In the evenings, local musicians appeared to perform in the Square beside the Park. It was interesting to hear old songs from our youth, played through a European lens. One guitarist sang songs from the '70's. Most memorable was his garbled version of the 'Sultans of Swing' which stirred long-lost memories:

*"You get a shiver in the dark*

*"It's raining in the park.*

*"We're the Sultans*

*"We are the Sultans of Swing."*

Another evening, a Spanish guitarist played plaintive weepy Spanish songs, intermingled with North American tunes. He sat on a stool, with his head covered by a hood and a black mask hiding his entire face except his eyes. He held his guitar upright. Once selection sounded like the old hymn "Blessed Assurance". It was so unexpected and so disconcerting that we couldn't even be perplexed, just caught frozen in the moment. Like the children at the fountain, we were left wondering what had happened.

But the most interesting musician was the travelling pianist playing a portable red piano with a red piano bench that he moved on a set of wheels. He wore a red cap at a jaunty angle. He played a mixture of Sinatra tunes---"New York, New York" and

"My Way" and Elvis tunes, "Wooden Heart". He added some unfamiliar European songs. The effect was to slow time and to empty our minds so Nice could fill us. Afterwards, he placed the piano on the wooden dolly, placed the piano bench on top and disappeared into the crowd.

On Sunday, we walked down to the harbour to board the local bus to Monaco. The trains were still plagued by rotating strikes. As the information woman told me, "The trains will not be on strike tomorrow, monsieur, because they are on strike to-day." It was a pleasant excursion as the bus, filled with locals, whizzed past the hillsides on one side with the rugged Mediterranean coast on the other. Monaco is one big shopping centre with 2 casinos. The stores are closed on Sundays. Bernice was disappointed that she could only window-shop. I feigned disappointment as well.

Suddenly, our five day adventure was over. We dragged our suitcases back to the boardwalk to get the bus to the Airport. On the way, we watched the 5 puppies at play for one last time.

At the airport, we learned that there was a 3 hour delay---the Air France pilots were on rotating strikes!! There was nothing to do but sit down and let the wonderful memories of Nice slosh around in our minds over drinks. We shared another sensation that will remain with us. I looked for a Wink but could only find a bottle of Mango juice. No matter. It would do for the only thought in my mind was "Arry Sippers".



## THE VIEW FROM HERE

### Float Plane Voyageur

By Ernie Jukes of Camp J

The first week of September is not only a wonderful time of year on the calendar for climate and woodsy activities, but it also brings back many lasting memories of the great outdoors and wonderful trips to the hinterlands.

Our group of adventurous hunters and fishermen from the Oshawa area would make a six-hour drive east to Montreal. There we registered with Voyages Nouveau-Quebec Outfitters to fly over 1000 miles further north-east to Schefferville. We flew by Canair on a sleek 32-seat Convair 580. There we were met by our experienced local outfitter, 'Pourvoirie du Caribou', and stayed overnight in the once much busier (5000 pop. now 200) Iron mining town before setting the compass Labrador way.

Turning ourselves over to two quite young, but very capable "bush" airmen the next day. In too old, but very reliable Beaver Float planes, we set off for Lac Effiat in Ungava. We soared over what seemed an endless majestic land of green spruce, thousands of blue lakes, eskers and yellow muskeg, which reminded me a lot of the vivid hues of Ireland. Finally, we arrived at our picturesque bush camp, just within the tree-line of the George River system. We settled into a week

of sharing nature, with plentiful wild game and great comradeship. While there I also painted another rare part of our marvellous country.

Up at an early hour and by boat we fitted into our new country very nicely. Through the cool, soggy, early morning mists next day, I excitedly saw my first Caribou (Boo)...a cow and calf grazing along a muskeg meadow, just on the edge of the spruce trees where they were resident. The adult was probably about 350 pounds but both sexes have antlers, so you can't tell them apart. All "Boo" were in good shape from eating the lichen, plentiful in the Taiga of this Labrador herd. Within the hour I watched six more enter a group of Tamarack. Soon we were comfortable with the thought that these most delectable animals could be taken at virtually any distance contrary to the many myths we had heard. At one point I walked into a pasture with my arms up to be joined by a gaggle of Boo — reckon their eyesight is poor? Also, they do not migrate in this part of the tundra and we continued to see hundreds both in and out of the water. A marvellous trip that offers super scenery to anyone... with hunting success as well. By the way, we also have Caribou on the north shore of Lake Superior... yep right here in Ontario! And British Columbia has a herd of what some folks call reindeer.

Plus, we enjoyed dining on Lake Trout daily, which we caught at practically every cast while travelling to and from our hunting grounds. We filled the pontoons with them on the way out. A Lakers dream come true all because we were able to participate because of float planes. This type of aircraft is so accommodating and is a form of seaplane with pontoons. A floatplane is a wonder workhorse around the world and our "Bush Planes" continue to open up our remote North. They carry medicines, food, supplies, sportsmen to their quarry, and specialists to their work. My son's Cessna 182 is amphibious and therefore can take off or land from a runway or water.. He can carry four voyageurs plus canoe and paddles.

Where would our Group of Seven have travelled? Today, some charter airways offer special places or restaurants served only by boat. No other vehicle can let you look down, pick your special spot on water, and then touch down to enjoy it. How about Georgian Bay for a Pickerel lunch?



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My lifetime pal, Graham Ireland, after graduating in Aeronautical Engineering, worked with AV Roe in Toronto on the exclusively Canadian, Avro Arrow. It was the first jet fighter to touch the edge of space about the same time as the first space ship Sputnik was sent up. Our Arrow broke all altitude and speed records. It was so fast you could barely see it. Graham said we were eight years ahead of the rest of the world. But all this wonder was dismissed with another stupid political blunder, even though Avro

had already produced the first Jetliner passenger plane. Go figger... The saddest day in aeronautical history.

My other personal authority in flight was Major Arnold Jukes, Aircraft Designer with Lockheed Aircraft Corp., Berkley, California. Arnie carefully made detailed scale models of jetfighters of the day, which were tested in wind tunnels. However, based on experience up here, he admitted the Canadian built Beaver was the toughest, roomiest, float service plane while also possibly the slowest of modern aircraft. Perhaps our Otter or Twin Otter however took its proper place when speed was required,

over load capacity.

Many of my special Highlander readers, will by now almost recognize the distinct sound of my son David's Cessna as he buzzes up and over the Hutson Lakes and then flies low over our old Camp J on Frontenac Road, on Carswell's Mountain, quickly then to just pass above Black Mountain and land on the Madawaska River... soon pulling up on the beach at peaceful Matawanooka. That's just across from Snider's Trailer Park and usually there are a few very nice welcoming folks to greet him, besides Mom and Dad that is.



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

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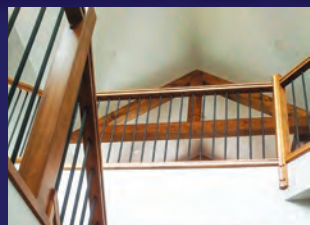
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